



**KENTUCKY STATE
UNIVERSITY**

SOCIAL WORK (SOW)

SOW 100: Social Work & Pers. Wellness

This course introduces students to the principles of social work and the importance of personal wellness. Students will explore topics such as mental health, self-care, community engagement, and social responsibility. Through interactive activities and discussions, students will learn strategies to support their own well-being and contribute positively to their communities. The course aims to foster empathy, resilience, and a proactive approach to personal and social challenges.

Credit Hours: 3

Contact Hours: 3

SOW 101: Social Work & Teenage Par. Sk.

This course introduces students to the fundamentals of social work and essential parenting skills. Emphasizing empathy, communication, and cultural sensitivity, it explores topics such as child development, family dynamics, and advocacy for diverse communities. Students will develop practical tools for fostering personal wellness, healthy relationships, and social responsibility.

Credit Hours: 3

Contact Hours: 3

SOW 102: Food & Nut. w/a SWK Pers.

This course introduces students to essential concepts of nutrition and wellness, exploring topics such as healthy eating habits, food justice, and sustainability. Students will develop practical skills for making informed dietary decisions while engaging with social work principles to address food-related challenges in their communities.

Credit Hours: 3

Contact Hours: 3

SOW 201: Intr. ro Soc. Work Prac w/ Pra

An overview of professional practice for potential Social Work majors. Exposes students to various professional roles and encourages examination of Social Work as a career.

Credit Hours: 3

Contact Hours: 3

SOW 210: Alcohol and Substance Prob

This course addresses issues relating to alcohol and other substances. Special emphasis is placed on cultural and socio-economic facts that impact substance abuse.

Credit Hours: 3

Contact Hours: 3

SOW 301: Soc. Work Prac. w/ Pra. for Jr

This course equips junior-level students with foundational skills for effective social work practice. Through a combination of classroom instruction and field-based practicum experiences, students develop competencies in engagement, assessment, intervention, and evaluation, adhering to professional and ethical standards. Emphasis is placed on applying theoretical frameworks to realworld scenarios, fostering critical thinking, and enhancing advocacy and community engagement skills.

Credit Hours: 3

Contact Hours: 3

SOW 306: Human Behavior I

Analyzes the development and behavior of persons from conception through young adulthood: biological, psychological, social, and cultural