

REHABILITATION AND HUMAN SERVICES, B.S. (UNIVERSITY COLLEGE)

Begin Campus: Any Penn State Campus

End Campus: Hazleton, Lehigh Valley, Wilkes-Barre

Program Description

This RHS major helps prepare students for entry-level positions in a variety of human service settings, particularly settings that provide services to persons with physical, emotional, and/or mental disabilities. Graduates pursue employment in a variety of settings including rehabilitation hospitals, drug and alcohol programs, geriatric service centers, community mental health programs, programs for people with intellectual disabilities, justice system, and schools. Increasing opportunities are available in private for-profit insurance programs for the industrially injured, and in employee assistance programs within business and industry. Well-planned use of electives and internships allows for specialization. The internship is provided under the supervision of professionals in human service agencies. These intensive "hands-on" experiences are frequently avenues for employment since the internship is completed during the senior year. Students may not go on internship until they have successfully completed all other course work. Students are encouraged to participate in volunteer experiences that provide opportunities to work with people with disabilities. Students are encouraged to declare a minor in a related area and should be discussed with the student's adviser. The major also helps prepare students for graduate study in many human service professional disciplines such as rehabilitation counseling, school counseling, occupational therapy, physical therapy, and social work.

You Might Like This Program If...

You enjoy learning about human development, diversity, health and disability, treatment interventions, advocating and working directly with people, and solving individual problems using applied interpersonal skills.

Entrance to Major

Baccalaureate degree candidates must have a minimum 2.0 GPA to be admitted to the Rehabilitation and Human Services (RHS) major; thereafter, students must earn a C or better in all RHS required courses.

Degree Requirements

For the Bachelor of Science degree in Rehabilitation and Human Services, a minimum of 120 credits is required:

Requirement	Credits
General Education	45
Electives	17
Requirements for the Major	70-72

12-14 of the 45 credits for General Education are included in the Requirements for the Major. This includes: 6 credits of GS courses; 3-4 credits of GQ courses; 3-4 credits of GN courses.

Requirements for the Major

To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44>).

Code	Title	Credits
Prescribed Courses		
PSYCH 100	Introductory Psychology	3
PSYCH 270	Introduction to Abnormal Psychology	3
SOC 119N	Race, Ethnicity and Culture	4
<i>Prescribed Courses: Require a grade of C or better</i>		
RHS 100	Introduction to Disability Culture	3
RHS 300	Introduction to Rehabilitation and Human Services	3
RHS 301	Introduction to Counseling as a Profession	3
RHS 302	Client Assessment in Rehabilitation and Human Services	3
RHS 303	Group Work in Rehabilitation Practice and Human Services	3
RHS 400W	Case Management and Communication Skills	3
RHS 401	Community Mental Health Practice and Services	3
RHS 402	Children and Families in Rehabilitation Settings and Human Services	3
RHS 403	Medical Aspects of Disability	3
RHS 493	Professional Development and Internship Preparation in RHS	3
RHS 495A	Rehabilitation and Human Services Internship	12
Additional Courses		
CI 185 or SOC 1	Principles of Social Justice in Education Introductory Sociology	3
Select one of the following:		3
EDPSY 10	Individual Differences and Education	
HDFS 239	Adolescent Development	
PSYCH 212	Introduction to Developmental Psychology	
Select 3-4 credits from the following:		3-4
ANTH 21	Introductory Biological Anthropology	
BIOL 110	Biology: Basic Concepts and Biodiversity	
BIOL 133	Genetics and Evolution of the Human Species	
BIOL 141	Introduction to Human Physiology	
BISC 1	Structure and Function of Organisms	
BISC 2	Genetics, Ecology, and Evolution	
BISC 3	Environmental Science	
BISC 4	Human Body: Form and Function	
<i>Additional Courses: Require a grade of C or better</i>		
Select one of the following:		3-4
EDPSY 101	Analysis and Interpretation of Statistical Data in Education	
STAT 100	Statistical Concepts and Reasoning	
STAT 200	Elementary Statistics	
Supporting Courses and Related Areas		
Select 6 credits from the approved courses in this list:		6
CNED 401	Foundations of Chemical Dependency Counseling	

CNED 416	Interpersonal Relationships and Alcohol and Other Drugs (AOD) Dependency
CNED 421	Counseling Strategies for Preventing Chemical Dependency
CNED 422	Foundations of Addictions Counseling
RHS 226	College Student Mental Health and Wellness
RHS 410	Employment Strategies for People with Disabilities
RHS 428	Rehabilitation in the Justice System
RHS 433	Trauma-informed care for school & human service professionals
SPLED 400	Inclusive Special Ed Foundations: Legal, Characteristics, Collaboration, Assessment, and Management
SPLED 461	Introduction to Autism Spectrum Disorders: Issues and Concerns

General Education

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (<https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/>) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)

- **Arts (GA):** 3 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 3 credits
- **Social and Behavioral Sciences (GS):** 3 credits
- **Natural Sciences (GN):** 3 credits

Integrative Studies

- **Inter-Domain Courses (Inter-Domain):** 6 credits

Exploration

- **GN**, may be completed with Inter-Domain courses: 3 credits
- **GA, GH, GN, GS, Inter-Domain courses.** This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student's degree program, whichever is higher: 6 credits

University Degree Requirements

First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3

credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

Cultures Requirement

6 credits are required and may satisfy other requirements

- United States Cultures: 3 credits
- International Cultures: 3 credits

Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80>)). For more information, check the Suggested Academic Plan for your intended program.

Program Learning Objectives

- **Assessment & Empowerment:** Students will appropriately, systematically, and accurately assess clients for a range of strengths and needs and make recommendations for services to address those needs and increase client self-sufficiency and empowerment.
- **Communication & Professionalism:** Students will communicate effectively in a professional manner by producing articulate and well-researched documents and delivering effective presentations.
- **Disability:** Students will demonstrate knowledge of theoretical models of disability, definitions of disability, barriers that exist for people with disabilities (including employment barriers), systemic challenges and economic disadvantages caused by disability.
- **Discrimination & Advocacy:** Students will demonstrate knowledge of discrimination against individuals with disabilities, legislative efforts to curtail such discrimination and advocacy resources.
- **Legal & Ethical Issues:** Students will demonstrate knowledge of ethical codes and professional conduct, and the applicable federal and state regulations.
- **Professional Conduct:** Students will interact productively and professionally with a team of stakeholders as both a leader and a member.

- **Professional Ethics:** Students will practice professional, ethical, and social behaviors, which demonstrate nondiscrimination, empathy, and respect for diversity and knowledge of contemporary professional and societal issues.
- **Relationship Building Skills:** Students will develop a facilitative relationship with clients and their families through individual and group sessions.
- **Services & Resources:** Students will demonstrate working knowledge and locate appropriate resources for individuals and families with a variety of needs (e.g., vocational rehabilitation systems, centers for independent living, transition programs substance abuse and addiction treatment programs and other community-based support programs to address client needs).
- **Treatment Plans/ Integration:** Students will develop and monitor treatment plans by applying principles for community inclusion and integration including, but not limited to, rehabilitation and recovery philosophy, client exploration of resources, and collaboration with agencies and related professionals.

Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

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Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2024-25 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view the appropriate Undergraduate Bulletin edition.

Rehabilitation and Human Services, B.S. at Hazleton Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
ENGL 15 or 30H [†]	3 CAS 100A [†]	3
MATH 34 or 21 ^{†1}	3 PSYCH 100 [†]	3
SOC 1 [†]	3 RHS 300 ^{*1}	3
RHS 100 ^{*†}	3 General Education Course (GN)	3
General Education Course (GA)	3 General Education Course (GHW)	1.5
PSU 8	1 Elective/Minor	3
	16	16.5

Second Year

Fall	Credits Spring	Credits
ANTH 21, BIOL 133, BIOL 110, BIOL 141, BISC 1, BISC 2, BISC 3, or BISC 4 (GN) [†]	3 ENGL 202A or 202B [†]	3
RHS 301 ^{*2}	3 RHS 302 ^{*1}	3
STAT 200 ^{††}	4 RHS 303 ^{*1}	3
General Education Course (Exploration)	3 General Education Course (GH)	
Elective/Minor	3 General Education Course (Inter-Domain)	3

	General Education Course (GHW)	1.5
	16	13.5
Third Year		
Fall	Credits Spring	Credits
RHS 400W ^{*2}	3 PSYCH 212 or HDFS 239 [†]	3
SOC 119N [†]	4 RHS 403 ^{*1}	3
PSYCH 270	3 Supporting Course ³	3
Elective/Minor	3 General Education Course (Inter-Domain)	3
Elective/Minor	3 Elective/Minor	3
	16	15
Fourth Year		
Fall	Credits Spring	Credits
RHS 401 ^{*2}	3 RHS 495A [*]	12
RHS 402 ^{*2}	3	
RHS 493 ^{*2}	3	
Supporting Course ³	3	
Elective/Minor	3	
	15	12

Total Credits 120

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Courses offered Spring only: MATH 34, RHS 300, RHS 302, RHS 303, RHS 403

² Courses offered Fall only: RHS 301, RHS 400W, RHS 401, RHS 402, RHS 493

³ Supporting Course List: CNED 401, CNED 416, CNED 421, CNED 422, LHR 410, RHS 226, RHS 410, RHS 428, RHS 433, SPLED 400

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Rehabilitation and Human Services, B.S. at Lehigh Valley Campus

Rehabilitation and Human Services, B.S. at Lehigh Valley Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
ENGL 15 or 30H [‡]	3 RHS 100 [*]	3
SOC 1 [†]	3 PSYCH 212 [†]	3
PSYCH 100 [†]	3 General Education Course	3
First Year Seminar (General Educaiton Course)	3 General Education Course	3
General Education Course (GQ) [‡]	3 Supporting Course ¹	3
15		15

Second Year

Fall	Credits Spring	Credits
BISC 1, 2, 3, 4, BIOL 110, or BIOL 141 [†]	3-4 ENGL 202A or 202B [‡]	3
RHS 300 [*]	3 RHS 302 [*]	3
CAS 100A [‡]	3 RHS 303 [*]	3
RHS 301 [*]	3 General Education Course	3
STAT 100, 200, or PSYCH 200 ^{††}	3-4 Elective Course	3
	General Education Course (GHW)	1.5
15-17		16.5

Third Year

Fall	Credits Spring	Credits
RHS 400W [*]	3 RHS 402 [*]	3
SOC 119N	4 RHS 403 [*]	3
General Education Course	3 PSYCH 270	3
Elective or General Education Course	3 Elective	3
General Education Course	3 Supporting Course ¹	3
	General Education Course (GHW)	1.5
16		16.5

Fourth Year

Fall	Credits Spring	Credits
RHS 401 [*]	3 RHS 495A [*]	12
RHS 493 [*]	3	
Elective	3	
Elective	3	
General Education Course	3	
15		12

Total Credits 121-123

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Criminal Justice or Biobehavioral Health or HDFS or Psychology or Sociology or Kinesiology.

University Requirements and General Education Notes:

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W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

* Course requires a grade of C or better for the major

Rehabilitation and Human Services, B.S. with Psychology Minor at Lehigh Valley Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
ENGL 15 or 30H [‡]	3 RHS 100 [*]	3
SOC 1 [†]	3 PSYCH 212	3
PSYCH 100 [†]	3 General Education Course	3
MATH 21 [†]	3 General Education Course	3
First Year Seminar (General Education Course)	3 Elective	3
	15	15

Second Year

Fall	Credits Spring	Credits
SOC 119N	4 RHS 301 [*]	3
CAS 100A [‡]	3 PSYCH 270	3
RHS 300 [*]	3 ENGL 202A or 202B [‡]	3
BISC 1, 2, 3, 4, BIOL 110, or BIOL 141 [†]	3 General Education Course	3
General Education Course	3 Elective	3
	General Education Course (GHW)	1.5
	16	16.5

Third Year

Fall	Credits Spring	Credits
STAT 200 or PSYCH 200 ^{††}	4 RHS 302 [*]	3
PSYCH 301W	4 RHS 303 [*]	3
PSYCH 4XX	3 RHS 403 [*]	3
Elective or General Education Course	3 General Education Course	3
General Education Course (GHW)	1.5 Elective	3
	15.5	15

Fourth Year

Fall	Credits Spring	Credits
RHS 400W [*]	3 RHS 495A [*]	12
RHS 401 [*]	3	
RHS 402 [*]	3	
PSYCH 4XX	3	
Elective	3	
	15	12

Total Credits 120

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

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W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

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Rehabilitation and Human Services, B.S. at Wilkes-Barre Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
ENGL 15 [‡]	3 General Education Course	3
General Education (GQ) Course [‡]	3 General Education Course	3
General Education Course	3 Elective	3
PSU 8	1 Elective	3
RHS 100 ^{*†}	3 PSYCH 100 [†]	3
SOC 1 [†]	3	3
	16	15

Second Year

Fall	Credits Spring	Credits
CAS 100A [‡]	3 RHS 300 [*]	3
PSYCH 270	3 BISC 1, 2, 3, 4, or BIOL 110 [†]	3-4
STAT 200 or 100 ^{‡†}	4-3 ENGL 202A or 202B [‡]	3
General Education Course	3 General Education Course (GHW)	1.5
General Education Course	3 PSYCH 212 [†]	3
	SOC 119N [†]	4
	16-15	17.5-18.5

Third Year

Fall	Credits Spring	Credits
RHS 301 [*]	3 Supporting Course	3
Elective	3 Elective	3
Elective	3 RHS 302 [*]	3
General Education Course	3 RHS 303 [*]	3
General Education Course (GHW)	1.5 RHS 403 [*]	3
Supporting Course	3	3
	16.5	15

Fourth Year

Fall	Credits Spring	Credits
Elective	3 RHS 495A [*]	12
RHS 400W [*]	3	3
RHS 401 [*]	3	3
RHS 402 [*]	3	3
RHS 493 [*]	3	3
	15	12

Total Credits 123

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

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Career Paths

The RHS major provides excellent preparation specifically for graduate programs leading to professions such as occupational therapy, counseling, social work, and physical therapy. Advising of courses outside the major for electives are provided in order to enhance competitiveness of graduate school applications.

MORE INFORMATION ABOUT RHS SPECIAL INTEREST AREAS (<https://ed.psu.edu/rehabilitation-human-services-bs/>)

Careers

RHS allows students to pursue a variety of employment options as case workers and direct service providers in alcohol and other drug treatment centers, correctional facilities, mental health agencies, private non-profit rehabilitation centers, private-for-profit rehabilitation agencies, human resources, programs for children and youth, programs for older adults, public welfare agencies, rehabilitation hospitals, schools, social service agencies, and vocational rehabilitation programs.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE REHABILITATION AND HUMAN SERVICES PROGRAM (<https://ed.psu.edu/rehabilitation-human-services-bs/>)

Opportunities for Graduate Studies

To prepare students for graduate studies, students can work with faculty on independent studies and can petition to take graduate courses within the department. For qualified students, we also offer the Schreyer Honors Program (<https://www.shc.psu.edu/>).

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<https://ed.psu.edu/rehabilitation-human-services-bs/>)

Accreditation

The College of Education educator preparation programs are fully accredited at the Initial and Advanced levels by the Council for the Accreditation of Educator Preparation (CAEP). The next CAEP program review will be Fall 2026. CAEP advances excellence in educator preparation through evidence-based accreditation that assures quality and supports continuous improvement to strengthen P-12 student learning.

MORE INFORMATION ABOUT ACCREDITATION OF THE REHABILITATION AND HUMAN SERVICES PROGRAM (<https://ed.psu.edu/about/accreditations/>)

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