

## **HUS 1101 The Composition of Well-being & Happiness**

### **Homework Instructions:**

As per the course calendar, read the text and answer the following for each chapter. A paragraph, in your own words (not the authors of the text, as this would be plagiarism) is sufficient. Homework due date is listed on the course calendar. Post your answers on Open Lab by the start of that day's class. No late entries accepted. Read your fellow classmate's posts, for additional learning and exam preparation.

### **Chapter 1**

1. Describe problems in living and how individuals experience these problems in terms of their sense of well-being.
2. Describe how can human services networking aid in the well-being of clients.
3. Describe how utilizing an interdisciplinary approach within the work of a human service professional can aid to the well-being of a client/society.
4. Describe how social care, social control and rehabilitation contributes to the well being of an individual? Society?
5. Describe how the relationship between the worker and client can be an integral part in the well-being of a client.
6. Describe the clinical/professional job tasks the human service professional performs in aiding the well-being goal(s) of the client.
7. Describe how being a generalist human service worker aids in the well-being of those they serve.
8. Describe how the clinical/professional may steer the client to be self-sufficient.

9. Describe how the human service delivery system provides Alameda with social care, social control, and rehabilitation in order to create a path of well-being in her life.

10. Describe how evidence based practice knowledge can be utilized by the

professional to aid in the client's well-being.

## **Chapter 2**

1. Describe the techniques and solutions used to aid in the well-being of clients who were in distress.
2. Describe the evolution of human well-being services, from the middle ages to present day by individuals, professionals and society.
3. Describe how Obama-Care's mission is to aid the well-being of Americans.
4. Describe how social philosophies were promoted to aid in the well-being of clients/society.
5. Describe how the mental health movement promoted the well-being of clients/society.
6. Describe how the human service movement promoted the well-being of clients/society
7. Describe how entitlement benefits (Medicare, Medicaid, Welfare) promote the well-being of individuals/society.
8. Describe how legislation promotes the well-being of individuals/society.

## **Chapter 3**

1. Describe how the trends of technology, in the field of human services, are attempting to aid a client's well-being.

2. Describe how technology can promote well-being in professional development for human service workers and ultimately clients.
3. Describe what managed care is, and how it promotes client well-being.

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4. Describe some of the limitations of managed care and how it can impact on well-being.
5. Describe what service delivery means and how it promotes well-being.
6. Describe how human service professionals pay attention to various groups in order to promote well-being of specific populations.
7. Describe how what is happening internationally promotes or hinders the well-being of US citizens.
8. Describe how the concept of “teaching a man to fish” promotes well-being.
9. Describe how cultural competency can promote well-being.

#### **Chapter 4**

1. Describe the three models of service delivery in terms of how each impact well-being to either individuals, families and /or communities.
  - a. Medical
  - b. Public Health
  - c. Human Services
2. Describe how Philippe Pinel impacted the well-being of those with mental illness.
3. Describe how the psychodynamic model promoted the well-being of the human service profession.
4. Describe how medications promoted the well-being of those with

mental illnesses.

5. Describe how electroshock treatment can promote the well-being of a person with severe depression, catatonic states.
6. Describe how the “strengths based” model approach promotes the well-being of clients/society.

## **Chapter 5**

1. Describe how assessing the “whole person” can aid in the well-being of a client.
2. Describe the eight stages of development by Erik Erikson. In your response, describe how well-being can be achieved if the individually successfully completes each task in the stage. Describe how the well-being and happiness of a person can suffer if the stage is underdeveloped.
3. Describe all of Maslow’s hierarchy of needs and how each can promote well-being/happiness for a person.
4. Describe how a situational problem can impact a person’s well-being/happiness.
5. Describe how a developmental problem can impact a person’s well-being/happiness.
6. Describe how societal changes impact on the well-being of individuals and society.
7. Describe how remembering to examine clients as individuals, part of a group and a specific population can aid in the efficient well-being of them.
8. Describe how proper referral can aid in the well-being of clients.

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9. Describe how the barriers to help/treatment exist and impact well-

being of clients.

10. Describe how a client's expectations of the worker and services can aid or hinder the process of well-being.

11. Describe how advice giving by the human service professional can hinder the well-being of the client.

## **Chapter 6**

1. Describe how can the following professionals aid in promoting a client's well-being status through their specific function and expertise:

a. Physician-General Practitioner/Internist (MD)

b. Physician-Psychiatrist (MD)

c. Psychologist (MA, PH. D, or Psy-D)

d. Social worker/human service worker/counselor (BS, BSW, MSW, Ph.D.)

e. Teacher (BA, MA, Ph.D.)

f. Para-professionals (High School)

g. Community Caretakers

h. Natural helpers

i. Volunteers

j. Self-Help members

2. Describe the many roles a human service worker, who is in direct care, would perform to promote well-being.

3. Describe the many roles a human service worker, who is responsible for administrative work, would perform to promote well-being in the agency, individual.

4. Describe the many roles a human service worker, who is responsible for community work, would perform to promote well-being among the community residents.
5. Describe the concept of empathy as a human service clinical skill.
6. Describe how empathy can aid the well being of a client during a therapeutic session.
7. Describe a few of the values a human service worker needs to acquire in order to aid the client to well-being.

## **Chapter 7**

1. Describe how each of the five stages of the helping process can aid in the well-being of clients.
2. Describe how an assessment of the client's history can aid in well-being/happiness.

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3. Describe the special attitudes, skills, and values that the human service professional need for each of the five stages of helping, in order to successfully aid in the well-being of clients.
4. Describe SOLAR and how can it promote well-being between the client and human service worker's relationship.
5. Describe the various body language messages clients' express. Include those that indicate well-being. Include those that indicate less than well-being.
6. Describe how the human service professional might use the body language message of a client to promote the well-being of the client in the session.
7. Describe how group therapy can promote the well-being of a client.
8. Describe how the human service worker can approach the silent

- client in order to aid their needs towards well-being.
9. Describe how the human service worker can approach the overly demanding client in order to aid their needs towards well-being.
  10. Describe how the human service worker can approach the “unmotivated client” in order to aid their needs toward well-being.
  11. Describe how the process of crisis-intervention can aid in well-being of the client.
  12. Describe how Resolution Focused Brief Treatment can aid in the well-being of a client.

## **Chapter 8**

1. Describe how the client empowerment model for change effectively impacts a client’s well-being status? Include what the professional would do to implement the model in the counseling session.
2. Describe how a community-based agency’s mission and goals promotes well-being and happiness for their clients.
3. Describe how an agency’s organizational chart promotes well-being through the chain of command.
4. Describe how the referral process is utilized in relation to the client’s well-being.
5. Describe how an informal network can aid in the referral and well-being goals.
6. Describe how documentation and paperwork requirements aid in the well-being of the client.
7. Describe how stress and “burnout” of the worker can impact the client’s well being.

8. Describe how professional development activities can impact the well-being of the worker. Describe how it also impacts service delivery to the client.
9. Describe how a human service worker can utilize client empowerment as a tool in the well-being of a client.

### **Chapter 9/Ethics**

1. Describe how the Human Services Code of Ethics initiates, guides and promotes a clinical arena for professional and client well-being.
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2. Describe how the human service professional's responsibility to clients promotes well-being.
  3. Describe how the human service professional's responsibility to the community and society promote well-being.
  4. Describe how the human service professional's responsibility to colleagues promotes well-being for the client.
  5. Describe how the human service professional's responsibility to the profession promotes well-being for the client.
  6. Describe how the human service professional's responsibility to employers promotes well-being for the client.
  7. Describe how the human service professional's responsibility to self promotes well-being for the client.
  8. Describe how the human service professional's responsibility to educators promotes well-being for the client.
  9. Describe the four stages of ethical decision making. Indicate how it strives to promote well-being to the client/society.