

## BEHAVIOR HEALTH AA, STATEWIDE PROGRAM: 616

Total Credits: 60

Catalog Edition: 2022-2023

### Program Description

According to the Agency for Healthcare Research and Quality, behavioral health is the study of "mental health and substance abuse, life stressors and crises, stress related physical symptoms, and health behaviors". It is a dynamic and growing field that focuses on promoting positive health behaviors while reducing or eliminating health risk behaviors. The goal of this program is to foster resilience in an environment that supports students from diverse backgrounds and life experience. The program is designed to transfer to UMBC's baccalaureate social work program at the Universities at Shady Grove campus. The program also serves to train students for entry-level positions as aides or technicians in various mental health disciplines. **This program can be completed either on campus or online.**

For more information, please visit <https://www.montgomerycollege.edu/academics/programs/behavioral-health/behavioral-health-aa-degree.html>

To view the Advising Worksheet, please visit <https://www.montgomerycollege.edu/documents/counseling-and-advising/advising-worksheets/current-catalog/616.pdf>

### Program Outcomes

Upon completion of this program, a student will be able to:

- Demonstrate an understanding of key concepts in behavioral health promotion including: the determinants of mental health; stress; coping; anxiety, mood and personality disorders; substance abuse; and treatment.
- Identify and model examples of ethical and professional behavior.
- Demonstrate an understanding of group processes and behaviors including: identity, formation, structure, power, influence, leadership, and performance.
- Demonstrate effective verbal and written communication skills.
- Use critical thinking skills to solve problems relevant to the practice of behavioral health.

### Program Advisors

Rockville

- Dr. Maureen Edwards, 240-567-7590,  
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2022-2023

# Program Advising Guide

An Academic Reference Tool for Students

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## Suggested Course Sequence

A suggested course sequence for full-time students follows. All students should review this advising guide and consult an advisor.

### First Semester

ENGL 101 - Introduction to College Writing or HLTH Elective 3 semester hours \*  
BIOL 101 - General Biology (NSLD) 4 semester hours  
MATH 117 - Elements of Statistics (MATF) 3 semester hours  
SOCY 100 - Introduction to Sociology (BSSD) 3 semester hours  
BEHE 100 - Introduction to Behavioral Health Promotion 3 semester hours

### Third Semester

World Language Elective † (GEIR) 3-4 semester hours  
Art Distribution (ARTD) 3 semester hours  
HLTH 225 - Introduction to Health Behaviors 3 semester hours  
BEHE 200 - Group Dynamics 3 semester hours  
POLI 101 - American Government or ECON - 201 Principles of Economics I 3 semester hours

### Second Semester

ENGL 102 - Critical Reading, Writing, and Research (ENGF) 3 semester hours  
COMM 108 - Foundations of Human Communication (HUMD) 3 semester hours  
HLTH Elective (HLTH 131 - Drugs and Lifestyle Wellness, HLTH 170 - Introduction to Aging, or HTH 200 - Health Issues in Human Sexuality) 3 semester hours  
PSYC 102 - General Psychology (BSSD) 3 semester hours  
World Language Elective † (GEIR) 3-4 semester hours

### Fourth Semester

PSYC 203 - Human Growth and Development During Life Span or PSYC - 215 Child Psychology 3 semester hours  
PSYC 221 - Introduction to Abnormal Psychology 3 semester hours  
NUTR 101 - Introduction to Nutrition (NSND) 3 semester hours  
BEHE 201 - Field Experience in Behavioral Health 3 semester hours

## Total Credit Hours: 60

\* ENGL 101/ENGL 011, if needed for ENGL 102 or HLTH elective.

† World Language Electives: Choose a General Education language (SPAN, FREN, and CHIN) offering a 101, 102, and 201 sequence.

For students transferring to UMBC: students are required to complete one semester of a language at a 200 level. Students may be able to complete this requirement as part of the associate's degree if they test out of the 100-level class. If not, UMBC at the Universities at Shady Grove will allow students to transfer up to six additional credits of language.

## List of Courses with Title, Semester Credit Hours, and Course Descriptions:

CE: Credit by exam

R: Courses held at Rockville Campus only

## Transfer Opportunities

Montgomery College has partnerships with multiple four-year institutions and the tools to help you transfer. To learn more, please visit <https://www.montgomerycollege.edu/transfer> or <http://artsys.usmd.edu>.

## Get Involved at MC!

Employers and Transfer Institutions are looking for experience outside the classroom.

MC Student Clubs and Organizations: <https://www.montgomerycollege.edu/life-at-mc/student-life/>

## Related Careers

Some require a Bachelor's degree.

Psychiatric Aide, Psychiatric Technician, Clinical Psychologist, Community Health Worker, Occupational Therapy Assistant.

### Career Services

Montgomery College offers a range of services to students and alumni to support the career planning process. To learn more, please visit <https://www.montgomerycollege.edu/career>

### Career Coach

A valuable online search tool that will give you the opportunity to explore hundreds of potential careers or job possibilities in Maryland and the Washington D.C. metropolitan area. Get started today on your road to a new future and give it a try. For more information, please visit <https://montgomerycollege.emsicc.com>

## Notes: