

# North Hennepin Community College

## HSER 1600: Loss and Grief

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Review dynamics of loss and grief across the lifespan and how grief impacts families and children. Students will learn to identify, assess, and intervene in grief situations while exploring gender differences. The course will incorporate journal assignments and experiential activities designed in the healing of each persons grief journey.

**B. COURSE EFFECTIVE DATES:** 06/01/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Children and grief
2. Divorce
3. Grief and family
4. Intervention and caring for the bereaved
5. Men and grief
6. Process of dying
7. Stages and tasks of mourning
8. Suicide
9. The wounded healer (heal thyself)

### D. LEARNING OUTCOMES (General)

1. Describe the process of grief and bereavement for both females and males and note their differences (ELO1, ELO4).
2. Evaluate the differences between normal and abnormal grief reactions (ELO1, ELO4).
3. Articulate some of the various ways of intervening with individuals who have experienced the loss of a significant other (ELO1, ELO2, ELO4).
4. Articulate the dynamics of grief through a lifespan, developmental perspective (ELO1, ELO4).
5. Explain and assess how grief impacts the family unit (ELO1, ELO4).

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World-Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills-Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
4. Integrative and Applied Learning-Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.