

Human Services

Academic Planning Worksheet 2026-2027

Simmons University

Office of Undergraduate Advising

Notes:

- Simmons requires that all undergraduates complete a minimum of 128 credits of coursework, fulfill PLAN and major/program requirements, and submit a Senior Audit form to graduate.
- You may declare a major after you have earned 32 credits. You must declare a major prior to earning 80 credits.

Core Requirements

Majors will complete the core of the following courses.

- Major requires 36 credit hours.
- Service-Learning: 40 hours in SW-253CD (Past or present volunteer/work experiences can be used)

Course #	Course Title	Credits	Complete
SW 101CD	Introduction to Social Work & Social Welfare	4	
SW 253CD	Human Behavior in the Social Environment (HBSE)	4	
SW 255CD	Strategies for Effective Communication in Social Work Practice (prereq: SW 351 and SW 352)	4	
SW 200CD	Social Welfare Policy	4	
SW 351CD	Introduction to Generalist Social Work Practice(prereq: SW 101 and SW 253)	4	
RGS/WGSS101	Identity and Power	4	
SW 352CD	Social Work Practice with Individuals & Families(prereq: SW 351)	4	
SW 354CD	Macro Social Work Practice (prereq: SW 351)	4	
HS 390CD	Human Services Capstone Seminar	4	

PLAN Requirements

PLAN (Purpose Leadership ActionN) is the Simmons undergraduate general education program. Some PLAN requirements can be fulfilled with courses required for this major, as indicated below. Additional PLAN requirements may be fulfilled through electives. PLAN requirements, with the exception of the capstone, are waived for students who have an associate's degree from an accredited institution. We highly recommend that you work closely with your advisor(s) to choose all of your courses.

Course Title	Credits	Completed
Math*: 1) Students who do not pass the mathematics competency placement exam by orientation or who do not meet the math competency requirement in one of the other ways described above must take MATH 101CD in the first semester it is available.	0/4	
CNCT 101: Simmons Connect**	3	

LDR 201: Gender and Leadership		4	
CDA 201: Cross-Disciplinary Approaches to Public Issues		6	
CNCT 201: Pathways to Career and Leadership (Recommended after CDA)		1	
3D Design Across Diverse Disciplines *** (Students work on this requirement while enrolled in CNCT 201)		12	
Requirements		Course Selected	
Language & Culture****: Two (additional) Global Cultural (GC) courses			4
			4
Quantitative Literacy (QL)			4
Key Content Areas ***** (KCAs)	Aesthetic, Literary, and Artistic (ALA)		4
	Global Cultural (GC)		4
	Scientific Inquiry (SCI)		4
	Social and Historical (SH)		4

*Students must satisfy the math competency requirement during their first semester at Simmons. Students who do not pass the mathematics competency exam by the end of their first semester or who do not meet the math competency requirement must take MATH 101 in the first semester it is available.

**We highly encourage all students to take Simmons Connect in their first semester, and we recommend this course for all students, even those who enter with an associate's degree.

***The 3D (Design Across Diverse Disciplines) requirement may be met with one course in your major and two additional courses (which may also satisfy KCA requirements).

*****KCA requirements may be satisfied by courses in your major, LC courses, and/or 3D courses.

Program Contact

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