Counseling and Mental Health, B.A.

Degree Offered

- Bachelor of Arts

Nature of the Program

The Counseling and Mental Health Program is designed for students with a broad-based interest in the human condition and serving their communities. Graduates are qualified for entry-level occupations in addiction, mental health and family support services, and are also prepared for graduate studies in counseling, occupational therapy, public health or other health-related disciplines.

The core coursework explores the history, theories and concepts of mental health and mental illness, as well as investigation of the structures and service delivery mechanisms for prevention, intervention, and treatment of mental disorders, with a concentrated focus on addiction and recovery. Through selection of certain elective groups, students also have the opportunity to build deeper knowledge in disabilities, aging, wellness, and/or diversity.

The program culminates with a capstone course designed to help students integrate and synthesize their CMH coursework through a field experience and population research.

Admissions for 2027-2028

- First-time students who meet university requirements are directly admitted to the Counseling and Mental Health major
- Students transferring into the major from another institution must have a minimum cumulative college GPA of 2.0
- Students seeking admission from other majors within WVU must have a minimum cumulative college GPA of 2.0

Major Code: 5556

General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. (http://registrar.wvu.edu/gef/)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
General Education Foundations		
F1 - Composition & Rhetoric		3-6
ENGL 101 & ENGL 102	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research	
or ENGL 103	Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3
F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)		9
Total Hours		**31-37**

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

Curriculum Requirements

Code	Title	Hours
University Requirements		60
Counseling and Mental Health Major Requirements		60
Total Hours		**120**

University Requirements

Code	Title	Hours
General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)		
Outstanding GEF Requirements 1, 2, 3, 5, and 6		21
CAHS 191	First-Year Seminar	2
General Electives		37
Total Hours		**60**

Professional and Career Development Sequence

Code	Title	Hours
Sequence *		
CAHS 191	First-Year Seminar	
CAHS 300	Career Exploration in Applied Human Sciences	
COUN 485	Capstone in Mental Health and Addiction Studies	

Counseling and Mental Health Major Requirements

Code	Title	Hours
A minimum grade of C- is required in all CDFS and COUN courses.		
PSYC 101	Introduction to Psychology	3
SOC 101	Introduction to Sociology	3
CDFS 110	Families Across the Life Span (GEF 4)	3
PSYC 281	Introduction to Psychological Disorders (GEF 7)	3
CAHS 300	Career Exploration in Applied Human Sciences	3
COUN 201	Foundations of Mental Health Intervention	3
COUN 240	Introduction to Addiction Studies	3
COUN 301	Interpersonal Communication Skills	3
COUN 303	Introduction to Helping Professions	3
COUN 310	Case Management in Mental Health Services	3
COUN 340	Counseling Techniques	3
COUN 400	Diversity and Human Relations	3
CDFS 416	Trauma, Resiliency, and Children	3
COUN 450	Self-Care for Helping Professionals	3
COUN 485	Capstone in Mental Health and Addiction Studies	3
Required Minor **		15
Total Hours		**60**

* CAHS 191 is accounted for in the University Requirements, CAHS 300 and COUN 485 as part of the Major Requirements.

** Students declaring a second major are not required to fulfill the minor requirement.

Suggested Plan of Study

First Year			
Fall	**Hours**	**Spring**	**Hours**
CAHS 191	2	COUN 240	3
COUN 201	3	PSYC 101	3
CDFS 110 (GEF 4)	3	ENGL 102 (GEF 1)	3
ENGL 101 (GEF 1)	3	GEF 3	3
GEF 5	3	GEF 6	3
General Elective	1		
	15		**15**

Second Year

Fall	Hours	Spring	Hours
COUN 303		3 COUN 301	3
SOC 101		3 PSYC 281 (GEF 7)	3
GEF 2A		3 GEF 2A	3
General Elective		3 General Elective	3
General Elective		3 General Elective	3
		15	**15**

Third Year

Fall	Hours	Spring	Hours
CAHS 300		3 COUN 340	3
COUN 310		3 CDFS 416	3
Minor Course		3 Minor Course	3
General Elective		3 Minor Course	3
General Elective		3 General Elective	3
		15	**15**

Fourth Year

Fall	Hours	Spring	Hours
COUN 400		3 COUN 485	3
Minor Course		3 COUN 450	3
General Elective		3 Minor Course	3
General Elective		3 General Elective	3
General Elective		3 General Elective	3
		15	**15**

Total credit hours: 120

Suggested Plan of Study for Transfer Students

Third Year

Fall	Hours	Spring	Hours
COUN 201		3 COUN 240	3
COUN 303		3 COUN 301	3
CDFS 110		3 COUN 340	3
PSYC 101		3 PSYC 281	3
CAHS 300		3 Minor Course	3
		15	**15**

Fourth Year

Fall	Hours	Spring	Hours
COUN 310		3 COUN 485	3
COUN 400		3 COUN 450	3
SOC 101		3 CDFS 416	3
Minor Course		3 Minor Course	3
Minor Course		3 Minor Course	3
		15	**15**

Total credit hours: 60

Major Learning Outcomes

COUNSELING AND MENTAL HEALTH

At the completion of this program, students will be able to:

1. Demonstrate foundational counseling and interpersonal skills essential for establishing therapeutic relationships and providing support in behavioral health settings.

2. Apply knowledge of human behavior, mental health, and substance use across the lifespan to inform assessment, intervention, and prevention strategies.
3. Integrate cultural responsiveness and ethical principles when working with diverse individuals, families, and communities in various helping professions contexts.
4. Identify and navigate behavioral health systems and community resources to connect individuals with appropriate services and support.