Bachelor of Arts in Social Work

Bachelor of Arts in Social Work is a four year academic program under Faculty of Humanities and Social Sciences of Tribhuvan University. Major aim of this program is to produce generalist social workers to fulfill the need of contemporary Nepal as well as the world. In order to achieve this goal, it offers altogether 8 papers including compulsory field work, research work, academic writing and report writing courses in different semesters. These courses, apart from core courses of social work, also include various required courses from related disciplines, and some optional courses in the third and fourth year including some specialization courses. In addition, there are few compulsory courses such as Nepali, English, Nepal Studies, and Academic Writing.

Objectives

The overall objective of the courses of bachelor level is to impart up-to-date knowledge of the basic theories and methods of Social Work to the students along with skills developed through intensive field-work. The main objective is to provide general skilled human resources for social work in the context of Nepal. In addition, it also aims to inculcate in the students the spirit of human rights and social justice. Thus, the overall objective of this level is to produce skilled human resource through developing professional skills among the students of this discipline at a par with those of other countries.

In specific the bachelor level Social Work program aims to develop the following:

- Understanding of the basic concepts of Social Work; principles, methods, and practice.
- Carry out research to identify the problems faced by the community people and possible solutions to those problems.
- Developing ability to identify major social problems in the context they are situated.
- Managing and utilizing the service system to solve the problem among those affected people.
- Developing self-awareness in relation to one’s own capability responding to problem situations.
Admission Criteria

A student holding a higher secondary level degree (+2, PCL or any) in any of the subjects recognized by Tribhuvan University is considered eligible to apply for admission at bachelor level.

An applicant seeking admission to Bachelor in Social Work may appear in an Entrance Examination, if provisioned, of one hour’s duration conducted by the Office of the Dean, Faculty of Humanities and Social Sciences, Tribhuvan University or managed by Department of Social Work. The students who pass the Entrance Examination, if provisioned, will get an opportunity of getting admission in the campus/college of their choice if possible, otherwise he/she will be assigned to a particular campus/college. The applicant who fails to appear in the Entrance Examination or to obtain a minimum qualifying score will not be given admission. Admission of the students will be based strictly on the merit list and on the enrollment quota; as per rule of FOHSS, TU, based on approval provided to the Campus/College through Dean’s Office. However, Dean's Office in coordination with Department of Social Work may apply any relevant and feasible policy for enrollment in BASW.

Course Effective Date

This course of BASW will be implemented as soon as the course is approved by the concerned authority of Tribhuvan University. After the implementation of 4 years BASW program there won’t be three years BA program running under FOHSS, TU.

Duration of the Course and Examinations

The duration of the course is of four academic years. There will be a final examination, in each year, at the end of each year. Regularity of the students will be an important and primary criteria to be eligible to appear in the internal as well as final examination.

Approval Criteria for Implementing BASW Program

Since the BASW is four years’ annual program it requires some pre-conditions to run this program. At least 3 faculties with MSW or equivalent degree approved by Tribhuvan University and a Computer Lab with at least 25 computers are the necessary pre-conditions to run this program.
## Distribution of Courses by Years

### First Year

<table>
<thead>
<tr>
<th>Paper</th>
<th>Code No.</th>
<th>Title of Course</th>
<th>Full Marks</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>SW 421</td>
<td>Introduction to Social Work</td>
<td>100</td>
<td>Required</td>
</tr>
<tr>
<td>2.</td>
<td>SW 422</td>
<td>Basic Sociology for Social Work</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

### Second Year

<table>
<thead>
<tr>
<th>Paper</th>
<th>Code No.</th>
<th>Title of Course</th>
<th>Full Marks</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td>SW 423</td>
<td>Basic Psychology for Social Work</td>
<td>100</td>
<td>Required</td>
</tr>
<tr>
<td>4.</td>
<td>SW 424A</td>
<td>Social Case Work Practice</td>
<td>50</td>
<td>Required</td>
</tr>
<tr>
<td></td>
<td>SW 424B</td>
<td>Social Work Practice with Groups</td>
<td>50</td>
<td></td>
</tr>
</tbody>
</table>

### Third Year*

<table>
<thead>
<tr>
<th>Paper</th>
<th>Code No.</th>
<th>Title of Course</th>
<th>Full Marks</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.</td>
<td>SW 425</td>
<td>Social Issues and Leadership Development</td>
<td>100</td>
<td>Required</td>
</tr>
<tr>
<td>6.</td>
<td>SW 410</td>
<td>Social Issues and Leadership Development</td>
<td>100</td>
<td>Elective</td>
</tr>
</tbody>
</table>

### Fourth Year*

<table>
<thead>
<tr>
<th>Paper</th>
<th>Code No.</th>
<th>Title of Course</th>
<th>Full Marks</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.</td>
<td>SW 426</td>
<td>Theoretical Ideologies of Social Work</td>
<td>100</td>
<td>Required</td>
</tr>
<tr>
<td>8.</td>
<td>SW 427</td>
<td>Social Problem, Identifications and Interventions</td>
<td>100</td>
<td>Required</td>
</tr>
</tbody>
</table>

Note: The courses in the third year and fourth year are proposed. The title of these courses can be changed while developing detail contents later.
Evaluation

Evaluation will be on the basis of 30 percent internal and 70 percent external. Forty percent internal evaluation will be done by the Social Work Department/Campus on the basis of the following criteria:

A. Class attendance 5 marks
B. Class participation, discussion and presentation 5 marks
C. Assignment 10 marks
D. Class test (writing) 10 marks

The 70 percent external evaluation will be done by the Dean’s office through Controller of Examinations, Tribhuvan University which will be written examination. However, in case of Social Work Practicum and Field Work courses 70 percent external will also be done practically by the department/Campus under the coordination of Department of Social Work TU.
First Year
SW421: Introduction to Social Work
(Theory and Practical)
Teaching hours: 150 (70+30)

Course Description:
This paper is about the basic knowledge of social work as its introduction to students. It primarily focused on contents that help to be generalist social work practitioner. The course develops from the focus of social work as a profession from the very beginning of its roots. This course also deals with the western and eastern philosophy of social work as a profession. These all contents are expected to build up the capacity and the ability of students in the field of indigenous social work practice in the world in general and in Nepali context in particular.

Course Objective
1. To introduce students with the basics of social work discipline,
2. To enable the students to realize the mission of social work and its role in producing professional social worker,
3. To enable the students to understand and perceive the code of ethics and principles required to practice social work, and
4. To identity and analyze the contemporary issues in social work discourses

Course Contents
Unit I: Introduction of Social Work (15 LH)

a. Concept of Social Work:
   • Social Work as an independent discipline
   • Social work as a profession
   • Basic elements and goals of social work practice
   • Fields of social work practice
   • Role of social workers
b. Mission of Social Work
   • Preventive
c. Relationship of social work with other disciplines of social sciences - Sociology, anthropology, history, political science, economics

Unit II: The Profession of Social Work: History, Perspectives and Methods (25 LH)

a. The emergence of social work as a profession
   - Historical antecedents
   - Social work practice (academic and professional) in:
     - United Kingdom
     - United States of America
     - Australia
     - India
     - Nepal

b. Social work, social systems and social work perspectives
   - Ecosystems perspective
   - Four Practice systems- Client, Action, Target and Change agent system
   - Levels of Intervention – Micro, Mezzo and Macro Level

c. Social Work methodology
   - Primary Methods : Casework, Groupwork, Community Organization

d. Social Service delivery systems
   - Social service settings
   - Funding for services
   - Service delivery issues

Unit III: Social Work Values and Ethics (10 LH)

- Values and Ethics defined
- Foundation of professional social work values
- IFSW and NASW code of Ethics
• Ethical Dilemmas in social work practice

Unit IV: Ethical principles for social work (10 LH)

• Principles of Social work Practice
  o Acceptance
  o Confidentiality
  o Controlled emotional involvement
  o Individualization
  o Non-judgmental Attitudes
  o Purposeful expression of feelings
  o Self determination

Unit V: Empowering processes for social work practice (10 LH)

• Intake,
• Assessment,
• Planning,
• Intervention,
• Evaluation,
• Integrating gains/termination,
• Follow-up

Unit VI: Contemporary issues in Social work (15 LH)

• Social work in Public domain: poverty, homelessness, hunger, unemployment; divorce;
• Social work in Health, Social Rehabilitation and Mental Health
• Social work with families and youth
• Social work with Older Adults and Persons with disabilities: Elderly people and Disable people
• Social work and Criminal Justice: girls trafficking, drug cases,
• Education and School Social Work
Unit VII: Social Work Practice in Nepal (10 LH)

- Scope
- Institutional practice of social work
- Structure of social work practice
- Present practice of social work – Voluntary Social work and Professional Social work
- Social work education – Initiation of social work as a discipline.
- Opportunities and challenges in the area of social work

Unit VIII: Practicum: Project Work and Report Writing [50 LH]

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated to this practicum.

Essential Readings

- Unit I

- Unit II

- Unit III

• Unit IV
  • IFSW and NASW code of Ethics, 2012

• Unit V

• Unit VI
  • Karen kay kirst-Ashman et al. (2012) Understanding Generalist practice, Belmont CA, United States of America
  • Adhikari, Dilli ram (2001) An Introduction to social work, Kathmandu, Nepal

• Unit VII
  • Shrestha, S. K (2013) Introduction to social work, Tajelu Publication, Kathmandu
  • Yadav, R.K (2012) Integrated social work, Amisha-shivanshi Distributors, Kathmandu
SW422: Basic Sociology for Social Work

(Theory and Practical)

Teaching hours: 150 (70+30)

Course Description

The paper has been designed to familiarize the students with the basics of sociology which are essential to be a social worker and enable them to comprehend and analyze social relationship, social structure, social system, social stratification, social change, social institutions, social processes and social problems in the context of Nepal. The course also deals with the applied Sociology that helps the students to work in the field of social work as professional social workers in future.

Course objectives:

This course aims to enable the students:

- To comprehend the basic sociological concepts,
- To understand and apply the basic theoretical perspectives on social relationship, social structure, social institutions, social change, social stratification, social problems, etc. in the context of Nepal,
- To identify and analyze the social problems in contemporary Nepal,
- To develop the skill related to applied sociology in solving social problems.

Detail Course Contents:

Unit I: What is Sociology? [10 LH]

- Developing a sociological outlook: studying sociology
- How can sociology help us in our lives? Awareness of cultural differences; assessing the effects of policies; self-enlightenment
- The development of sociological thinking; early theorists: Auguste Comte; Emile Durkheim; Karl Marx; Max Weber
- More recent sociological perspectives; functionalism, conflict perspective, social action perspectives; symbolic interactionism
- Sociology and social work
Unit II: Individual, Society and Culture

- Culture and behavior
- Norms and values
- Status and roles
- Social change

Unit III: Social Interaction and Everyday Life

- The study of daily life
- Non-verbal communication
- The social rules of interaction
- Face, body and speech in interaction
- Interaction in time and space
- Interaction, groups and organization

Unit IV: Families, Socialization, the life-Course and Ageing

- The family in history
- Families and intimate relationships in Nepal
- Culture, society and child socialization
- Gender socialization
- Socialization through the life-course

Unit V: Health, Illness and Disability

- The sociology of body
- The social basis of health
- The sociology of disability

Unit VI: Social Institutions

- The economy and work
- Politics and government
- Marriage and family
- Religion: belief
- Education
- Health and medicine

Unit VII: Social Stratification and Inequality  [10 LH]
- Stratification
- Caste, class, gender, region based inequality

Unit VIII: Application of Sociology in Social Work  [10 LH]
- Identifying social problems: urban crime; suburban crime; gang violence; juvenile delinquency; mental health, poverty, unemployment, etc.
- Applied sociology in practice: identification, assessment, planning, implementation, monitoring and evaluation of projects

Unit VIII: Practicum: Project Work and Report Writing  [50 LH]
Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social institutions; family, marriage, economy, social inequality, social change, etc. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated to this practicum.

References:

Unit I
Unit II

Unit III
UK: Polity Press.

Unit IV
UK: Polity Press.

Unit V
UK: Polity Press.

Unit VI

Unit VII

Unit VIII
SW423: Social Case Work Practice
(Theory and Practical)

Teaching hours: 150 (70+30)

Course Description
The course aims to enhance understanding of students on how to apply selected theoretical frameworks to engagement, assessment and interventions in practice with individuals in an ecological context from the perspectives of problem definition, intervention strategies, which encourages students to develop the details of his or her own approach to practice which incorporates professional values and focus, ethics, theories, intervention strategies, evaluation approaches by application of theoretical learning.

Course Objective
1. To enhance the basic knowledge on the concept, values, principles of Social Casework
2. To enhance psychosocial analytical and practical skills and knowledge of students understand casework process, methods and techniques.
3. To enhance skills and knowledge of students on client's empowering approach, methods and interview techniques, planning, strategic interventions and practice.

Unit I: Introduction of Casework
(20 LH)
- Casework: Concept, objectives, characteristics
- Development of casework practice,
- Knowledge, skills and values and principles needs for social casework,
- Relationship in social casework,
- Phases of Casework(social investigation, problem diagnosis and treatment)
- Components of Casework

Unit II: Concepts and Theoretical approaches in Social Casework
(25 LH)
- Functional and Diagnostic schools in Social casework.
- Psychodynamic theory, Ego psychology, psycho-social theory, functional theory, behaviour modification theory, cognitive theory, role theory, developmental theory
• Crisis intervention approach, task centered approach, vedantic approach, system approach, social psychological approach, integrated model approach
• Rational Emotive Therapy (RET), Self-Control and Self Management Therapy, Family Therapy, Psychotherapy, Transference

Unit III: Causes of Human Problems and the role of Case Worker (15 LH)
• lack of material resources, misconceptions about situations and relationships and lack of appropriate information, illness or health related handicaps, emotional distress resulting from stressful situations, personality features or deficiencies
• Three roles of caseworker

Unit IV: Interview, communication and Recording in social Case Work (20 LH)
• Interviewing: concept, purpose, skills in interviewing: listening, observation, giving feedback; multiple interviewing, home visits, collateral contacts.
• Communication: Definition and principles, messages(clear, contradictory, incongruent), Feedback, Double-level messages, Receiving messages, Interpreting and Evaluating messages, Active listening
• Recording: principles and types, structure and content, narrative, condensed, analytical, process, summary. Use of Genogram and eco-map.

Unit V: Intervention Techniques in Social Case Work (20 LH)
• Supportive techniques: acceptance, assurance, ventilation, emotional support, ego support, action oriented support and advocacy.
• Enhancing resources techniques: procuring material help, environment modification and enhancing information.
• Counseling techniques: Reflective discussion, advise, motivation, clarification, modeling, role-playing, reality orientation, partialization, confrontation, and reaching out.

Unit VI: Practicum: Project Work and Report Writing [50 LH]
Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world
and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated to this practicum.

**Essential Readings**


**Reference**


SW424A: Basic Psychology for Social Work
(Theory and Practical)

Teaching hours: 75 (50+25)

Course Description

This course will introduce the students about the fundamental concepts of psychology. It has been designed to make students familiar with the basic psychological concepts, processes and its scope and fields particularly relevant to social work practice.

Course Objectives:

1. To introduce students with basic psychological concepts and processes regarding human behavior.
2. To help students find relevant application of psychology in social work practice.
3. To make students find areas of their interest for further exploration.

Unit I: Introduction to Psychology (10 hr)

a. Definition and Scope of Psychology
b. Branches and Fields of Psychology – Clinical, Educational, Social, Community, Developmental.
c. Major theoretical orientations in Psychology (Biological, Psychodynamic, Behaviorist, Cognitive, Evolutionary, Humanistic).

Unit II: Determinants of Human Behavior (10 hr)

a) Biological determinants: Genetics, Nervous System and Glandular System
b) Social-cultural determinants: Family, Neighborhood, School, Work, Norms etc.

Unit III: Basic Psychological Concepts (15 hr)

a) Sensation and Perception
b) Emotions and Motivation
c) Memory and Forgetting
d) Learning
e) Intelligence
f) Personality, Values and Attitude
Unit IV: Application of Psychology in Social Work (15 hr)

a) Psychopathology, Mental Health and the Psychosocial: Meaning and Definition, Causes of Psychopathology and Varieties, Concept of Health, Mental Health and Psychosocial Wellbeing

b) Developmental Hazards and Adjustment: Age related physical and psychological changes, Developmental Tasks, Hazards and Adjustments

c) Stress, Coping and Well being: Meaning and Definition, Types of Stress and Coping, Causes and Management of Stress, Psychology of Well being.

d) Positive Psychology and Happiness: Strength based approach, Subjective Well Being, Positive Thinking

e) Psychology of Child, adolescence, elderly people: Problems, Prevention and Support

Unit V: Practicum: Project Work and Report Writing [25 LH]

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 15 marks allocated to this practicum.

Readings


ARC Resource Pack Study Material Foundation Module 7 Psychosocial Support (http://www.arc-online.org)

Course Description
This course aims at developing knowledge and skills of students on social group work process, methods, interventions skills, and group mobilization. The overall objectives of the course are to help students develop an appreciation for the distinguishing features of social group work and to provide them with the knowledge, skills and values essential to direct practice with groups, family and other variety of settings to achieve social justice.

Course Objectives
1. To enhance knowledge and skills of students on group work methods, techniques, tools needed to practice with groups, families, organizations and communities.
2. To enhance understanding of students in social group work theories, principles, approach, communication skills, and group dynamics.
3. To enhance the ability of students to apply the knowledge and skills learned in the classroom for direct social work practice and act according to social work ethics and values in organizational setting.

Chapter 1: Introduction to Social Group Work 8 hrs
Group, Team, Group Work and Team Work
Social Group Work: Definition, Meaning, Concept, Scope, Objectives
History of Social Group Work
Douglas 14 Principles of Social Group Work
Relationship between Social Case Work, Social Group Work and Community Organization

Chapter 2: Process of Social Group Work and its Practice 8 hrs
Group Work Process - Planning Phase, Beginning Phase, Middle Phase, Ending Phase
Recording in Social Group Work, Types and its importance
Roles of group worker: Facilitator, Leader, Moderator, Manager, Administrator, Enabler, Therapist, Helper, Resource mobilizer and Evaluator

Approaches and Models in Group Work Practice: Therapeutic / Social Treatment, Developmental Group and Task oriented Group.

Chapter 3: Group Dynamics and Group Development

Chapter 4: Theories of Social Group Work

Chapter 5: Use of Program Media in Group Work

Chapter 6 Leadership and Group Behavior
Leader, Leadership
Types of Leadership
Leadership Theories
Concept of Leadership in the Social Group Work
Centralization and Decentralization

Chapter 7: Social Group Work Practice in Different Settings 8 hrs

Group Work in Nepal

Group Work practices among Children, Youth, Aged, Women
Self Help Groups, Women Group, Cooperative Group, Correctional Setting, and Group Work communities

Group work in institutional settings like educational institutions, hospitals, and youth development settings, child settings, family service agencies, municipality, DDC/VDC, social welfare organizations, labor organizations, NGOs and Community.

Unit V: Practicum: Project Work and Report Writing  [25 LH]

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 15 marks allocated to this practicum.

Essential Reading


Rawat Publication.


References:


Belmont, CA: Brooks-Cole, Ch. 11, The Work Phase in the Group and Ch. 12, Working with the Individual in the Group


Simon, S., Webster, J., and Horn, K. (2007). A critical call for connecting students and...


Grove, CA: Brooks/Cole


Pacific University Press.


Boston: Allyn and Bacon


www.asa.org International Association for the Advancement of Social Work.

Allyn and Bacon.


Flors, P. A. & Green C. (2009), Group process and group work techniques: Social workers' desk


SW425: To be Developed
(Theory and Practical)

Teaching hours: 150 (70+30)
SW410: To be Developed (Elective)
(Theory and Practical)

Teaching hours: 150 (70+30)
SW426: To be Developed

(Theory and Practical)

Teaching hours: 150 (70+30)
SW427: To be Developed

(Theory and Practical)

Teaching hours: 150 (70+30)
Social Work Practicum Guidelines

Course Description

The students are placed in social service organizations or any field for internship for 50 hours. Students have to practice theoretical learning and develop their skills so as to prepare a detailed study report. The field work reporting process should cover the comprehension of the overall aspects of issue/theme/topic and in the case of organization organizational structure, working specializations of the organization, policy, program and implementation as well as making process, and financial arrangement. They practice various documentation activities such as proposal development, record keeping, correspondence, event reporting and participation in the events related with in order to assist the clients and the agency in everyday activities voluntarily. The interns have to work under the supervision of the concerned persons from both the university and the agency with regular reporting as per the rule of the given organization.

Objectives

1. To familiarize students with contemporary social work and professional practice.
2. To learn theory-practice by applying classrooms discussions into the field work practice.
3. To enhance professional skills related with the social work profession.
4. To develop networking with the professionals and the agencies.
5. To explore the areas of career development in the social development field.

Note: As mentioned in the description the field work/practicum of social work requires intensive engagement in the activities in the field the allocated hours in terms of 3 credit hours may exceed in the actual practice.

33