

COMMUNITY HEALTH WORKER

Technical Diploma

Program Code: 30-539-2

Total Credits: 25

Mid-State's Community Health Worker embedded technical diploma prepares students for frontline, community-based roles connecting individuals and families with health care, social services, and community resources. Students develop practical skills in outreach, service coordination, resource navigation, advocacy, culturally responsive health education, and building trusting relationships that support improved health outcomes.

Students gain career-focused experience through case studies, windshield surveys, and community-based scenarios that build skills in client communication, care coordination, and resource navigation. They also gain experience strengthening their teamwork, problem-solving, and advocacy skills.

To learn more about this program, visit mstc.edu/programs.

ACADEMIC ADVISOR

To schedule an appointment with an academic advisor, call 715-422-5300. Academic advisors will travel to other campuses as necessary to accommodate student needs. For more information about advising, visit mstc.edu/advising.

NEW STUDENT CHECKLIST

Complete the following steps to prepare for your New Student Advising appointment with your academic advisor:

- Submit a Mid-State application at mstc.edu/apply.
- Send official transcripts to:
Mid-State Technical College
Student Services
500 32nd Street North
Wisconsin Rapids, WI 54494
- Complete the Free Application for Federal Student Aid (FAFSA) at fafsa.gov. Mid-State's Financial Aid team is available to assist with your FAFSA application and to answer your financial aid questions. Contact Financial Aid or schedule an appointment at mstc.edu/financial-aid.
- Set up student MyCampus account at mstc.edu/mycampus-assistance.
- Schedule a New Student Advising appointment at mstc.edu/advising.

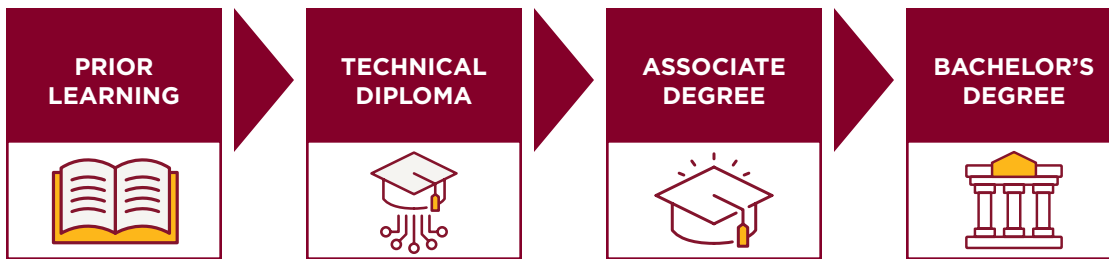
mstc.edu • 888-575-6782 • TTY: 711



Adams Campus • Marshfield Campus • Stevens Point Downtown Campus • Wisconsin Rapids Campus • Virtual Campus • AMETA® Center

Mid-State does not discriminate on the basis of race, color, national origin, sex, disability, or age in its program, activity, or employment. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Vice President - Human Resources; 500 32nd Street North, Wisconsin Rapids, WI 54494; 715-422-5325 • AAEO@mstc.edu. 3/2026-AC

CAREER PATHWAY



Career pathways help you build your education step by step. Each stage offers one or more credentials that are recognized by employers and lead to real jobs—and you can keep building toward your career goals as you go.

Begin at any point.

Prior Learning

Credit for Prior Learning

- Certifications and Licenses
- Military Experience
- National/Standardized Exams
- Transfer Credit
- Work and Life Experience

Learn about Credit for Prior Learning at mstc.edu/cpl.

High School Credit

- High School Dual Credit
- Mid-State Fast Track

Learn about High School Credit at mstc.edu/dc.

Technical Diploma

- Community Health Worker (25 Credits)
Start Your Career: Community Health Worker, Wellness Coach, Community Health Liaison

Associate Degree

- Health & Wellness Promotion (61-62 Credits)
Start Your Career: Community Engagement Specialist, Community Health Worker, Fitness Manager, Health Promotion Coordinator, Wellness Coach

Bachelor's Degree

For those interested in continuing their education, Mid-State offers transfer guides with various four-year colleges and universities. For more information, visit mstc.edu/transfer.

Other Options

Related Programs: Dental Assistant, Health Information Management, Medical Assistant, Medical Coder, Nursing, Nursing Assistant, Phlebotomy Technician, Respiratory Therapy, Sterile Processing Technician, Surgical Technology

OUTCOMES

Employers will expect you, as a Community Health Worker graduate, to be able to:

- Conduct community outreach.
- Connect clients to services.
- Support program evaluation and data collection efforts.
- Coach individuals and groups on sustainable behavior change.

TECHNICAL STANDARDS

A list of specific physical, emotional, and mental tasks needed to function as a Community Health Worker graduate is available at mstc.edu/community-health-worker. Contact the Accessibility Services Coordinator in the Student Services & Information Center to receive assistance.

PROGRAM PROGRESSION AND COMPLETION

In order to maintain a passing status and progress in the program, students must:

- Repeat courses not completed with a grade of “C” or better prior to progressing in program courses with co- or prerequisites.
- Receive a grade of “C” or better in all courses required for graduation.
- Please note that the ability to repeat courses is dependent upon availability in courses. Students may be required to apply for program re-entry in order to repeat courses within the program’s instructional area.

STUDENT HANDBOOK

Visit mstc.edu/studenthandbook to view Mid-State’s student handbook, which contains information about admissions, enrollment, appeals processes, services for people with disabilities, financial aid, graduation, privacy, Mid-State’s Student Code of Conduct, and technology.

GRADUATION REQUIREMENT

The GPS for Student Success course is required for all Mid-State program students and is recommended to be completed before obtaining 12 credits. Some students are exempt from this requirement. Please see your academic advisor for more information.

ADDITIONAL COURSES AS NEEDED

The following courses may be recommended or required if the student does not achieve minimum placement scores.

College Reading and Writing 1

10831104

3 credits

Provides learners with opportunities to develop and expand reading and writing skills to prepare for college-level academic work. Students will employ critical reading strategies to improve comprehension, analysis, and retention of texts. Students will apply the writing process to produce well-developed, coherent, and unified written work.

Pre-Algebra

10834109

3 credits

Provides an introduction to algebra. Includes operations on real numbers, solving linear equations, percent and proportion, and an introduction to polynomials and statistics. Prepares students for elementary algebra and subsequent algebra-related courses.

MULTIPLE MEASURES

Students can place into courses using high school GPA and completed classes. Placement can be determined in the following ways:

- **Multiple Measures Writing (MMW)**
High school GPA of 2.6 & successful completion of 2.0 credits of high school writing courses with a “C” or better
- **Multiple Measures Reading (MMR)**
High school GPA of 2.6 & successful completion of 2.0 credits of high school literature courses with a “C” or better
- **Multiple Measures Math 1 (MMM_1)**
High school GPA of 2.6 & successful completion of 1.0 credit of high school math (Algebra 1 or equivalent) with a “C” or better
- **Multiple Measures Math 2 (MMM_2)**
High school GPA of 2.6 & successful completion of 2.0 credits of high school math including Algebra 1 and Algebra 2 with a “C” or better
- **Multiple Measures Science 1 (MMS_1)**
High school GPA of 2.6 & successful completion of 1.0 credit of high school lab science course with a “C” or better
- **Multiple Measures Science 2 (MMS_2)**
High school GPA of 2.6 & successful completion of 1.0 credit of high school chemistry with a “C” or better

Past high school and college transcripts are used in making course placement decisions.

SAMPLE FULL-TIME CURRICULUM OPTION

Community Health Worker • 25 Total Credits

Term 13 Credits	Course Number	Course Name	CPL	Credits
	10546100	Essential Concepts for Health and Wellness	No	3
	10544103	Healthy Aging	Yes	3
	10809198 or 10809188	Introduction to Psychology or Developmental Psychology	Yes	3
	10546104	Community Health	Yes	3
	10890102	GPS for Student Success	Yes	1
Term 12 Credits	Course Number	Course Name	CPL	Credits
	10809166	Introduction to Ethics: Theory and Application	Yes	3
	10546101	Nutrition for Healthy Living	No	3
	10546110	Mental Wellness and Stress Management	No	3
	10546113	Health Navigator	Yes	3

Please Note

- Credit for Prior Learning (CPL) options are available for some courses. You can visit mstc.edu/cpl or contact your academic advisor for details.
- This curriculum sequence is only for student planning. Actual student schedules will vary depending on course availability.
- Program completion time may vary based on student scheduling and course availability. For details, go to mstc.edu/schedule.
- Get the latest updates online at mstc.edu.

Community Health

10546104

3 credits

This course introduces students to the Community Health Worker (CHW) Core Consensus (C3) Roles and Competencies, emphasizing evidence-based practice in community-focused health promotion. Students will examine ten CHW core roles and eleven core skills, including cultural mediation, care coordination, outreach, health education, advocacy, capacity building, assessment, coaching, and evaluation. Through applied learning, students will analyze how CHWs operate across diverse community and clinical settings, strengthen community capacity, and improve access to health and social service systems.

Corequisite: Essential Concepts for Health and Wellness 10546100

Developmental Psychology

10809188

3 credits

Studies human development throughout the lifespan and explores developmental theory and research with an emphasis on the interactive nature of the biological, cognitive, and psychosocial changes that affect the individual from conception to death. Application activities and critical thinking skills enable students to gain an increased knowledge and understanding of themselves and others.

Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English

Essential Concepts for Health and Wellness

10546100

3 credits

This class introduces the student to basic health and wellness promotion principles at the individual level including the six dimensions of wellness, determinants of health and behavior change theory. Students explore a holistic view of health and wellness concepts covering healthy lifestyle choices, managing stress, individual wellness perspective and how economics can positively and negatively impact the health and wellness of an individual.

GPS for Student Success

10890102

1 credit

Integrate necessary skills for student success by developing an academic plan, identifying interpersonal attributes for success, adopting efficient and effective learning strategies, and utilizing Mid-State resources, policies, and processes. This course is recommended to be completed prior to obtaining 12 credits and is a graduation requirement unless you receive an exemption from your program advisor.

Health Navigator

10546113

3 credits

This course prepares the student to support client navigation within the healthcare and social systems. Employed in a variety of settings, the health navigator serves as the primary client liaison to organizations and systems. The student will learn how to work with clients, synchronizing care of the physical, psychological, and social needs while providing assistance through health education, the identification and reduction of barriers, and linking clients to services to address care needs.

Prerequisites: Essential Concepts of Health & Wellness 10546100 and Healthy Aging 10544103

Healthy Aging

10544103

3 credits

Provides an overview of practices to promote healthy aging. Addresses nutrition, physical activity, and prevention practices as well as medications commonly prescribed for the older adult. Emphasis is on practices to address current aging trends.

Introduction to Ethics: Theory & Application

10809166

3 credits

Provides a basic understanding of the theoretical foundations of ethical thought. Diverse ethical perspectives are used to analyze and compare relevant issues. Students critically evaluate individual, social, and/or professional standards of behavior, and apply a systemic decision-making process to these situations.

Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English

Introduction to Psychology

10809198

3 credits

This science of psychology course is a survey of multiple aspects of behavior and mental processes. It provides an overview of topics such as research methods, theoretical perspectives, learning, cognition, memory, motivation, emotions, personality, abnormal psychology, physiological factors, social influences, and development.

Prerequisite: High School GPA of 2.6 and MMR and MMW or Accuplacer Reading Skills of 236 and Writing of 237 or ACT of 15 Reading/16 English

Mental Wellness and Stress Management

10546110

3 credits

Investigate the underpinnings of mental health and wellness. Explore the risks of stress and emotional management techniques to mitigate these risks by embracing a growth mindset. The learner will be engaged in processes to support the emotional dimension of health and demonstrate ways to implement these practices for oneself and others along their wellness journey.

Nutrition for Healthy Living

10546101

3 credits

Students learn concepts of healthy eating to facilitate the journey of good health across the lifespan. Healthy eating concepts focus on individual decision making and behavior change with sustainable interventions rooted in evidenced-based practice. Students investigate nutrition myth versus fact and explore how policy and environment impact nutritional choice.

Corequisite: Essential Concepts for Health and Wellness 10546100