

HUMAN DEVELOPMENT & FAMILY STUDIES

2023/2024 Four-Year Plan

This document is for planning purposes only. For official degree information, refer to Degree Audit and speak with your advisor.

YEAR 1 • FALL	MATH CORE <i>Varies (Test Scores)</i>	3	YEAR 1 • SPRING	ECDE 234 (S) <i>Infancy & Early Childhood</i>	3
	COMM 101 <i>Public Speaking</i>	2		ELECTIVE <i>Science</i>	4
	HDFS 105 (F) <i>Individual & Family Development</i>	3		ENGL 102 <i>College Writing & Rhetoric (Test Scores/ENGL 101)</i>	3
	PSYC 101 <i>Intro to Psychology</i>	3		ELECTIVE <i>Humanities</i>	3
	ENGL 101 <i>Introduction to College Writing (Test Scores, ENGL 109)</i>	3		SOC 101 <i>Intro to Sociology</i>	3
	FCS 251 <i>Introduction to FCS</i>	1		TOTAL CREDITS	16
TOTAL CREDITS		15			
YEAR 2 • FALL	FN 205 <i>Concepts in Human Nutrition</i>	3	YEAR 2 • SPRING	HDFS 240 (S) <i>Intimate Relationships</i>	3
	ECDE 254 <i>Middle Childhood Development</i>	3		COMM 335 or SOC 201 <i>Social Diversity Elective</i>	3
	ELECTIVE <i>Humanities</i>	3		ELECTIVE <i>General Education</i>	3
	ELECTIVE <i>Science</i>	4		ELECTIVE <i>Science</i>	4
	ELECTIVE <i>General Education</i>	3		STAT 251 <i>Statistical Methods (MATH 143, 160 or 170)</i>	3
	TOTAL CREDITS	16		TOTAL CREDITS	16
YEAR 3 • FALL	SOC 416, 417 or PSYC 218 or ORGS 444 <i>Social Science Research Elective</i>	3	YEAR 3 • SPRING	HDFS 440 (S) <i>Contemporary Family Relationships (PSYC 101 or SOC 101)</i>	3
	HDFS 334 (F) <i>Adolescence & Emerging Adulthood (HDFS 105)</i>	3		FCS 428 (S) <i>Housing America's Families</i>	3
	ELECTIVE <i>General Education</i>	3		HDFS 434 <i>Adulthood & Aging</i>	3
	ELECTIVE <i>Focus Area</i>	2		FCS 346 (S) <i>Personal & Family Finance & Management</i>	4
	HDFS 360 <i>Sexuality Across the Lifespan (HDFS 105 and 240)</i>	3		ELECTIVE <i>Focus Area</i>	2
	TOTAL CREDITS	14		TOTAL CREDITS	15
YEAR 4 • FALL	ATD 349 or 449 <i>History of Western Dress or Dress & Culture</i>	3	YEAR 4 • SPRING	FCS 498 <i>Internship</i>	6
	ECDE 340 (F) <i>Parent Child Relationships in Family & Community (ECDE 234 or 334)</i>	3		HDFS 431 <i>Certified Family Life Educator Methodology (HDFS 240, 440 or ECDE 340)</i>	3
	ELECTIVE <i>Focus Area</i>	3		HDFS 401 <i>Professional Ethics</i>	1
	HDFS 445 <i>Issues in Work and Family Life (HDFS 105)</i>	3		ECDE 436 (S) <i>Theories of Child & Family Development</i>	3
	FN 490 <i>Community Nutrition (FN 205)</i>	3			
	TOTAL CREDITS	15		TOTAL CREDITS	13

COURSE # Course Name (Prerequisites, Co-Requisites)

F = FALL, S = SPRING



HUMAN DEVELOPMENT & FAMILY STUDIES

Explore family and relationship dynamics across the lifespan to help teens, adults, couples, families and older adults lead better, more fulfilling lives. Learn to apply human development and family system concepts to understand social-emotional, physical and cognitive factors that contribute to healthy patterns of individual development, intimate relationships and family functioning in diverse environments.

Career Options

- Social and Community Service Manager
- Social Worker
- Social and Human Service Coordinator
- Family Advocate
- Domestic Violence Services Coordinator
- Family Services Consultant
- Youth Support Specialist



Fast Facts

- Prepare for an advanced degree in individual, couples or family counseling.
- Explore minors in aging, women, gender and sexuality studies, communication, and community engagement.
- Participate in an undergraduate research project to expand your knowledge.
- Intern at a hospital, senior center or family services agency.
- Join student clubs, participate in events and network with potential employers.