

HUMAN DEVELOPMENT AND FAMILY STUDIES, BS

Human Development and Family Studies (HDFS) focuses on helping children, families, and relationships thrive. Students majoring in HDFS have a genuine concern for children and families and seek the challenge of helping people learn, solve life problems, and successfully interact with others. Students gain an understanding of the development of the family system, the dynamics of family relationships, and an understanding of growth and development throughout the lifespan. HDFS offers concentrations in adolescence and youth development, child life, and family life education and advocacy. The HDFS major with no concentration provides a flexible curriculum and may be particularly appealing for double-majors or students preparing for professional degrees (e.g., medical school).

Concentrations

Adolescence and Youth Development - A major in HDFS with a concentration in adolescence and youth development is available for students who are interested in the growth and development of adolescents and youth within the family, peer, and school contexts. The goal of this concentration is to prepare students for work with youth and adolescents in a variety of settings including community-based programs, family service agencies, and mental-health agencies, or for graduate studies in a variety of fields. *This concentration has a one-semester internship requirement.*

Family Life Education and Advocacy - A major in HDFS with a concentration in family life education and advocacy is available for students who are interested in family relations and want to learn how to create and deliver educational programming to enhance family functioning. Graduates may qualify for certification as a Family Life Educator by the National Council on Family Relations. The goal of this concentration is to prepare students for work with families in a variety of settings including community-based programs, family service agencies, and mental-health agencies, or for graduate studies in a variety of fields. *This concentration has a one-semester internship requirement.*

Child Life - A major in HDFS with a concentration in child life is for students who wish to pursue the healthcare career of a Certified Child Life Specialist (CCLS). The curriculum consists of a comprehensive foundation of courses related to child development, family systems, and play, as well as coursework specific to children in the healthcare setting. Laboratory and practicum experiences, along with the conceptual information, provides the foundation necessary to support children and their families in the healthcare setting. Child life specialists provide education about diagnoses and support through procedures, as well as promote development. Graduate are eligible to sit for the Child Life Professional Certification Examination administered by the Child Life Certification Commission of the Association of Child Life Professionals. *This concentration requires completion of an internship in a child life clinical setting. A minimum GPA of 3.0, 100 practicum and volunteer hours, competent interviewing skills, and the resources to relocate are basic requirements for students to enter the national competition for a child life internship.*

HDFS Department Requirements

All students with a major in the Department of Human Development and Family Studies must take the following courses as part of the University core requirements:

Code and Title	Hours
University Core Requirements	
BSC 114 Principles Of Biology I & BSC 115 or and Laboratory Biology I	4

BSC 109	Intro Biology Non Maj II	
HD 101	Life Span Human Development	3
PY 101	Intro To Psychology	3
Total Hours		10

HDFS Major Requirements

Code and Title		Hours
HD 202	Child Dev-Infancy/Todlr	3
HD 205	Early and Middle Child Dev	3
HD 302	Child Dev-Adolescence	3
HD 382	Parent And Family Devt	3
Select one of the following:		3
HD 220	Research & Critical Thinking	
PY 211	Elem Statistical Methods	
BER 345	Educational Statistics	
HD courses at 300-400 level.		15
HD courses at 100-400 level or department approved electives.		12
Total Hours		42

The HDFS Major with no concentration, offering the greatest flexibility in upper-level coursework and not requiring an internship, is especially appropriate students who would like to pursue advanced coursework in preparation for professional degrees, such as medical school.

Adding a concentration to the HDFS major specifies the 27 credit hours of HD and other approved electives. Concentrations also include internship requirements to prepare students for professional roles.

Required Ancillary Course	Hours
HES 310 Prof & Multidisc Collab	3

Concentrations

Concentration in Adolescence and Youth Development

Code and Title		Hours
Required Courses		
HD 335 or	Trauma & Stress	3
HD 325	Probs Child/Adol	
HD 462	Interpersonal Relationships	3
HD 472	Program Evaluation	3
HD 475	Human Sexuality Sex Education	3
HD 498	Adolescent Youth Devel Intern	6
CJ 240 or	Juvenile Delinquency	3
SW 208	Juvenile Delinquency	
HHE 378	Drugs, Society, & Human Behav	3
PY 372	Social Psychology	3
Total Hours		27

Each student completing the adolescence and youth development concentration must have a grade point average of 2.0 or above in HD and UA coursework before enrolling in Adolescent Youth Devel Intern (HD 498). Many internship opportunities require a cumulative GPA of at least 2.5. Students should contact the internship coordinator for further information.

Concentration in Family Life Education and Advocacy

Code and Title		Hours
Required Courses		
CSM 201	Indiv Family Resourc Mgt	3
HD 262	Marriage And Family	3
HD 462	Interpersonal Relationships	3
HD 472	Program Evaluation	3
HD 475	Human Sexuality Sex Education	3
HD 483	Methods Family Life Education	3
HD 497	Family Life Ed Adv Internship	6
CSM 430	Family & Consumer Law	3
Total Hours		27

Each student completing the family life education and advocacy concentration must have a cumulative grade point average of 2.0 or higher in both HD and UA coursework before enrolling in HD 497 Family Life Education and Advocacy Internship. Most internship opportunities require a minimum cumulative and HD GPA of 2.5. Students should contact the internship coordinator for further information.

Concentration in Child Life

Students are required to apply for the program, subject to satisfactory recommendation by HD faculty committee. Application requirements can be found on the department's website.

Code and Title		Hours
Required Courses		
HD 203	Medical Terminology	2
HD 226	Introduction To Child Life	3
HD 326	Play in Child Development	3
HD 401	Cult Infl Child Yth Fam	3
HD 426	Hospitalized Child Youth	3
HD 451	Loss And Bereavement	3
HD 472	Program Evaluation	3
HD 496	Child Life Internship	12
PHL 223	Medical Ethics	3
BSC 215	Human Anatomy & Physiology I	4
BSC 216	Human Anatomy & Physiology II	4
Total Hours		43

Types of Jobs Accepted

HDFS graduates often pursue graduate study at UA or other prominent universities, or they develop careers in various settings for children, youth, and adults. Most importantly, HDFS graduates work in rewarding careers ultimately improving the quality of life for individuals and families.

Family studies graduates find jobs as family relationships/parenting educators in businesses, mental health agencies, and community or church-related programs. Child life graduates work in hospitals, outpatient clinics, and large pediatric practices. Adolescence and youth graduates work in private clinics, human service organizations, community-sponsored programs or with youth groups in churches, synagogues, and other privately funded organizations.

Jobs of Experienced Alumni

Teachers, administrators, community service providers, social services representative, travel agent, teen mom program director, child life

specialist in a research hospital, adult or child daycare provider, consumer protection agent, business manager, writer/editor of children's books, parent counselor, hospice manager, State Department of Education staff member, women's protective agency, State Department of Human Resources staff member, and State Department of Children's Affairs staff member and child/family advocate.

Learn more about opportunities in this field at the Career Center