

# 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 |
|--|-------|
| <b>University Core Requirements</b>                                      |       |
| BSC 114 Principles Of Biology I<br>& 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         |
| <b>Total Hours</b> |                             | <b>10</b> |

## 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        |
| <b>Total Hours</b>  |                              | <b>42</b> |

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.

HES 310 Prof & Multidisc Collab is a required ancillary course.

## Concentrations

### Concentration in Adolescence and Youth Development

| Code and Title          | Hours  |           |
|-------------------------|--|-----------|
| <b>Required Courses</b> |  |           |
| HD 335 or<br>HD 325     | Trauma & Stress<br>Probs Child/Adol          | 3         |
| 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<br>SW 208     | Juvenile Delinquency<br>Juvenile Delinquency | 3         |
| HHE 378                 | Drugs, Society, & Human Behav                | 3         |
| PY 372                  | Social Psychology                            | 3         |
| <b>Total Hours</b>      |  | <b>27</b> |

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     |
|-------------------------|-------------------------------|-----------|
| <b>Required Courses</b> |                               |           |
| 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         |
| <b>Total Hours</b>      |                               | <b>27</b> |

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     |
|-------------------------|-------------------------------|-----------|
| <b>Required Courses</b> |                               |           |
| HD 203                  | Medical Terminology           | 2         |
| HD 226                  | Introduction To Child Life    | 3         |
| HD 326                  | Play in Child Development     | 3         |
| HD 401                  | Cult Infln 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         |
| <b>Total Hours</b>      |                               | <b>43</b> |

## 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