

# HUMAN DEVELOPMENT AND FAMILY STUDIES, B.S. (UNIVERSITY COLLEGE)

**Begin Campus:** Any Penn State Campus

**End Campus:** Brandywine, DuBois, Fayette, Mont Alto, Scranton, Shenango, York

## Program Description

This major is a multidisciplinary program that examines the development of individuals and families across the life span. It enables students to prepare for professional, managerial, or scientific roles in health and human services professions, in public and nonprofit agencies, and in business and industry, as well as for advanced professional or graduate study. Students obtain a broad background in individual and family development across the life span. Courses emphasize biological, psychological, social/cultural, and economic aspects of development. Through coursework and undergraduate internships or research projects, students develop skills relevant to career objectives, such as counseling, human assessment, program planning and evaluation, and research.

Two options are available within the major.

1. Life Span Human Services option
2. Life Span Developmental Science option.

The introductory paragraph to each of the options includes a brief list of career opportunities. More extensive descriptions of career opportunities in both public and private sectors are available for the program.

### Life Span Human Services Option

**Available at the following campuses:** Altoona, Brandywine, DuBois, Fayette, Harrisburg, Mont Alto, Scranton, Shenango, University Park, World Campus, York

This option focuses on the acquisition and application of scientific knowledge about development and family functioning across the life span for the purposes of enhancing personal and family development. Courses emphasize:

1. understanding the biological, psychological, and social development across the life span, and the structuring and functioning of families;
2. understanding basic theoretical and methodological issues; and
3. the development of applied skills in intervention and evaluation, prevention, and in the formulation of social policy.

An approved field experience in a setting that serves children, youth, adults, or the aged is required for this option. Typical employment settings include preschools, daycare centers, hospital programs for children, youth, and families, institutional and community mental health programs for individuals and families, programs for abused or neglected children and adolescents, women's resource centers, human resources programs, employee assistance programs, nursing homes, area agencies on aging and other community settings for older adults, and public welfare and family service agencies. Typical postgraduate pursuits of students completing this option include graduate study in human development, family studies, psychology, or sociology, or advanced

professional training in psychology, law, behavioral health, counseling or social work.

### Life Span Developmental Science Option

**Available at the following campuses:** Altoona, Brandywine, DuBois, Fayette, Mont Alto, Scranton, Shenango, University Park, York

This option focuses on the understanding of contemporary methodological approaches to the acquisition of scientific knowledge about individual development over the life span and about family development. This option provides preparation for advanced training in careers in developmental or family research, teaching at a college or university, or for professional careers that require graduate training. Courses within this option emphasize a thorough understanding of the theory and methods of developmental and family theory and research. An approved, multi-semester research practicum is an integral component of this option. Typical postgraduate pursuits of students completing this option include graduate study in human development, family studies, psychology, or sociology, or advanced professional training in psychology, law, behavioral health, social work, or in other programs related to services for individuals and families.

## What is Human Development and Family Studies?

Penn State's Human Development and Family Studies program is designed to help you learn about the intricacies of individual and family development across the lifespan and the foundations of working in a wide range of human services with many different groups of people. We will support you as you learn about promoting healthy development, identifying and managing real-life problems, and intervening when appropriate. Through HDFS's interdisciplinary approach, you will explore the biological, psychological, and the sociological facets of life in order to help others live healthy, successful lives. With coursework on child and adolescent development, adult development and aging, family studies, and approaches to interventions and helping, you will learn how individuals progress and change from birth to old age; how families and communities influence these processes; and how to apply this knowledge in order to develop, implement, and evaluate interventions designed to improve people's lives.

### You Might Like This Program If...

- You have always been curious about human behavior and family relationships, and how people relate to one another.
- You are passionate about pursuing a career in which you develop, implement or evaluate interventions designed to improve the lives of individuals and families.
- You plan to pursue one of the many careers in which an understanding of individual and family development across the lifespan would be useful (e.g., counseling, education, health professions, business, policy/advocacy).

## Entrance to Major

In order to be eligible for entrance to this major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University; and
2. have at least third-semester classification (<https://www.registrar.psu.edu/enrollment/semester-classification.cfm>).

READ SENATE POLICY 37-30: ENTRANCE TO AND CHANGES IN MAJOR PROGRAMS OF STUDY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/37-00-entrance-to-a-college-or-major/>)

## Degree Requirements

For the Bachelor of Science degree in Human Development and Family Studies, a minimum of 120 credits is required:

Requirement	Credits
General Education	45
Electives	3-5
Requirements for the Major	73-76

**3-4 of the 45 credits for General Education are included in the Requirements for the Major. This includes 3-4 credits of General Education GQ courses.**

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of coursework in the major to be taken at the location or in the college or program where the degree is earned. HDFS requires students to complete 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Suggested Academic Plan for this major.

### Requirements for the Major

To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44>).

### Common Requirements for the Major (All Options)

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 129	Introduction to Human Development and Family Studies	3
HDFS 301	Values and Ethics in Health and Human Development Professions	3
HDFS 311	Human Development and Family Studies Interventions	3
HDFS 312W	Empirical Inquiry in Human Development	3
HDFS 315	Family Development <sup>1</sup>	3
HDFS 418	Family Relationships	3
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
STAT 200 or EDPSY 101	Elementary Statistics Analysis and Interpretation of Statistical Data in Education	3-4
Select 6 credits of the following:		6
HDFS 229	Infant and Child Development	
HDFS 239	Adolescent Development	
HDFS 249N	Adult Development and Aging	
Select 3 credits of United States Cultures <sup>2</sup>		3
<b>Requirements for the Option</b>		
Select an option		43-45

<sup>1</sup> This course fulfills the University's United States Cultures requirement.

<sup>2</sup> This course is in addition to the 6 credits of United States Cultures and International Cultures.

### Requirements for the Option

#### Life Span Human Services Option (43-45 credits)

**Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Harrisburg, Mont Alto, Scranton, Shenango, University Park, World Campus, York**

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 411	The Helping Relationship	3
HDFS 414	Resolving Human Development and Family Problems	3
HDFS 455	Development and Administration of Human Services Programs	3

#### Additional Courses

*Additional Courses: Require a grade of C or better*

Select 3 credits of the following:		3
HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 433	Developmental Transition to Adulthood	
HDFS 445	Development Throughout Adulthood	
Select 6 credits from 300- or 400-level HDFS courses		6
Select 13-15 credits in one of the following:		13-15
Approved field practice in a human service setting:		
HDFS 490	Professional Development and Preparation for Internship Experience	
HDFS 495A	Internship: Advanced Experience	
HDFS 495B	Internship: Advanced Project	

Approved group project or field practice in human service setting:

HDFS 401	Project Planning, Implementation, and Evaluation in the Human Services	
HDFS 402	Human Services Seminar	
HDFS 495C	Professional Practicum in Human Services	

#### Supporting Courses and Related Areas

Select 12 credits (minimum of 6 credits at the 400 level) in consultation with adviser from University-wide offerings that develop competency in the option (a grade of C or better is required in any HDFS course taken to satisfy this requirement)

### Life Span Developmental Science Option (45 credits)

**Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Mont Alto, Scranton, Shenango, University Park, York**

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 494	Research Project	6
or HDFS 494H Senior Honors Thesis		
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
Select 6 credits of the following:		6

HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 433	Developmental Transition to Adulthood	
HDFS 445	Development Throughout Adulthood	

Select 15 credits (minimum of 9 credits at the 400-level) from HDFS 15 courses

#### Supporting Courses and Related Areas

Select 18 credits (minimum of 9 credits at the 400 level) in 18 consultation with adviser from University-wide offerings that develop competency in option (a grade of C or better is required in any HDFS course taken to satisfy this requirement)

## General Education

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (<https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/>) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

### Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

### Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)

- **Arts (GA):** 3 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 3 credits
- **Social and Behavioral Sciences (GS):** 3 credits
- **Natural Sciences (GN):** 3 credits

### Integrative Studies

- **Inter-Domain Courses (Inter-Domain):** 6 credits

### Exploration

- **GN**, may be completed with Inter-Domain courses: 3 credits
- **GA, GH, GN, GS, Inter-Domain courses.** This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student's degree program, whichever is higher: 6 credits

## University Degree Requirements

### First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

### Cultures Requirement

6 credits are required and may satisfy other requirements

- United States Cultures: 3 credits
- International Cultures: 3 credits

### Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

### Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

### Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

### Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80>)). For more information, check the Suggested Academic Plan for your intended program.

## Program Learning Objectives

### Brandywine Campus

- HDFS students will be able to demonstrate an understanding of the complexity of individual and family development across the life span in diverse contexts and changing environments.
  - Summarize, critique, and apply theories and concepts related to individual and family development from a multi-disciplinary, life-cycle perspective.
  - Articulate how biology, psychology, and history influence diversity in individual and family structures and functions in a social/cultural context.
- HDFS students will be able to demonstrate the ability to evaluate and apply theory and research to practice and policy.
  - Demonstrate an understanding of the contribution of original research in human development.
  - Integrate and apply the findings of empirical research within a theoretical framework to human development.
  - Explain the strengths and weaknesses of various research methods in assessing human behavior.
  - Apply research skills in order to better understand in the use of research in agency practice.
  - Explain the process of planning and conducting research, including the role of the IRB.

- Demonstrate skills to analyze and interpret data.
- Apply theories to identify and resolve problems.
- HDFFS students will demonstrate the ability to analyze processes, policies, and contextual factors that affect the delivery of human services to individuals and families.
  - Demonstrate knowledge of history and policies for ethical conduct in the delivery of human services.
  - Examine environmental factors shaping individual and family interventions (such as political, social, economic, cultural, and technological).
  - Demonstrate an understanding of community-based programs and services.
  - Understand and articulate individual and family needs and roles of human service organizations in fulfilling those needs.
  - Demonstrate knowledge of HIPAA regulations.
  - Develop a working knowledge of and ability to evaluate community-based programs and services.
- HDFFS students will demonstrate professional ethical and culturally sensitive standards of conduct.
  - Articulate understanding of theories, skills, and competencies of an effective helper.
  - Demonstrate knowledge of the main ethical, legal, clinical, professional and personal issues and challenges involved in the helping professions.
  - Demonstrate knowledge of informed consent for working with diverse groups of clients.
  - Understand and apply ethical decision making models.
  - Understanding how personal values and experiences influence one's ability to make professional decisions.
  - Recognize stereotypical and prejudicial language and attitudes and their impact on the helping relationship.
- HDFFS students will demonstrate knowledge and competence in helping, leadership, and administrative human service skills.
  - Demonstrate knowledge of management in human services and how to apply appropriate practices.
  - Demonstrate professional written, oral and technology assisted communication skills.
  - Demonstrate clinical, interactional, and practical skills used in human service professions.
  - Identify the different organizational needs of public, private-for-profits, and private-not-for-profit agencies.
- Summarize, critique, and apply theories and concepts related to individual and family development from a multi-disciplinary, life-cycle perspective;
- Articulate how biology, psychology, and history influence diversity in individual and family structures and functions in a social/cultural context.
- Ability to evaluate and apply theory and research to practice and policy.
  - Demonstrate an understanding of the contribution of original research in human development;
  - Integrate and apply the findings of empirical research within a theoretical framework to human development;
  - Explain the strengths and weaknesses of various research methods in assessing human behavior;
  - Apply research skills in order to better understand in the use of research in agency practice;
  - Explain the process of planning and conducting research, including the role of the IRB;
  - Demonstrate skills to analyze and interpret data;
  - Apply theories to identify and resolve problems.
- Ability to analyze processes, policies, and contextual factors that affect the delivery of human services to individuals and families.
  - Demonstrate knowledge of history and policies for ethical conduct in the delivery of human services;
  - Examine environmental factors shaping individual and family interventions (such as political, social, economic, cultural, and technological);
  - Demonstrate an understanding of community-based programs and services;
  - Understand and articulate individual and family needs and roles of human service organizations in fulfilling those needs;
  - Demonstrate knowledge of HIPAA regulations;
  - Develop a working knowledge of and ability to evaluate community-based programs and services.
- Professional ethical and culturally sensitive standards of conduct.
  - Articulate understanding of theories, skills, and competencies of an effective helper;
  - Demonstrate knowledge of the main ethical, legal, clinical, professional and personal issues and challenges involved in the helping professions;
  - Demonstrate knowledge of informed consent for working with diverse groups of clients;
  - Understand and apply ethical decision making models;
  - Understanding how personal values and experiences influence one's ability to make professional decisions;
  - Recognize stereotypical and prejudicial language and attitudes and their impact on the helping relationship.

### DuBois and York Campuses

- Understand the complexity of individual and family development across the lifespan.
- Evaluate and apply research and theory to practice and policy.
- Understand the processes, policies and contextual factors that affect the delivery of human services.
- Understand the professional, ethical, and culturally sensitive standards of conduct.
- Demonstrate knowledge and competence in helping, leadership and administrative skills.

### Fayette Campus

- Understanding of the complexity of individual and family development across the lifespan in diverse contexts and changing environments.

### Mont Alto and Scranton Campuses

- Demonstrate an understanding of the complexity of individual and family development across the life span in diverse contexts and changing environments
- Demonstrate an ability to evaluate and apply research and theory to practice and policy.
- Analyze processes, policies, and contextual factors that affect the delivery of human services to individuals and families.

- Demonstrate professional, ethical, and culturally sensitive standards of conduct.
- Demonstrate knowledge and competence in helping, leadership, and administrative skills for human services.

## Shenango Campus

- Graduates can apply theories and principles of human services to clinical and /or practice and research.
  - Explain and cite appropriate theories that can be applied to a given scenario.
  - Compare and contrast, and can explain the pros and cons of major theories in human services.
  - Construct appropriate treatment plans and/or make appropriate referrals.
  - Develop a coherent research question and construct an appropriate research design and methodology to investigate the question.
  - Interpret and critique research findings.
  - Apply research/research findings to inform practice.
- Graduates will demonstrate professional and ethical accountability in dealing with clients and coworkers.
  - Interact respectfully with people of diverse populations at all times.
  - Define diversity and the benefits of diversity as it relates to the human services fields.
  - Conduct themselves successfully in interview settings whether as the interviewer or interviewee.
  - Demonstrate knowledge of laws concerning confidentiality, professional boundaries, and sexual harassment within the human services field, especially laws related to HIPAA, licensure regulations, and FERPA.
  - Demonstrate a strong work ethic in their courses and in the field.
  - Communicate, verbally and in writing, in a professional manner at all times.
  - Take responsibility for and accept the consequences for their actions.
  - Demonstrate the ability to work collaboratively in teams or groups.
- Graduates can identify, access and utilize resources to better serve individuals, families, and communities at the micro and macro level.
  - Locate potential opportunities and develop high quality proposals to obtain funding from external sources.
  - Identify, locate, and access regional, national, and global resources for information, referrals, and assistance in performing their professional duties.
  - Locate policies, rules, regulations, and laws that impact their professional duties.
  - Explain the differences among profit, non-profit, and faith-based agencies and evaluate the relative credibility of those agencies.
- Graduates can use technologies necessary to perform professional duties efficiently and effectively.
  - Students will demonstrate a level of proficiency in email, web searches, presentation software, databases, publication software, library databases, statistical software, and word processing.
  - Students will recognize and effectively use appropriate software programs to more efficiently complete projects and assignments.
- Graduates will demonstrate strong verbal and written communication skills.

- Students will demonstrate active listening skills and can construct effective questions to further explore issues and concerns.
- Students will be proficient in APA style writing.
- Students will be able to use proper grammar, sentence structure, accurate spelling, formal language, correct punctuation, coherent paragraphs, ... to write well organized and effective documents and professional communications.
- Students will make effective presentations.
- Students will construct effective arguments from multiple perspectives.
- Graduates will demonstrate personal and professional growth that leads to the ability to build and enhance skill sets.
  - Students will participate in professional development activities.
  - Students will demonstrate effective time management by completing all assignments and coursework by the assigned deadlines and attending class regularly.
  - Students will learn to recognize and deal with their personal issues and persist in their education and professional growth.
  - Students will identify their scope of practice based on their clinical limitations.

## Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

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## Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2023-24 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view the appropriate Undergraduate Bulletin edition (*Note: the archive only contains suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin*).

## Brandywine Campus

### Life Span Human Services Option: Human Development and Family Studies, B.S. at Brandywine Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
ENGL 15, 30H, or ESL 15 <sup>†</sup>	3 HDFS 315*	3
General Education Course	3 CAS 100, CAS 100A, CAS 100B, or CAS 100C <sup>‡</sup>	0-3
General Education Course	3 General Education Course	3
General Education Course	3 General Education Course	3
<b>15</b>		<b>12-15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229, 239, or 249N*	3 HDFS 312W*	3
HDFS 301*	3 ENGL 202A, 202B, 202C, or 202D <sup>‡</sup>	3
HDFS 311*	3 General Education Course (GHW)	1.5
EDPSY 101 or STAT 200**1	3-4 General Education Course	3
General Education Course	3 Supporting Course	3
	Supporting Course	3
<b>15-16</b>		<b>16.5</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS 411*	3 HDFS 428, 429, 433, or 445*	3
HDFS 414*	3 HDFS 455	3
HDFS 418*	3 HDFS 300/400-level*	3
General Education Course	3 General Education Course	3
Supporting Course 400-level	3 General Education Course	3
<b>15</b>		<b>15</b>

**Fourth Year**

<b>Fall</b>	<b>Credits Spring</b>	<b>Credits</b>
HDFS 490*	2 HDFS 495A*	9
General Education Course	3 HDFS 495B*	3
HDFS 300/400-level	3	
HDFS 300/400-level	3	
General Education Course (GHW)	1.5	
Supporting Course 400-level	3	
	<b>15.5</b>	<b>12</b>

**Total Credits 116-120**

\* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

# Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

<sup>1</sup> Student who choose to take EDPSY 101 will need to complete at least 1 cr in elective coursework to reach the minimum of 120 crs for graduation.

**University Requirements and General Education Notes:**

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

### Life Span Developmental Science Option: Human Development and Family Studies, B.S. at Brandywine Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year		
Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
ENGL 15‡	3 General Education Course	3
General Education Course	3 General Education Course	3
General Education Course	3 General Education Course	3
General Education Course	3 General Education Course	3
<b>15</b>		<b>15</b>
Second Year		
Fall	Credits Spring	Credits
HDFS 229, 239, or 249N*	3 HDFS 312W*	3
HDFS 311*	3 ENGL 202A, 202B, 202C, or 202D‡	3
HDFS 315*	3 US Cultures	3
CAS 100, CAS 100A, CAS 100B, or CAS 100C‡	0-3 General Education Course	3
EDPSY 101 or STAT 200**	3-4 General Education Course (GHW)	1.5
	Supporting Course	3
<b>12-16</b>		<b>16.5</b>
Third Year		
Fall	Credits Spring	Credits
HDFS 301*	3 HDFS 428, 429, 433, or 445*	3
HDFS 418*	3 HDFS Selections*	3
HDFS 428, 429, 433, or 445*	3 Supporting Course 400-level	3
HDFS Selections*	3 Supporting Course	3
General Education Course	3 General Education Course	3
General Education Course (GHW)	1.5	
<b>16.5</b>		<b>15</b>
Fourth Year		
Fall	Credits Spring	Credits
HDFS 494 or 494H*	3 HDFS 494 or 494H*	3
HDFS Course 400-level*	3 HDFS Course 400-level*	3
HDFS Course 400-level*	3 Supporting Course 400-level	3
HDFS Course 300/400-level*	3 Supporting Course	3
Supporting Course 400-level	3	
<b>15</b>		<b>12</b>
<b>Total Credits 117-121</b>		

\* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

# Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

### Advising Notes

Major requires departmental approval. In consultation with an adviser and Program Coordinator, students must submit an application for the Life Span Developmental Science option during their 5th or 6th semester.



## DuBois Campus

### Lifespan Human Services (LSHS) Option with a Focus on Children, Youth & Families: Human Development and Family Studies, B.S. at DuBois Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
HDFS 129	3 CAS 100	3
HDFS 239 or 249N (every even fall, if gerontology minor)	3 General Education Course	3
ENGL 15	3 General Education Course - Quantitative (EDPSY 101)	3
General Education Course	3 HDFS 229	3
General Education Course	3 General Education Course (BBH 143 if CSPCC or BIOL 155 if Geron.)	3
First Year Seminar	0-1	
<b>15-16</b>		<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 311	3 HDFS 301	3
HDFS 315Y	3 HDFS 312W (Writing across the curriculum)	3
Supporting Course (CNED 401 if CDPCC)	3 HDFS 314	1
ENGL 202A	3 General Education Course	3
General Education Course	3 General Education Course	3
General Education Course	3-4 HDFS (300-400 level) (HDFS 416 or HDFS 405 or HDFS 413 if Geron)	3
<b>18-19</b>		<b>16</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS 411	3 HDFS 414	3
General Education Course	3 Advanced Development (HDFS 433)	3
General Education Course	3 Supporting Course (EDTHP 115 or ASB)	3
Supporting Course (HDFS 108N, SOC 1, or CNED 401)*	3 HDFS 300/400 Supporting Course - HDFS 302A	3
Advanced Development (HDFS 429 or HDFS 445 if Geron.)	3 Supporting Course (400 Level) (CNED 420 every odd spring or CNED 416 every even spring)	3

Supporting Course (400 level) (CNED 401 or CNED 404 every even fall, or CNED 421 every odd fall) If Geron. DLC class	3 General Education Course	3
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**18** **18**

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 401 (490)	3 HDFS 495C (495A)	6-8
HDFS 418	3 HDFS 496 (if Geron.)	3
HDFS 455	3 Internship	3
General Education Course	3	
General Education Course	3	
<b>15</b>		<b>12-14</b>

#### Total Credits 127-131

- \* Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

#### Program Notes:

- CDPCC if as student is pursuing the Chemical Dependency Prevention Certificate
- Gerontology designation if a student is pursuing the Gerontology minor

#### HDFS Course Options:

- Advanced Development Selections: (Need one, but could take a second one as 300/400 level support): HDFS 429, HDFS 433 or HDFS 445
- HDFS 300/400 Level Support: (Select at least two; can do more if using for 400 level support, supporting courses or electives): HDFS 395, HDFS 302A, HDFS 413, HDFS 447, HDFS 405, HDFS 416, HDFS 448
- 400 Level Support: (Select two of these; can also be used for elective or supporting courses): CNED 401\*, CNED 404\*, CNED 421\*, CNED 416\*, CNED 420\*
- Supporting Courses: (Select three to five): CRIMJ courses, BBH 143\*, BBH 146, EDTHP 115 US, HDFS 108N, PSYCH 100, PSYCH 212, SOC 1

*\* Options for the Chemical Dependency Prevention Certificate*

## Fayette Campus

### Life Span Human Services Option: Human Development and Family Studies, B.S. at Fayette Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
HDFS 129 or 239 (GS)*	3 STAT 200 <sup>†*</sup>	4
ENGL 15 or 30H <sup>‡</sup>	3 HDFS 129 or 229 (GS)*	3
PSU 8	1 CAS 100 <sup>‡</sup>	3
General Education Course	3 General Education Course	3
General Education Course	3 General Education Course	3
Quantification (GQ) <sup>‡</sup>	3	
	<b>16</b>	<b>16</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 129 or 239 (GS)*	3 HDFS 311*	3
HDFS 301*	3 HDFS 312W	3
HDFS 315Y*	3 Supporting 400-Level Course- Other Selections*	3
General Education Course	3 United States Cultures- Additional Requirement for HDFS*	3
General Education Course	3 Supporting Course-Consult with an Adviser*	3
	<b>15</b>	<b>15</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS 411*	3 HDFS 412, 429, 433, 440, or 445 (or see adviser) <sup>*1</sup>	3
HDFS 412, 429, 433, 440, or 445 (or see adviser) <sup>*1</sup>	3 HDFS 418*	3
General Education Course	3 HDFS 414*	3
ENGL 202A <sup>‡</sup>	3 Supporting Course in Other Selections- Consult with an Adviser*	3
HDFS 300/400-Level Other Selection*	3 General Education Course	3
General Education Course (GHW)	1.5	
	<b>16.5</b>	<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 412, 429, 433, 440, or 445 (or see adviser) <sup>*1</sup>	3 HDFS 495A*	9
HDFS 490*	2 HDFS 495B*	3
HDFS 455*	3	
General Education Course	3	
Elective	3	

General Education Course (GHW)	1.5	
	<b>15.5</b>	<b>12</b>

#### Total Credits 121

- \* Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

<sup>1</sup> Course selection based on semester availability. HDFS 412, 429, 433, 440, 445, Students should work with their adviser.

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

#### Advising Note:

- Students should work with their adviser to address any deficiencies in MATH or World Languages in their first year.
- This HDFS program is offering a CFLE Certificate (Certified Family Life Educator). SELECT COURSES REQUIRED for CFLE provisional certification when choosing supporting courses in the HDFS major. Please consult with Dr. Ittig.
- Entrance to Major: Degree seeking students (DUS) must complete **18 credits AND have a 2.0 CGPA** before one can declare this major. Degree seeking students are limited to 36 credits at Penn State in this status, at which point they must seek enrollment in a degree program to continue.

## Mont Alto Campus

### Lifespan Human Services Option: Human Development and Family Studies, B.S. at Mont Alto Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229* <sup>2</sup> , HDFS 239* <sup>3</sup> , or HDFS 249N* <sup>4</sup> (GS)	3
ENGL 15 or 30H* <sup>†</sup>	3 CAS 100	3
MATH 4 (or General Education Course)	3 General Education Course (GQ) <sup>†</sup>	3
General Education Course	3 Supporting Course <sup>1</sup>	3
General Education Course	3 General Education Course	3
PSU 8	1	
	<b>16</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229* <sup>2</sup> , HDFS 239* <sup>3</sup> , or HDFS 249N* <sup>4</sup> (GS)	3 HDFS 315 (Y)* <sup>3</sup>	3
HDFS 301* <sup>2</sup>	3 ENGL 202A	3
HDFS 311* <sup>2</sup>	3 US Cultures (for HDFS major)	3
General Education Course	3 Supporting Course <sup>1</sup>	3
EDPSY 101 or STAT 200 (GQ)* <sup>††</sup>	3 General Education Course	3
	<b>15</b>	<b>15</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS 300/400-level Course*	3 HDFS 411* <sup>3</sup>	3
HDFS 300/400-level Course*	3 HDFS 414* <sup>3</sup>	3
HDFS 312W*	3 HDFS 429* <sup>3</sup> , HDFS 433* <sup>2</sup> , or HDFS 445* <sup>5</sup> (Advanced Development course)	3
General Education Course	3 400-level Supporting Course	3
General Education Course	3 General Education Course	3
	<b>15</b>	<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 401*	3 HDFS 402* <sup>3</sup>	4
HDFS 418* <sup>2</sup>	3 HDFS 495C*	6-8
HDFS 455* <sup>2</sup>	3 Elective	5-6
400-level supporting Course	3	
General Education Course	3	
	<b>15</b>	<b>15-18</b>

#### Total Credits 121-124

# Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

<sup>1</sup> For supporting courses, see department list or consult adviser.

<sup>2</sup> Offered every Fall semester

<sup>3</sup> Offered every Spring semester

<sup>4</sup> Offered even years, Fall semester.

<sup>5</sup> Offered odd years, Fall semester

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

\* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

### Lifespan Human Services Option with Certification Family Life Education (CFLE): Human Development and Family Studies, B.S. at Mont Alto Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
HDFS 129 <sup>*7</sup>	3 HDFS 229 <sup>*2</sup> , HDFS 239 <sup>*3</sup> , or HDFS 249N <sup>*4</sup>	3
ENGL 15 or 30H <sup>*†</sup>	3 CAS 100 <sup>*</sup>	3
MATH 4 (or General Education Course)	3 General Education Course (GQ) <sup>‡</sup>	3
General Education Course	3 Supporting Course <sup>1</sup>	3
General Education Course	3 General Education Course (PSYCH 100 (GS)) <sup>*7</sup>	3
PSU 8	1	
	<b>16</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229 <sup>*2</sup> , HDFS 239 <sup>*3</sup> , or HDFS 249N <sup>*4</sup>	3 HDFS 315 (Y) (US) <sup>*3,7</sup>	3
HDFS 301 <sup>*2,7</sup>	3 ENGL 202A	3
HDFS 311 <sup>*2,7</sup>	3 US Cultures (for HDFS major) (HDFS 424 <sup>7,8</sup> ) <sup>*</sup>	3
General Education Course	3 Supporting Course <sup>1</sup>	3
EDPSY 101 or STAT 200 (GQ) <sup>*††</sup>	3 General Education Course	3
	<b>15</b>	<b>15</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS 300/400-level Course (HDFS 412 <sup>6,7</sup> ) <sup>*</sup>	3 HDFS 411 <sup>*3,7</sup>	3
HDFS 300/400-level Course (HDFS 440 <sup>7,8</sup> ) <sup>*</sup>	3 HDFS 414 <sup>*3,7</sup>	3
HDFS 312W <sup>*</sup>	3 HDFS 429 <sup>*3</sup> , HDFS 433 <sup>*2</sup> , or HDFS 445 <sup>*</sup> (Advanced Development Course)	3
General Education Course	3 400-level Supporting Course (PSYCH 422 <sup>*7,8</sup> )	3
General Education Course	3 General Education Course	3
	<b>15</b>	<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 401 <sup>*</sup>	3 HDFS 402 <sup>*3</sup>	4
HDFS 418 <sup>*2,7</sup>	3 HDFS 495C <sup>*7</sup>	6-8
HDFS 455 <sup>*2,7</sup>	3 Elective	5-6
400-level supporting Course	3	

General Education Course	3	
	<b>15</b>	<b>15-18</b>

#### Total Credits 121-124

- \* Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

<sup>1</sup> For supporting courses, see department list or consult adviser.

<sup>2</sup> Offered every Fall semester

<sup>3</sup> Offered every Spring semester

<sup>4</sup> Offered even years, Fall semester.

<sup>5</sup> Offered odd years, Fall semester

<sup>6</sup> Offered odd years, Spring semester.

<sup>7</sup> Requirement (or prerequisite) for Family Life Education certification.

<sup>8</sup> Course is currently only available online. See adviser for planned timing of offering.

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

## Scranton Campus

### Life Span Developmental Science Option: Human Development and Family Studies, B.S. at Scranton Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
PSU 8	1 CAS 100A <sup>†</sup>	3
ENGL 15 or 30H	3 EDPSY 101 or STAT 200 <sup>**†</sup>	3-4
HDFS 129 <sup>*</sup>	3 HDFS 229 or 239 <sup>*</sup>	3
Quantification (GQ)	3 General Education Course	3
General Education Course	3 General Education Course	3
General Education Course	3	
	<b>16</b>	<b>15-16</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229 or 249N <sup>*</sup>	3 HDFS 311 <sup>*</sup>	3
HDFS 301 <sup>*</sup>	3 300/400-Level HDFS Course (Option Req. #3) <sup>*</sup>	3
HDFS 312W <sup>*</sup>	3 Supporting Course (Option Req. #6) <sup>*</sup>	3
HDFS 315 <sup>*</sup>	3 General Education Course	3
General Education Course	3 General Education Course	3
	General Education Course (GHW)	1.5
	<b>15</b>	<b>16.5</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS 428, 429, 433, or 445 <sup>*</sup>	3 HDFS 418 <sup>*</sup>	3
Supporting Course 400-Level (Option Req. #5) <sup>*</sup>	3 HDFS 428, 429, 433, or 445 <sup>*</sup>	3
Supporting Course (option Req. #6) <sup>*</sup>	3 ENGL 202A <sup>†</sup>	3
HDFS US Cultures Requirement <sup>*</sup>	3 Supporting Course 400-Level (Option Req. #5) <sup>*</sup>	3
General Education Course	3 General Education Course	3
Health and Wellness (GHW)	1.5	
	<b>16.5</b>	<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 494 or 494H <sup>*</sup>	3 HDFS 494 or 494H <sup>*</sup>	3
Supporting HDFS Course (Option Req. #3) <sup>*</sup>	3 Supporting Course 400-Level (Option Req. #5) <sup>*</sup>	3
Supporting HDFS Course (Option Req. #3) <sup>*</sup>	3 Supporting HDFS Course (Option Req. #4) <sup>*</sup>	3
Supporting HDFS Course (Option Req. #4) <sup>*</sup>	3 Supporting Course (Option Req. #6) <sup>*</sup>	3

Supporting Course (Option Req. #6) <sup>*</sup>	3 Elective	3
	<b>15</b>	<b>15</b>

#### Total Credits 124-125

- \* Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

#### Program Notes

- Students are encouraged to take HDFS 312W in semester 3, if possible.
- In consultation with an adviser, students will find a faculty member during their 5th or 6th semester to serve as the supervisor for HDFS 494, research project. This is a two-semester senior-year project culminating in semester 8 research paper.

#### Advising Notes

- Math 21 is considered the standard 1st semester GQ. Students are encouraged to check with their adviser on the appropriate math sequencing if not placed in MATH 21 first semester.
- It is recommended that General Education Arts (GA) and Humanities (GH) be taken in junior and senior year if student plans to study abroad.
- HDFS US cultures requirement suggested in semester 5 is in addition to the University Requirement.
- HDFS 315 satisfies the University Requirement for US cultures.
- IL may be combined with GA, GH, or GS.
- Credit adjustments should be made if free elective credits are needed for a total of 120 credits minimum (which includes semester 8).

### LIFE SPAN Human Services OPTION: Human Development and Family Studies, B.S. at Scranton Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
PSU 8	1 CAS 100A <sup>†</sup>	3
ENGL 15 or 30H	3 EDPSY 101 or STAT 200 <sup>**†</sup>	3-4
HDFS 129 <sup>*</sup>	3 HDFS 229 or 239 <sup>*</sup>	3
Quantification (GQ)	3 General Education Course	3
General Education Course	3 General Education Course	3
General Education Course	3	
<b>16</b>		<b>15-16</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229 or 249N <sup>*</sup>	3 HDFS 311 <sup>*</sup>	3
HDFS 301 <sup>*</sup>	3 300/400-Level HDFS Course (Option Req. #3) <sup>*</sup>	3
HDFS 312W <sup>*</sup>	3 Supporting Course (Option Req. #6) <sup>*</sup>	3
HDFS 315 <sup>*</sup>	3 General Education Course	3
General Education Course	3 General Education Course	3
	General Education Course (GHW)	1.5
<b>15</b>		<b>16.5</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS 411 <sup>*</sup>	3 HDFS 414 <sup>*</sup>	3
300/400-Level HDFS Course (Option Req. #3) <sup>*</sup>	3 HDFS 418 <sup>*</sup>	3
Supporting Course (option Req. #6) <sup>*</sup>	3 HDFS 429 or 445 (or Supporting 400-Level Course (Option Req. #5)) <sup>*</sup>	3
HDFS US Cultures Requirement <sup>*</sup>	3 HDFS 455 <sup>*</sup>	3
General Education Course	3 ENGL 202A <sup>†</sup>	3
Health and Wellness (GHW)	1.5	
<b>16.5</b>		<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 401 <sup>*</sup>	3 HDFS 402 <sup>*</sup>	4
HDFS 433 or 428 (or Supporting 400-Level Course (option #5)) <sup>*</sup>	3 HDFS 495C <sup>*</sup>	8
Supporting 400-Level Course (Option Req. #5) <sup>*</sup>	3	
General Education Course	3	

Elective	3	
<b>15</b>		<b>12</b>

#### Total Credits 121-122

\* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

# Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

#### Program Notes

- Students are encouraged to take HDFS 312W in semester 3, if possible.
- HDFS 401 must be the semester before HDFS 495C and HDFS 402.
- International cultures (IL) may be combined with GA, GH, or GS.
- HDFS US cultures requirement is in addition to the University Requirement.
- HDFS 315 satisfies the University Requirement for US cultures.

#### Advising Notes

- MATH 21 is considered the standard 1st semester GQ. Students are encouraged to check with their adviser on the appropriate math sequencing if not placed in MATH 21 first semester.
- Students should consult with their advisers concerning appropriate supporting courses.
- This is a recommended plan and is not meant to substitute for students meeting with their academic advisers. Any deviations from this plan should be discussed with students' academic advisers.

## Shenango Campus

### Lifespan and Human Services Option: Human Development and Family Studies, B.S. at Shenango Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
ENGL 15 <sup>‡</sup>	3 Art Elective (GA)	3
HDFS 129 <sup>*</sup>	3 CAS 100A <sup>‡</sup>	3
PSU 8	1 Quantification Elective (GQ) <sup>‡</sup>	3
Humanities Elective (GH) (IL)	3 HDFS 239 or 249N <sup>*</sup>	3
Natural Science Elective (GN)	3 US Cultures Course (US) <sup>*</sup>	3
Social and Behavioral Science Elective (GS)	3	
	<b>16</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
Health and Physical Activity Elective (GHA)	3 Supporting Course- Consult with an Adviser <sup>*</sup>	3
HDFS 229 <sup>*</sup>	3 HDFS 301 <sup>*</sup>	3
HDFS 311 <sup>*</sup>	3 Natural Science Elective (GN)	3
HDFS 315Y <sup>*</sup>	3 Social and Behavioral Science Elective (GS)	3
STAT 200 <sup>**†‡</sup>	4 Art Elective (GA)	3
	HDFS 312W <sup>*</sup>	3
	<b>16</b>	<b>18</b>

#### Third Year

Fall	Credits Spring	Credits
Supporting Course - 400 Level <sup>*</sup>	3 ENGL 202A or 202D <sup>‡</sup>	3
Natural Science Elective (GN)	3 Supporting Course - 300/400 Level HDFS <sup>*</sup>	3
Supporting Course - 300/400 Level HDFS <sup>*</sup>	3 HDFS 411 <sup>*</sup>	3
Elective	3 HDFS 445 <sup>*</sup>	3
Supporting Course - Consult with an Adviser <sup>*</sup>	3 HDFS 455 <sup>*</sup>	3
	<b>15</b>	<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 401 <sup>*</sup>	3 HDFS 402 <sup>*</sup>	4
HDFS 414 <sup>*</sup>	3 HDFS 495C <sup>*</sup>	6-8
HDFS 418 <sup>*</sup>	3	
Supporting Course - 400 Level	3	

Humanities Elective (GH) (US)	3	
	<b>15</b>	<b>10-12</b>

#### Total Credits 120-122

- \* Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

#### Program Notes

Students must complete a 3-credit course in "United States Cultures (US)" and a 3-credit course in "International Cultures (IL)."



### Lifespan and Human Services Option with Certification Family Life Education (CFLE): Human Development and Family Studies, B.S. at Shenango Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
ENGL 15 <sup>‡</sup>	3 Art Elective (GA)	3
HDFS 129 <sup>*</sup>	3 CAS 100A <sup>‡</sup>	3
PSU 8	1 Quantification Elective (GQ) <sup>‡</sup>	3
Humanities Elective (GH) (IL)	3 HDFS 239 or 249N <sup>*</sup>	3
Natural Science Elective (GN)	3 US Cultures Course (US) <sup>*</sup>	3
PSYCH 100	3	
	<b>16</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
Health and Physical Activity Elective (GHA)	3 HDFS 249N <sup>*</sup>	3
HDFS 229 (Course is a prerequisite to HDFS 412) <sup>*</sup>	3 HDFS 301 <sup>*</sup>	3
HDFS 311 <sup>*</sup>	3 Natural Science Elective (GN)	3
HDFS 315Y <sup>*</sup>	3 Social and Behavioral Science Elective (GS)	3
STAT 200 <sup>**‡</sup>	4 Art Elective (GA)	3
	HDFS 312W <sup>*</sup>	3
	<b>16</b>	<b>18</b>

#### Third Year

Fall	Credits Spring	Credits
Natural Science Elective (GN)	3 ENGL 202A or 202D <sup>‡</sup>	3
HDFS 440 <sup>*</sup>	3 HDFS 412 <sup>*</sup>	3
PSYCH 422 <sup>*</sup>	3 HDFS 411 <sup>*</sup>	3
Supporting Course - Consult with Adviser	3 HDFS 445 <sup>*</sup>	3
Elective	3 HDFS 455 <sup>*</sup>	3
	<b>15</b>	<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 401 <sup>*</sup>	3 HDFS 402 <sup>*</sup>	4
HDFS 414 <sup>*</sup>	3 HDFS 495C <sup>*</sup>	6-8
HDFS 418 <sup>*</sup>	3	
HDFS 424 <sup>*</sup>	3	
Humanities Elective (GH) (US)	3	
	<b>15</b>	<b>10-12</b>

**Total Credits 120-122**

\* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

# Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

<sup>1</sup> Students can choose either HDFS 429 or HDFS 433. Only one of the two courses is needed to fulfill the requirement. HDFS 429 is only offered during the fall semester. If students do not take HDFS 429 in the fall semester, they should take HDFS 433 during the spring semester.

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

#### Program Notes

Students must complete a 3-credit course in "United States Cultures (US)" and a 3-credit course in "International Cultures (IL)."

## York Campus

### Life Span Human Services Option: Human Development and Family Studies, B.S. at York Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

#### First Year

Fall	Credits Spring	Credits
ENGL 15 or 30H <sup>‡</sup>	3 HDFS 229 or 249N <sup>*</sup>	3
HDFS 129 <sup>*</sup>	3 HDFS 200 <sup>*</sup>	3
General Education course	9 CAS 100 <sup>‡</sup>	3
	General Education Course	6
	<b>15</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229 or 249N <sup>*</sup>	3 ENGL 202A <sup>‡</sup>	3
General Education Course	6 General Education course	3
HDFS 311 <sup>*</sup>	3 HDFS 301 <sup>*</sup>	3
HDFS 312W <sup>*</sup>	3 HDFS 315 <sup>*</sup>	3
	HDFS (300 or 400 level)	3
	<b>15</b>	<b>15</b>

#### Third Year

Fall	Credits Spring	Credits
HDFS Development (400 level)	3 HDFS 411 <sup>*</sup>	3
HDFS (300 or 400 level)	3 400 level course <sup>*</sup>	3
Supporting course	3 400 level course <sup>*</sup>	3
General Education course	6 Supporting course	3
	General Education course	6
	<b>15</b>	<b>18</b>

#### Fourth Year

Fall	Credits Spring	Credits
HDFS 401 <sup>*</sup>	3 HDFS 402 <sup>*</sup>	4
HDFS 414	3 HDFS 495C <sup>*</sup>	3-8
HDFS 418 <sup>*</sup>	3	
HDFS 455 <sup>*</sup>	3	
400 level course <sup>*</sup>	3	
Elective	3	
	<b>18</b>	<b>7-12</b>

#### Total Credits 118-123

\* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

# Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

#### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

## Career Paths

The demand for HDFS graduates is strong because the HDFS major provides students with a valuable foundation for understanding important social trends: The population of older people is growing, and the number of trained persons who can provide help and assistance to them falls far short of the need; Social problems such as child abuse and drug and alcohol problems affect many individuals and families; Young adults face many social and economic pressures that can lead to problems in work and relationships.

## Careers

Many HDFS graduates go directly to the workplace based on their understanding of people, their knowledge of group dynamics, and their skills in training and in program development and evaluation. Many positions are in human services and health care settings while others are in business and industry, including:

- Assisted living, adult day services and nursing homes
- Day-care centers and preschools
- Drug and alcohol treatment centers and hospitals
- Child and domestic abuse centers and runaway shelters
- Human resources or marketing departments of large companies
- Development/fundraising for educational or nonprofit organizations

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE HUMAN DEVELOPMENT AND FAMILY STUDIES PROGRAM (<https://hhd.psu.edu/undergraduate/internships-and-career-opportunities/career-areas-major/careers-human-development-and/>)

## Opportunities for Graduate Studies

The HDFS major is also excellent preparation for graduate school in the social, behavioral, and health sciences. In recent years, our majors have pursued graduate studies in:

- Counseling (e.g., school counseling, counseling psychology)
- Social work Health professions (e.g., nursing, occupational therapy, medicine)
- Psychology and Human Development & Family Studies
- Elementary and Secondary Education Law and Business

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<https://hhd.psu.edu/hdfs/human-development-and-family-studies-graduate-program/>)

## Contact

### Brandywine

25 Yearsley Mill Road  
Media, PA 19063  
610-892-1438  
jmz15@psu.edu

<https://www.brandywine.psu.edu/academics/bachelors-degrees/human-development-and-family-studies> (<https://www.brandywine.psu.edu/academics/bachelors-degrees/human-development-and-family-studies/>)

### DuBois

1 College Place  
DuBois, PA 15801  
814-375-4833  
jlb5810@psu.edu

<https://dubois.psu.edu/academics/degrees/hdfs/bachelor> (<https://dubois.psu.edu/academics/degrees/hdfs/bachelor/>)

### Fayette

2201 University Drive  
Lemont Furnace, PA 15456  
724-430-4284  
esb12@psu.edu

<https://fayette.psu.edu/academics/baccalaureate/human-development-and-family-studies-bs> (<https://fayette.psu.edu/academics/baccalaureate/human-development-and-family-studies-bs/>)

### Mont Alto

112 Wiestling Hall  
Mont Alto, PA 17237  
717-749-6210  
r2y@psu.edu

<https://montalto.psu.edu/academics/hdfs> (<https://montalto.psu.edu/academics/hdfs/>)

### Scranton

111B Dawson Building  
Dunmore, PA 18512  
570-963-2674  
jam81@psu.edu

<https://scranton.psu.edu/academics/degrees/bachelors/hdfs> (<https://scranton.psu.edu/academics/degrees/bachelors/hdfs/>)

### Shenango

147 Shenango Avenue  
102 McDowell Hall  
Sharon, PA 16146  
724-983-2953  
rxa32@psu.edu

<https://shenango.psu.edu/academics/degrees/human-development-family-studies> (<https://shenango.psu.edu/academics/degrees/human-development-family-studies/>)

### York

13 John J. Romano Administrative Building  
York, PA 17403

717-771-4029  
ajs49@psu.edu

<https://www.york.psu.edu/academics/baccalaureate/human-development-and-family-studies> (<https://www.york.psu.edu/academics/baccalaureate/human-development-and-family-studies/>)

### Altoona

DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES

123 Hawthorn Building  
3000 Ivyside Park  
Altoona, PA 16601  
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lpj100@psu.edu

<https://altoona.psu.edu/academics/bachelors-degrees/human-development-family-studies> (<https://altoona.psu.edu/academics/bachelors-degrees/human-development-family-studies/>)

### Harrisburg

SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION  
Olmsted Building, W314  
717-948-6059  
dlk33@psu.edu

<https://harrisburg.psu.edu/behavioral-sciences-education/human-development-family-studies-bs> (<https://harrisburg.psu.edu/behavioral-sciences-education/human-development-family-studies-bs/>)

### University Park

DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES  
119 Health and Human Development Building  
University Park, PA 16802  
814-863-8000  
mup874@psu.edu

<https://hhd.psu.edu/hdfs> (<https://hhd.psu.edu/hdfs/>)

### World Campus

DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES  
119 Health and Human Development Building  
University Park, PA 16802  
814-863-8000  
sac301@psu.edu

<https://www.worldcampus.psu.edu/degrees-and-certificates/penn-state-online-human-development-and-family-studies-bachelor-of-science-degree> (<https://www.worldcampus.psu.edu/degrees-and-certificates/penn-state-online-human-development-and-family-studies-bachelor-of-science-degree/>)