



The Pennsylvania State University

# Human Development and Family Studies

Improving People's Lives . . .



Are you interested in working with people? In making a difference in people's lives? Then consider majoring in Human Development and Family Studies (HDFS). The HDFS major provides a foundation for students interested in working in a wide range of human services and with many different groups of people—from infants to the elderly—and with many different kinds of families. We prepare students to become leaders in human services, developing new models to prevent and treat social and mental health problems, and becoming advocates for new social policies and programs. An HDFS major is also excellent preparation for graduate and professional school education in many different fields and for a research career in developmental and family studies and prevention science.

## WHAT IS HDFS??

Students who major in HDFS learn about the human life span from birth to old age. They learn about development and families from many different points of view—such as biology, psychology, and sociology. This integrative approach helps students learn about how to promote normal development, real life problems, and about the different types of interventions that are possible. The HDFS program at Penn State features many opportunities for learning, including research experiences with faculty and through an outstanding internship program. HDFS program has been rated for many years as the outstanding program of its kind in the country.



## What can you do with an HDFS major??



Our graduates tell us that the major in HDFS has prepared them well for the workplace. They are generalists who can see the big picture, but they also have the conceptual and people skills that help them succeed in their jobs. To give some examples, one graduate has directed a project to prevent child sexual abuse. Another has worked in tenant relations for a large city. A third has counseled dying patients and their families at a hospice. Several own and direct daycare centers. One graduate is the chief administrator of the human resources program for a major international company. Many others work in nursing homes, preschools, family and marriage clinics, drug and alcohol treatment centers, and other health care facilities.

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# RECOMMENDED ACADEMIC PLAN – HUMAN DEVELOPMENT AND FAMILY STUDIES

Semester I		Semester II	
<b>HD FS 129 Introduction to Human Development and Family Studies</b>	3	<i>PSYCH 100 Introductory Psychology GS</i>	3
ENGL 015 Rhetoric and Composition or 030 Honors Freshman Composition GWS	3	CAS 100 Effective Speech GWS	3
Natural Sciences GN	3	Arts GA	3
<i>SOC 001 Introductory Sociology or SOC 005 Social Problems GS</i>	3	<b>STAT 200 Elementary Statistics GQ</b>	4
Quantification GQ	3	Humanities GH	3
First-Year Seminar	1		
	16		16
Semester III		Semester IV	
<b>HD FS 229 Infant and Child Development, HD FS239 Adolescent Development, or HD FS 249 Adult Development and Aging</b>	3	<b>HD FS 229 Infant and Child Development, HD FS239 Adolescent Development, or HD FS 249 Adult Development and Aging</b>	3
Arts GA	3	<b>HD FS 315 Family Development US</b>	3
HD FS US Cultures Requirement	3	ENGL 202A Effective Writing: Writing in the Social Sciences GWS	3
Supporting Course	3	Humanities GH	3
Natural Sciences GN	3	Natural Sciences GN	3
Health and Physical Activity GHA	1.5	Health and Physical Activity GHA	1.5
	16.5		15.5
Semester V		Semester VI	
<b>HD FS 301 Values and Ethics in Health and Human Development Professions</b>	3	<b>HD FS 428 Infant Development, HD FS 429 Advanced Child Development, HD FS 433 Developmental Transition to Adulthood or 445 Development Throughout Adulthood</b>	3
<b>HD FS 311 Human Development and Family Studies Interventions</b>	3	<b>HD FS 418 Family Relationships</b>	3
<b>HD FS 312W Empirical Inquiry in Human Development</b>	3	<b>HD FS 411 The Helping Relationship</b>	3
<b>HD FS 300-400 level course</b>	3	<b>HD FS 455 Development and Administration of Human Services Programs</b>	3
Supporting course	3	Supporting course 400-level	3
	15		15
Semester VII		Semester VIII	
<b>HD FS 401 Project Planning, Implementation, and Evaluation in the Human Services</b>	3	<b>HD FS 402 Human Services Seminar</b>	4
<b>HD FS 414 Resolving Human Development and Family Problems</b>	3	<b>HD FS 495C Professional Practicum in Human Services</b>	8
<b>HD FS 300-400-level course</b>	3		
Supporting course 400-level	3		
Elective	3		
	15		12

## Advising Notes

- **Bold type** require a grade of C or better.
- *Italics* indicates courses that satisfy both major and General Education requirements.
- **Bold Italics** indicates courses requiring a quality grade of C or better and that satisfy both major and General Education requirements.
- GWS, GHA, GQ, GN, GA, GH, and GS are codes used to identify General Education requirements.
- US, IL, and US:IL are codes used to designate courses that satisfy University United States/International Cultures requirements.
- W is the code used to designate courses that satisfy University Writing Across the Curriculum requirements.

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

For more information contact: Dr Richard Fiene, Human Development & Family Studies, W-331 Olmsted Building, Penn State Harrisburg, 777 West Harrisburg Pike, Middletown, PA. 17057. [Rif8@psu.edu](mailto:Rif8@psu.edu), 717-948-6061.

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