HUMAN DEVELOPMENT AND FAMILY STUDIES, B.S. (ALTOONA)

Begin Campus: Any Penn State Campus
End Campus: Altoona

Program Description
Not all options are available at every campus. Contact the campus you are interested in attending to determine which options are offered.

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 third-semester classification (http://www.registrar.psu.edu/registration/semester_classification.cfm).
READ SENATE POLICY 37-30: ENTRANCE TO AND CHANGES IN MAJOR PROGRAMS OF STUDY (http://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:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education</td>
<td>45</td>
</tr>
<tr>
<td>Electives</td>
<td>3-5</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>73-76</td>
</tr>
</tbody>
</table>

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 Recommended Academic Plan for this major.

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 (http://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.)

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

Knowledge Domains

- Arts (GA): 6 credits
- Health and Wellness (GHW): 3 credits
- Humanities (GH): 6 credits
- Social and Behavioral Sciences (GS): 6 credits
- Natural Sciences (GN): 9 credits

Integrative Studies (may also complete a Knowledge Domain requirement)

- Inter-Domain or Approved Linked Courses: 6 credits

3-4 of these 45 credits are included in the Requirements for the Major.

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 (http://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.

Requirements for the Major

This includes 3-4 credits of General Education GQ courses.

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 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44).

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.

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Common Requirements for the Major (All Options)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 129</td>
<td>Introduction to Human Development and Family Studies</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 301</td>
<td>Values and Ethics in Health and Human Development Professions</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 311</td>
<td>Human Development and Family Studies Interventions</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 312</td>
<td>Empirical Inquiry in Human Development</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 315</td>
<td>Family Development ¹</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 418</td>
<td>Family Relationships</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional Courses

Additional Courses: Require a grade of C or better
Select 6 credits of the following:  
- HDFS 229 Infant and Child Development  
- HDFS 239 Adolescent Development  
- HDFS 249 Life Span Developmental Science Option (45 credits)  
  
Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Mont Alto, Scranton, Shenango, University Park, York  
  
**Requirements for the Option**  
Select an option  
1. The HDFS course taken to satisfy this requirement.  
2. This course fulfills the University’s United States Cultures requirement.  
3. This course is in addition to the 6 credits of United States Cultures and International Cultures.  

### Requirements for the Option  
**Life Span Developmental Science Option (43-45 credits)**  
Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Harrisburg, Mont Alto, Scranton, Shenango, University Park, World Campus, York  
  
<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 411</td>
<td>The Helping Relationship</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 414</td>
<td>Resolving Human Development and Family</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Problems</td>
<td></td>
</tr>
<tr>
<td>HDFS 455</td>
<td>Development and Administration of Human</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Services Programs</td>
<td></td>
</tr>
</tbody>
</table>

### Additional Courses  
Select 3 credits of the following:  
- HDFS 428 Infant Development  
- HDFS 429 Advanced Child Development  
- HDFS 433 Developmental Transition to Adulthood  
- HDFS 445 Development Through Adulthood  

Select 6 credits from 300- or 400-level HDFS courses  
Select 13-15 credits in one of the following:  
- HDFS 490 Introduction to Internship Experience  
- HDFS 495A Internship: Advanced Experience  
- HDFS 495B Internship: Advanced Project  
- 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)  

### Program Learning Objectives  
1. Demonstrate an understanding of the complexity of individual and family development across the life span in diverse contexts and changing environments.  
2. Demonstrate an ability to evaluate and apply research and theory to practice and policy.  
3. Analyze processes, policies, and contextual factors that affect the delivery of human services to individuals and families.  
4. Demonstrate professional, ethical, and culturally sensitive standards of conduct.  
5. Demonstrate knowledge and competence in helping, leadership, and administrative skills for human services.  

### 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 need to plan the chosen program of study, and referrals to other specialized resources.  

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

### Altoona  
Lauren P. Jacobson  
Assistant Teaching Professor, Human Development and Family Studies
Suggested Academic Plan

Altoona Campus

Life Span Human Services Option

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

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 129‡</td>
<td>3</td>
<td>HDFS 229, 239, or 249‡</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 15</td>
<td>3</td>
<td>STAT 200 or EDPSY 101</td>
<td>3 or 4</td>
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<td></td>
<td></td>
<td>(GQ)†</td>
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<tr>
<td>General Education Course</td>
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<td>General Education Course</td>
<td>3</td>
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<tr>
<td>General Education (GQ)‡</td>
<td>3</td>
<td>General Education Course</td>
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<td>15</td>
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<td>15-16</td>
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### Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 229, 239, or 249 (GS)‡</td>
<td>3</td>
<td>ENGL 202A (GWS)‡</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 311‡</td>
<td>3</td>
<td>HDFS 312 or 315Y‡</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 312 or 315Y‡</td>
<td>3</td>
<td>Supporting Course‡</td>
<td>3</td>
</tr>
<tr>
<td>HDFS Supporting Course**</td>
<td>3</td>
<td>General Education Course</td>
<td>3</td>
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<tr>
<td>General Education Course</td>
<td>3</td>
<td>General Education Course</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course (GHW)</td>
<td>1.5</td>
<td>General Education Course (GHW)</td>
<td>1.5</td>
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<td>16.5</td>
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</table>
Third Year

<table>
<thead>
<tr>
<th>Fall Credits</th>
<th>Spring Credits</th>
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<tbody>
<tr>
<td>HDFS 433 or 445*</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 400-level Supporting Course</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 400-level Supporting Course</td>
<td>3</td>
</tr>
<tr>
<td>Other US Cultures Course</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
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</table>

Fourth Year

<table>
<thead>
<tr>
<th>Fall Credits</th>
<th>Spring Credits</th>
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</thead>
<tbody>
<tr>
<td>HDFS 401*</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 414*</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 419*</td>
<td>3</td>
</tr>
<tr>
<td>HDFS Supporting Course or Elective</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td><strong>15</strong></td>
</tr>
</tbody>
</table>

**Program Notes**

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

**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. 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.

**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.

**Contact**

**Altoona**

DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES

Hawthorn Building 123
3000 Ivyside Park
Altoona, PA 16601
914-949-5333
lpj100@psu.edu
http://altoona.psu.edu/academics/bachelors-degrees/human-development-family-studies/request-information

**Brandywine**

25 Yearsley Mill Road
Media, PA 19063
610-892-1438
jmz15@psu.edu
http://brandywine.psu.edu/human-development-and-family-studies

**DuBois**

1 College Place