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).
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>

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 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

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-graduate-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
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-graduate-students/82-00-and-83-00-degree-requirements/#82-44).

Common Requirements for the Major (All Options)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Prescribed Courses: Require a grade of C or better</strong></td>
<td></td>
</tr>
<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</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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 200</td>
<td>Elementary Statistics</td>
<td>3-4</td>
</tr>
<tr>
<td>or EDPSY 101</td>
<td>Analysis and Interpretation of Statistical Data in Education</td>
<td></td>
</tr>
</tbody>
</table>

Select 6 credits of the following:

- HDFS 229 Infant and Child Development
- HDFS 239 Adolescent Development
- HDFS 249N Adult Development and Aging

Select 3 credits of United States Cultures 2

Requirements for the Option

Select an option 43-45

1. This course fulfills the University’s United States Cultures requirement.
2. 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 (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 Problems</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 455</td>
<td>Development and Administration of Human Services Programs</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional Courses

Additional Courses: Require a grade of C or better

Select 3 credits of the following:

- 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

Select 13-15 credits in one of the following: 13-15

Approved field practice in a human service setting:

- HDFS 490 Introduction to 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) 12

Life Span Developmental Science Option (45 credits)

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tr>
<td>HDFS 494</td>
<td>Research Project</td>
<td>6</td>
</tr>
<tr>
<td>or HDFS 494H</td>
<td>Senior Honors Thesis</td>
<td></td>
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</table>

Additional Courses

Additional Courses: Require a grade of C or better

Select 6 credits of the following:

- 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 courses 15

Supporting Courses and Related Areas

Select 18 credits (minimum of 9 credits at the 400 level) in 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) 18

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 needed 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
Hawthorn Building 123  
3000 Ivyside Park  
Altoona, PA 16601  
814-949-5333  
lpj100@psu.edu

**Brandywine**  
Jennifer Zosh  
Associate Professor Human Development and Family Studies  
25 Yearsley Mill Road  
Media, PA 19063  
610-892-1438  
jmz15@psu.edu

**DuBois**  
James M. Kuterbach  
Assistant Teaching Professor  
234 Swift Building  
DuBois, PA 15801  
814-375-4852  
jmk110@psu.edu

**Fayette**  
Elaine Barry  
Associate Professor  
2201 University Drive  
Lemont Furnace, PA 15456  
724-430-4284  
esb12@psu.edu

**Harrisburg**  
Barbara E. Carl, Ph.D.  
Program Coordinator  
Olmsted Building W314  
Middletown, PA 17057  
717-948-6386  
bec109@psu.edu

**Mont Alto**  
Robin Yaure  
Associate HDFS Professor and Program Coordinator of HDFS & Psychology  
112 Weistling Hall  
Mont Alto, PA 17237  
717-749-6210  
r2y@psu.edu

**Scranton**  
Janet Melnick  
Associate Teaching Professor  
111B Dawson Building  
Dunmore, PA 18512  
570-963-2674  
jam81@psu.edu

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

**University Park**  
Sarah Krupp  
Academic Adviser  
119 Health and Human Development  
University Park, PA 16802  
814-863-8000  
seg143@psu.edu

**World Campus**  
Undergraduate Academic Advising  
301 Outreach Building  
University Park, PA 16802  
814-863-3283  
advising@outreach.psu.edu

**York**  
Jean Marie St. Clair-Christman  
Assistant Teaching Professor in HDFS / Field Coordinator  
15 Romano Administration Building  
York, PA 17403  
717-771-4161  
jxs176@psu.edu

### Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2019-20 academic year. To access previous years’ suggested academic plans, please visit the archive (http://bulletins.psu.edu/undergraduate/archive) to view the appropriate Undergraduate Bulletin edition (Note: the archive only contain suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin).

#### 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 Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 129*</td>
<td>3 HDFS 229, 239, or 249N†</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 15 or 30‡</td>
<td>3 CAS 100‡</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 STAT 200 or EDPSY 101 (GQ)‡</td>
<td>3 or 4</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 General Education Course</td>
<td>3</td>
</tr>
<tr>
<td>General Education (GQ)‡</td>
<td>3 General Education Course</td>
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</tr>
<tr>
<td>15</td>
<td>15-16</td>
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</table>

**Second Year**

<table>
<thead>
<tr>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HDFS 229, 239, or 249N (GS)†</td>
<td>3 ENGL 202A (GWS)‡</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 311*</td>
<td>3 HDFS 312 or 315Y*</td>
<td>3</td>
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</table>
### Third Year

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

Total Credits 15

### Fourth Year

<table>
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<tr>
<th>Course</th>
<th>Credits</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 401†</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDFS 414‡</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>HDFS 418*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
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<td>HDFS 455*</td>
<td>3</td>
<td></td>
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<tr>
<td>HDFS Supporting Course or Elective</td>
<td>3</td>
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</tr>
</tbody>
</table>

Total Credits 15

### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University 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.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

### Advising Notes

- GWS, GQ, GA, GH, GS, and GHW 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 suffix signifies the course satisfies the University Writing Across the Curriculum requirement.
- * 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

### 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 domestic violence affect many individuals and families; Young adults face many social and economic pressures that can lead to problems in work and relationships.

### 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://hhd.psu.edu/Overview/careers-human-development-and-family-studies
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
DuBois, PA 15801
814-375-4852
jmk110@psu.edu
http://dubois.psu.edu/human-development-and-family-studies-0

Fayette
2201 University Drive
Lemont Furnace, PA 15456
724-430-4284
esb12@psu.edu
http://fayette.psu.edu/human-development-and-family-studies-bs

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

Mont Alto
112 Wiestling Hall
Mont Alto, PA 17237
717-749-6210
r2y@psu.edu
http://montalto.psu.edu/directory/baccalaureate-hdfs-program

Scranton
111B Dawson Building
Dunmore, PA 18512
570-963-2674
jam81@psu.edu
http://worthingtonscranton.psu.edu/human-development-family-studies

Shenango
147 Shenango Avenue
102 McDowell Hall
Sharon, PA 16146
724-983-2953
rxa32@psu.edu
http://shenango.psu.edu/hdfs

University Park
DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES
119 Health & Human Development
University Park, PA 16802
814-863-8000
hhc10@psu.edu
http://hhd.psu.edu/hdfs/Undergraduate

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/human-development-and-family-studies-bachelors/overview

York
15 Romano Administration Building
York, PA 17403
717-771-4161
jxs176@psu.edu
http://york.psu.edu/academics/baccalaureate/human-development-and-family-studies