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

Begin Campus: Any Penn State Campus
End Campus: Altoona

Program Description
This major is a multidisciplinary program that examines the development of individuals and families across the life span. HDFS prepares graduates 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 as well as applied skill development. We strive for our curriculum (and the experienced and opportunities we extend to students) to foster cultural humility and highlight diverse characteristics, contexts and considerations that impact individuals, families, and communities.

Two options are available within the major:
1. Human Development and Family Science Option
2. Developmental Science for Health Professions Option

All students pursuing the HDFS B.S. are guided to complete a capstone experience customized to their interests. Capstones may include approved field experiences (internships), guided research experiences/projects, and advanced coursework selected to align with individual student interests.

Human Development and Family Science 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.

Students in this option often pursue internships in service settings that work with children, youth, and/or adults. 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. This option also 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. 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, or other programs related to services for individuals and families.

Developmental Science for Health Professions Option
Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Mont Alto, Scranton, Shenango, University Park, York

This option is designed for students interested in focusing on human development/developmental science as a foundation to pursue health-related post graduate studies or work careers. This option guides students to acquire and apply scientific knowledge about human development (and family functioning) across the life span; emphasizing understanding biological, psychological, and social development across the life span. Additional coursework focuses on health across contexts. Students also select science foundation courses to complement their study of development across the lifespan and align with their career/post-graduate study interests. Typical postgraduate pursuits of students completing this option include graduate or professional studies in health-related areas (e.g. pediatrics, adolescent medicine, geriatrics, family medicine, psychiatry).

What is Human Development and Family Studies?
Penn State’s Human Development and Family Studies (HDFS) program prepares students for careers across a wide range of human service, healthcare, and helping professions. The HDFS degree is grounded in research-based knowledge on the psychological, biological, social, cultural, and economic influences that impact the well-being of individuals, families, and communities across the lifespan. HDFS coursework guides students to develop skills for working with and caring for diverse individuals and groups through emphasizing mindfulness, compassion, diversity, equity, advocacy and inclusion. Students take courses on infancy, childhood, and adolescent development, transitioning and thriving in adulthood, and healthy aging. Classroom experiences are supplemented by a range of engaged learning opportunities, including internships, research participation, and community partnerships through which HDFS students acquire skills preparing them for impactful careers. The program’s flexible curriculum allows academic pathways and engagement experiences to be customized to align with students’ career goals.

You Might Like This Program If...
- You are passionate about pursuing work focused on improving the lives and wellness of individuals, families, and communities.
- You are interested to learn about individual, family, community, and social factors influencing development as well as evidence-based practices that promote the cognitive, social, physical, and emotional well-being of children, adults, families, organizations, and communities.
- You are enthusiastic to use flexible degree requirements and integrated opportunities to pursue career exploration, experiential and engaged learning, and skill development specialized to your specific career goals.
## 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:

<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>12-18</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>60-67</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 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.

### Requirements for the Major

A grade of C or better is required for all courses in the major. To graduate, a student enrolled in the major must earn at least a C grade 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)

#### Prescribed 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>HDFS 216</td>
<td>Thoughtful Communication for Navigating Human Interactions and Relationships</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 312W</td>
<td>Empirical Inquiry in Human Development</td>
<td>3</td>
</tr>
</tbody>
</table>

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

Select 3 credits from the following courses in Introduction to Human Development and Family Science:

<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 101N</td>
<td>Helping People: An Introduction to Understanding Social Problems &amp; How to Help</td>
<td>3</td>
</tr>
</tbody>
</table>

Select 6 credits from the following courses in Foundations of Lifespan Human Development:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 229</td>
<td>Infant and Child Development</td>
<td>6</td>
</tr>
</tbody>
</table>

### Select 3 credits from the following courses in Family Foundations:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 239</td>
<td>Adolescent Development</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 249N</td>
<td>Adult Development and Aging</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 315</td>
<td>Family Development</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 315Y</td>
<td>Family Development</td>
<td>3</td>
</tr>
<tr>
<td>SOC 30</td>
<td>Sociology of the Family</td>
<td>3</td>
</tr>
</tbody>
</table>

Select at least 3 credits from the following courses in Statistics/Quantitative Skills:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDPSY 101</td>
<td>Analysis and Interpretation of Statistical Data in Education</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 200</td>
<td>Quantitative Skills for Human Services</td>
<td>3</td>
</tr>
<tr>
<td>STAT 200</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
</tbody>
</table>

For the Career Development and Experiential Learning Capstone, select 15 credits from one of the following pathways:

**Traditional Capstone Internship**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 490</td>
<td>Professional Development and Preparation for Internship Experience</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 495A</td>
<td>Internship: Advanced Experience (9 credits)</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 495B</td>
<td>Internship: Advanced Project</td>
<td>3</td>
</tr>
</tbody>
</table>

**Modified Internship (Option only available with department approval)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 490</td>
<td>Professional Development and Preparation for Internship Experience</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 495B</td>
<td>Internship: Advanced Project</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 495C</td>
<td>Professional Practicum in Human Services (3 credits)</td>
<td>3</td>
</tr>
</tbody>
</table>

6 Additional Credits with Department Approval

**Experiential Mix**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 490</td>
<td>Professional Development and Preparation for Internship Experience</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 495A</td>
<td>Internship: Advanced Experience (3-6 credits)</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 495B</td>
<td>Internship: Advanced Project</td>
<td>3</td>
</tr>
</tbody>
</table>

3-6 Credits of 300-/400-Level Career-Related Course Work (with Department Approval)

**Research Emphasis**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 494</td>
<td>Research Project (6 credits)</td>
<td>3</td>
</tr>
<tr>
<td>or HDFS 494H</td>
<td>Senior Honors Thesis</td>
<td>3</td>
</tr>
<tr>
<td>or HDFS 496</td>
<td>Independent Studies</td>
<td>3</td>
</tr>
</tbody>
</table>

3 Credits of 400-Level HDFS

6 Additional Credits of 300-/400-Level Research Credits (e.g. HDFS 300H, HDFS 310M, HDFS 494, HDFS 494H, HDFS 496) or 300-/400-Level Career-Related Course Work (with Department Approval)

### Requirements for the Option

**Human Development and Family Science Option (18 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 229</td>
<td>Infant and Child Development</td>
<td>6</td>
</tr>
</tbody>
</table>

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

## Requirements for the Option

**Human Development and Family Science Option (18 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 229</td>
<td>Infant and Child Development</td>
<td>6</td>
</tr>
</tbody>
</table>
Developmental Science for Health Professions Option (24 credits)

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>405</td>
<td>Gender and Social Development</td>
<td>3</td>
</tr>
<tr>
<td>413</td>
<td>Developmental Problems in Adulthood</td>
<td></td>
</tr>
<tr>
<td>413</td>
<td>Maintenance of Family Systems</td>
<td></td>
</tr>
<tr>
<td>428</td>
<td>Infant Development</td>
<td></td>
</tr>
<tr>
<td>429</td>
<td>Advanced Child Development</td>
<td></td>
</tr>
<tr>
<td>432</td>
<td>Developmental Problems in Childhood and Adolescence</td>
<td></td>
</tr>
<tr>
<td>433</td>
<td>Developmental Transition to Adulthood</td>
<td></td>
</tr>
<tr>
<td>434</td>
<td>Perspectives on Aging</td>
<td></td>
</tr>
<tr>
<td>445</td>
<td>Development Throughout Adulthood</td>
<td></td>
</tr>
<tr>
<td>447</td>
<td>Issues in Gerontology</td>
<td></td>
</tr>
<tr>
<td>HDFS/CMAS</td>
<td>Child Maltreatment: Prevention and Treatment</td>
<td>4</td>
</tr>
<tr>
<td>465</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Supporting Courses and Related Areas

Supporting Courses and Related Areas: *Require a grade of C or better*

Diversity and Development: Select 6 credits from HDFS at any level or choose from approved list of University-wide offerings

Supporting Courses and Related Areas

- Select 6 credits from approved list of University-wide offerings
- Science and Health Foundations: Select 12 credits from approved list of University-wide offerings

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

- Understanding of the complexity of individual and family development across the lifespan in diverse contexts and in changing environments;
- Ability to evaluate and apply theory and research to practice and policy;
- Ability to analyze processes, policies, and contextual factors that affect the delivery of human services to individuals and families;
- Professional ethical and culturally sensitive standards of conduct
- Knowledge and competence in helping, leadership, and administrative human service skills.

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/)

Altoona
Lauren Jacobson
Associate Teaching Professor
123 Hawthorn Building
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
Jessica Clontz, M.Ed., CRC
Assistant Teaching Professor, Human Development and Family Studies
1 College Place
DuBois, PA 15801
814-375-4833
jlb5810@psu.edu

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

Harrisburg
A. Patricia Aquilera Hermida, M.F.T, D. Ed.
Associate Teaching Professor and HDFS Program Coordinator
Olmsted Building W314
Middletown, PA 17057
717-948-6227
aua240@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
The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2024-25 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.

**Human Development and Family Science Option: Human Development and Family Studies, B.S. at Altoona 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

<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td><strong>Spring</strong></td>
<td></td>
</tr>
<tr>
<td>HDFS 129*</td>
<td>3</td>
<td>HDFS 229, 239, or 249N†</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 15 or 30H‡</td>
<td>3</td>
<td>CAS 100‡</td>
<td>3</td>
</tr>
<tr>
<td>PSU 3</td>
<td>1</td>
<td>STAT 200 or EDPSY 101 (GQ)†</td>
<td>3-4</td>
</tr>
<tr>
<td><strong>General Education Course</strong></td>
<td>3</td>
<td><strong>General Education Course</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>General Education Course</strong></td>
<td>3</td>
<td><strong>General Education Course</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>General Education (GQ)†</strong></td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Credits</strong>: 16</td>
<td></td>
<td><strong>Total Credits</strong>: 15-16</td>
<td></td>
</tr>
</tbody>
</table>

### Second Year

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

### Third Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td><strong>Spring</strong></td>
<td></td>
</tr>
<tr>
<td>HDFS 433 or 445*</td>
<td>3</td>
<td>HDFS 301*</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 400-level Supporting Course</td>
<td>3</td>
<td>HDFS 428 or 429*</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 400-level Supporting Course</td>
<td>3</td>
<td>HDFS 411*</td>
<td>3</td>
</tr>
<tr>
<td>Other US Cultures Course</td>
<td>3</td>
<td>HDFS Supporting Course*</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3</td>
<td><strong>General Education Course</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credits</strong>: 15</td>
<td></td>
<td><strong>Total Credits</strong>: 15</td>
<td></td>
</tr>
</tbody>
</table>

### Fourth Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Spring Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td><strong>Spring</strong></td>
<td></td>
</tr>
<tr>
<td>HDFS 401*</td>
<td>3</td>
<td>HDFS 402*</td>
<td>4</td>
</tr>
<tr>
<td>HDFS 414*</td>
<td>3</td>
<td>HDFS 495C*</td>
<td>8</td>
</tr>
<tr>
<td>HDFS 418*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDFS 455*</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDFS Supporting Course or Elective</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Credits</strong>: 15</td>
<td></td>
<td><strong>Total Credits</strong>: 12</td>
<td></td>
</tr>
</tbody>
</table>

**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 (GH, 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**
- GWS, GQ, GA, GH, GS, GN and GHW are codes used to identify General Education requirements (https://bulletins.psu.edu/undergraduate/general-education/).
- US, IL, and US;IL are codes used to designate courses that satisfy University United States/International Cultures requirements. All students are required to take one IL and one US course before graduation. A course designated as US;IL may be used as a US or an IL, not both.
- W suffix signifies the course satisfies the University Writing Across the Curriculum 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**

Demand for HDFS graduates is strong because the major provides students with a valuable foundation for understanding important social trends and guides students to develop the knowledge and skills to positively impact individuals, families, and communities. HDFS Students can customize their degree to align with career interests. HDFS students specialize through minors, certificates and credit-based hands-on learning opportunities.

HDFS students complete a capstone experience customized to their interests and designed to enhance their qualifications. Capstones include approved internships, guided research experiences, or advanced courses. The HDFS department capstone program provides:

- A capstone preparation class to help students explore interests, identify opportunities, and submit professional applications - and -
- Experienced capstone coordinators to help students get the most out of the capstone experience

**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. HDFS students pursue positions right out of college in:

- Health and Human Services Professions (e.g. youth and family services, child advocacy, health education)
- Early Childhood Development (e.g. early childhood education, early intervention specialists, applied behavioral analysis)
- Child and Youth Services
- Foster Care and Adoption
- Family Education and Intervention
- Services for Older Adults
- Services for Individuals with Disabilities
- Program Administration and Advocacy (e.g. volunteer coordination, program management and evaluation, human resources)

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**

A degree in HDFS is also a great foundation for individuals who are interested in pursuing advanced professional training/graduate study in:

- Counseling (e.g., addiction counseling, marriage and family therapy, mental health counseling, counseling psychology, educational and vocational counseling)
- Social Work and Public Health
- Clinical Health Professions (e.g. psychiatry, pediatrics, adolescent medicine, family medicine, obstetrics and gynecology, geriatrics, occupational therapy)
- Program Administration and Management
- Special Education
- Family Law
- Public Policy and Advocacy
- Research (e.g., on lifespan human development, psychology, sociology, prevention)

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

**PROFESSIONAL RESOURCES**

- Diversity, Equity and Inclusion in HDFS (https://hhd.psu.edu/hdfs/about/diversityandequity/initiatives/)

**Contact**

**Altoona**
DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES
123 Hawthorn Building
3000 Ivyside Park
Altoona, PA 16601
914-949-5333
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/)

**Brandywine**
25 Yearsley Mill Road
Media, PA 19063
610-892-1438
jmz15@psu.edu
DuBois
1 College Place
DuBois, PA 15801
814-375-4833
jlb5810@psu.edu
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

Harrisburg
SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION
Olmsted Building, W314
717-948-6227
aua240@psu.edu (aua240@psu.edu)
https://harrisburg.psu.edu/behavioral-sciences-education/human-development-family-studies-bs

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

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

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

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

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