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

Begin Campus: Any Penn State Campus
End Campus: Harrisburg

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.

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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/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/).

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 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

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 101</td>
<td>Helping People: Introducing to Understanding Social Problems &amp; How to Help</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 229</td>
<td>Infant and Child Development</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 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>
</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 315</td>
<td>Family Development</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 315Y</td>
<td>Family Development</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 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)

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>

Requirements for the Option

Requirements for the Option: Require a grade of C or better

Select an option

<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

Additional Courses: Require a grade of C or better

Select 3 credits from the following courses in 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>
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</table>

Additional Courses

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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>
Select 3 credits from the following courses in Advanced Development:

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

Select 3 credits from the following courses in Advanced Family Topics:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 412</td>
<td>Adult-Child Relationships</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 415</td>
<td>Program Development in Family Relationships</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 416/ SOC 411</td>
<td>Racial and Ethnic Diversity and the American Family</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 417</td>
<td>Biocultural Studies of Family Organization</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 418</td>
<td>Family Relationships</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 424</td>
<td>Family Development in an Economic Context</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 431</td>
<td>Family Disorganization: Stress Points in the Contemporary Family</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 469U</td>
<td>Family Change in the Global Economy</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 477</td>
<td>Family in Cross-Cultural Perspective</td>
<td>3</td>
</tr>
</tbody>
</table>

Select 6 credits from the following courses in Professional Skills for HDFS Careers:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 410</td>
<td>Communities and Families</td>
<td>6</td>
</tr>
<tr>
<td>HDFS 411</td>
<td>The Helping Relationship</td>
<td>6</td>
</tr>
<tr>
<td>HDFS 414</td>
<td>Resolving Human Development and Family Problems</td>
<td>6</td>
</tr>
<tr>
<td>HDFS 430</td>
<td>Experience in Preschool Groups</td>
<td>6</td>
</tr>
<tr>
<td>HDFS 440</td>
<td>Family Policy</td>
<td>6</td>
</tr>
<tr>
<td>HDFS 455</td>
<td>Development and Administration of Human Services Programs</td>
<td>6</td>
</tr>
<tr>
<td>HDFS/ CMASREQUIREMENTS FOR THE MAJOR465</td>
<td>Child Maltreatment: Prevention and Treatment</td>
<td>6</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 3 credits from HDFS at any level or choose 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). For more information, check the Suggested Academic Plan for your intended program.

**Program Learning Objectives**
- **Understanding Development:** HDFS student 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 individuals, and in family structures and functions in a social/cultural context.
- **Evaluate and Apply:** HDFS student will be able to demonstrate the ability to evaluate and apply theory and research to practice and policy.
- **Ethics and Cultural Sensitivity:** HDFS 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.
- **Knowledge and Competence:** HDFS students will demonstrate knowledge and competence in helping, leadership, and administrative skills for human services.
  - Demonstrate knowledge about human resources in management and how to apply appropriate practices;
  - Demonstrate professional written, oral, and technology-based communication skills;
  - Demonstrate clinical and/or administrative abilities human service professionals must utilize in their practice with clients.
  - Identify the different organizational needs of public, private-for-profits, and private-not-for-profit agencies;
  - Translation of content knowledge to practical settings.
- **Analyze:** HDFS 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.
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/students/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 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 Harrisburg 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>Course Code</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>HDFS 129</td>
<td>3</td>
<td>HDFS 229, 239, or 249N‡</td>
</tr>
<tr>
<td></td>
<td>HDFS Diversity and Development (HDFS 108N)*</td>
<td>3</td>
<td>CAS 100A or 100S (GWS)‡</td>
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<td>ENGL 15, 15S, 30T, or ESL 15 (GWS)‡</td>
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<td>PSYCH 100 (GS)</td>
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<td>General Education Course (GQ)‡</td>
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<td>STAT 200 or HDFS 200 (GQ) (or Adviser Approved Statistics Course)††</td>
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<tr>
<td></td>
<td>General Education Course (GH)</td>
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<td>General Education Course (GHW)</td>
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</table>

**Total Credits 15**

### Second Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>HDFS 216*</td>
<td>3</td>
<td>HDFS 315 or SOC 30*</td>
</tr>
<tr>
<td></td>
<td>HDFS 229, 239, or 249N*</td>
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<td>HDFS Diversity and Development (HDFS Any Level)*</td>
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<td></td>
<td>HDFS 312W*</td>
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<td>ENGL 202A (GWS)‡</td>
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<td>General Education Course (GA)</td>
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<td>General Education Course (GN)</td>
</tr>
<tr>
<td></td>
<td>General Education Course (GN)</td>
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<td>General Education Course (Inter-Domain)</td>
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</table>

**Total Credits 15-16**

### Third Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Credits</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>HDFS 311*</td>
<td>3</td>
<td>HDFS 301*</td>
</tr>
<tr>
<td></td>
<td>HDFS Skills (400-Level)*</td>
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<td>HDFS Skills (400 Level)*</td>
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<td>HDFS 400 Level (Elective)*</td>
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<td>HDFS Advanced Development (400 Level)*</td>
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<td>400 Supporting Course (Elective)</td>
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<td>400 Supporting Course (Elective)</td>
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<td>General Education Course (Exploration)</td>
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</table>

**Total Credits 15**

### Fourth Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Fall</td>
<td>HDFS 431 or 418*</td>
<td>3</td>
<td>HDFS 495A</td>
</tr>
<tr>
<td></td>
<td>HDFS 490*</td>
<td>3</td>
<td>HDFS 495B*</td>
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<td></td>
<td>100-400 Supporting Course (Elective)</td>
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<tr>
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**Total Credits 15**

### General Education Course

<table>
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<tr>
<th>Exploration</th>
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<tr>
<td>15-16</td>
<td>117-121</td>
</tr>
</tbody>
</table>

* 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 QG) require a grade of 'C' or better.

### Advising Notes:

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

### Developmental Science for Health Professions Option: Human Development and Family Studies, B.S. at Harrisburg 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>Course Code</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>HDFS 129*</td>
<td>3</td>
<td>HDFS 229, 239, or 249N‡</td>
</tr>
<tr>
<td></td>
<td>BIOL 110 (GN)</td>
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<td>CAS 100A or 100S (GWS)‡</td>
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<tr>
<td></td>
<td>ENGL 15, 15S, 30T, or ESL 15 (GWS)‡</td>
<td>3</td>
<td>STAT 200 or HDFS 200 (GQ) (or Adviser Approved Statistics Course)††</td>
</tr>
<tr>
<td></td>
<td>General Education Course ((Q) See Adviser: MATH 140, MATH 22 and/or MATH 26)‡</td>
<td>3-4</td>
<td>General Education Course (GS)</td>
</tr>
<tr>
<td></td>
<td>General Education Course (GH)</td>
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<td>General Education Course (GHW)</td>
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</tbody>
</table>

**Total Credits 15**

### Second Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>HDFS 216*</td>
<td>3</td>
<td>HDFS 315 or SOC 30*</td>
</tr>
</tbody>
</table>
HDFS 229, 239, or 249N  
3 HDFS Diversity and Development (HDFS Any Level)†  
3
HDFS 312W†  
3 ENGL 202A (GWS)‡  
3
CHEM 110 & CHEM 111 (GN)  
4 PHYS 250 (GN)  
4
Science and Health Foundations*  
3 General Education Course (Inter-Domain)  
3

16  
16

Third Year

Fall

Credits

Spring

Credits

HDFS 311*  
3 HDFS 301†  
3
HDFS Advanced Development (400-Level)*  
3 HDFS Advanced Development (400 Level)*  
3
Science and Health Foundations*  
3 Science and Health Foundations*  
3
General Education Course (Inter-Domain)  
3 General Education Course (GA)  
3
General Education Course (Exploration)  
3 Elective  
3

15  
15

Fourth Year

Fall

Credits

Spring

Credits

HDFS 490*  
3 HDFS 495A  
9-12
Health and Society (400-Level)  
3 HDFS 495B*  
3
Science and Health Foundations*  
3 Elective  
3
Elective  
3

15  
12-15

Total Credits 120-125

* 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).

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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:

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
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Olmsted Building, W314
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aua240@psu.edu (aua240@psu.edu)


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814-375-4833
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570-963-2674
jam81@psu.edu

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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/)

University Park
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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/)

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sac301@psu.edu


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York, PA 17403
717-771-4029
ajs49@psu.edu