

# 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 experiences 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 baccalaureate degree in HDFS prepares students for careers across a range of human service, health care, and helping professions. Coursework guides students to develop the knowledge and skills for their future careers through emphasizing (1) psychological, biological, social, cultural, and economic influences that impact well-being, (2) evidence-based prevention and intervention strategies, and (3) applied skills for impact. The Human Development and Family Science option prepares students for a range of human service and advocacy positions in non-profit and human service organizations, businesses, and government, or to pursue graduate training in social work, counseling, clinical psychology, applied behavior analysis, public policy, program administration and management, law, child life, or research. The Developmental Science or Health Professions option prepares students for graduate study in medicine, psychiatry, occupational therapy, accelerated nursing, physician assistant and other health-related fields. This option includes flexibility to complete pre-health requirements while HDFS requirements emphasize many core competencies recommended by the American Medical Association.

### You Might Like This Program If...

- You are interested in working to improve the lives and wellness of individuals, families, and communities.
- You are passionate about working to reduce inequality, advocate for change, and improve well-being through policy, law, and advocacy.
- You are committed to developing a strong foundation of knowledge and skills to pursue medical school, psychiatry, occupational therapy, or accelerated nursing, physician assistant or other health professions programs.
- You are excited by developmental research, social program design, and non-profit or government program administration.

- You are eager to utilize flexible degree requirements to explore careers, pursue experiential learning opportunities, and develop your skills.

## Entrance to Major

In order to be eligible for entrance to this major, a student must:

- attain at least a C (2.00) cumulative grade-point average for all courses taken at the University; and
- 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/students/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:**

Requirement	Credits
General Education	45
Electives	12-18
Requirements for the Major	60-67

**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)

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 216	Thoughtful Communication for Navigating Human Interactions and Relationships	3
HDFS 301	Values and Ethics in Health and Human Development Professions	3
HDFS 311	Human Development and Family Studies Interventions	3
HDFS 312W	Empirical Inquiry in Human Development	3
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
Select 3 credits from the following courses in Introduction to Human Development and Family Science:		3
HDFS 129	Introduction to Human Development and Family Studies	
HDFS 101N	Helping People: Introduction to Understanding Social Problems & How to Help	

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

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

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

HDFS 315	Family Development	
HDFS 315Y	Family Development	
SOC 30	Sociology of the Family	

Select at least 3 credits from the following courses in Statistics/Quantitative Skills: 3-4

EDPSY 101	Analysis and Interpretation of Statistical Data in Education	
HDFS 200	Quantitative Skills for Human Services	
STAT 200	Elementary Statistics	

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

<i>Traditional Capstone Internship</i>		
HDFS 490	Professional Development and Preparation for Internship Experience	
HDFS 495A	Internship: Advanced Experience (9 credits)	
HDFS 495B	Internship: Advanced Project	
<i>Modified Internship (Option only available with department approval)</i>		
HDFS 490	Professional Development and Preparation for Internship Experience	
HDFS 495B	Internship: Advanced Project	
HDFS 495C	Professional Practicum in Human Services (3 credits)	
6 Additional Credits with Department Approval		
<i>Experiential Mix</i>		
HDFS 490	Professional Development and Preparation for Internship Experience	
HDFS 495A	Internship: Advanced Experience (3-6 credits)	
HDFS 495B	Internship: Advanced Project	
3-6 Credits of 300-/400-Level Career-Related Course Work (with Department Approval)		
<i>Research Emphasis</i>		
HDFS 494	Research Project (6 credits)	
or HDFS 494 Senior Honors Thesis		
or HDFS 496 Independent Studies		
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

*Requirements for the Option: Require a grade of C or better*  
Select an option 18-24

### 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**

Code	Title	Credits
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
Select 3 credits from the following courses in Advanced Development:		3
HDFS 405	Gender and Social Development	
HDFS 413	Developmental Problems in Adulthood	
HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 432	Developmental Problems in Childhood and Adolescence	
HDFS 433	Developmental Transition to Adulthood	
HDFS 434	Perspectives on Aging	
HDFS 445	Development Throughout Adulthood	
HDFS 447	Issues in Gerontology	
Select 3 credits from the following courses in Advanced Family Topics:		3
HDFS 412	Adult-Child Relationships	
HDFS 415	Program Development in Family Relationships	
HDFS 416/ SOC 411	Racial and Ethnic Diversity and the American Family	
HDFS 417	Biocultural Studies of Family Organization	
HDFS 418	Family Relationships	
HDFS 424	Family Development in an Economic Context	
HDFS 431	Family Disorganization: Stress Points in the Contemporary Family	
HDFS 469U	Family Change in the Global Economy	
HDFS 477		
SOC 430	Family in Cross-Cultural Perspective	
Select 6 credits from the following courses in Professional Skills for HDFS Careers:		6
HDFS 410	Communities and Families	
HDFS 411	The Helping Relationship	
HDFS 414	Resolving Human Development and Family Problems	
HDFS 430	Experience in Preschool Groups	
HDFS 440	Family Policy	
HDFS 455	Development and Administration of Human Services Programs	
HDFS/CMAS 465	Child Maltreatment: Prevention and Treatment	

#### 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 6

#### 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*

Code	Title	Credits
<b>Additional Courses</b>		
<i>Additional Courses: Require a grade of C or better</i>		
Select 3 credits from the following courses in Health and Society:		3
BBH 407	Global Health Equity	

SOC 451	Health, Disease & Society	
Select 6 credits from the following courses in Advanced Development:		6
HDFS 405	Gender and Social Development	
HDFS 413	Developmental Problems in Adulthood	
HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 432	Developmental Problems in Childhood and Adolescence	
HDFS 433	Developmental Transition to Adulthood	
HDFS 434	Perspectives on Aging	
HDFS 445	Development Throughout Adulthood	
HDFS 447	Issues in Gerontology	

#### 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 3

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

## 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/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>)). 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.
  - Demonstrate an understanding of the contribution of original research in human development;
  - Integrate and apply the findings of empirical research within a theoretical framework to human development;
  - Explain the strengths and weaknesses of various research methods in assessing human behavior;
  - Apply research skills in order to better understand in the use of research in agency practice;
  - Explain the process of planning and conducting research, including the role of the IRB;
  - Demonstrate skills to analyze and interpret data;
  - Apply theories to identify and resolve problems.
- **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.
- **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. Skill areas to be focused upon include assessment, referral, intervention, and administrative skills;
  - Identify the different organizational needs of public, private-for-profits, and private-not-for-profit agencies;
  - Translation of content knowledge to practical settings.

## 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/>)

### 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  
aia240@psu.edu

### Altoona

**Lauren P. Jacobson, Ph.D.**

Teaching Professor, Human Development and Family Studies and  
Coordinator, Human Development and Family Studies Program  
Hawthorn Building, 127  
3000 Ivyside Park  
Altoona, PA 16601  
lpj100@psu.edu

### Brandywine

**Jennifer Zosh**

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

### DuBois

**Sarah Pierotti, Ph.D.**

Assistant Professor, Human Development and Family Studies  
1 College Place  
DuBois, PA 15801  
814-375-4852  
slp5723@psu.edu

### Fayette

**Elaine Barry**

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

### Mont Alto

**Robin Yaure**

HDFS Professor and Program Coordinator of HDFS & Psychology  
104F Sci/Tech Building  
Mont Alto, PA 17237  
717-749-6210  
r2y@psu.edu

### Scranton

**Parminder Parmar, Ph.D.**

Associate Professor and Program Coordinator, Human Development and  
Family Studies  
112E Dawson Building  
120 Ridge View Drive  
Dunmore, PA 18512  
570-963-2530  
prp104@psu.edu

### Shenango

**Roxanne Atterholt**

Associate Teaching Professor and Program Coordinator  
147 Shenango Avenue  
102 McDowell Hall  
Sharon, PA 16146  
724-983-2953  
rxs32@psu.edu

### University Park

**Melissa Wetzel, M.A., LPC, NCC**

Academic Adviser  
119 Health and Human Development Building  
University Park, PA 16802  
814-863-8000  
mup874@psu.edu

### World Campus

**Undergraduate Academic Advising**

100 Innovation Blvd  
Suite 225  
University Park, PA 16803  
814-863-3283  
advising@worldcampus.psu.edu

### York

**Amber Majeske, Ph.D.**

Associate Professor of Human Development and Family Studies  
13 John J. Romano Administrative Building  
York, PA 17403  
717-771-4029  
ajs49@psu.edu

## Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2025-26 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

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
HDFS Diversity and Development (HDFS 108N)*	3 CAS 100A or 100S (GWS)†	3
ENGL 15, 15S, 30T, or ESL 15 (GWS)‡	3 PSYCH 100 (GS)	3
General Education Course (GQ)‡	3 STAT 200 or HDFS 200 (GQ) (or Adviser Approved Statistics Course)*††	3-4
General Education Course (GH)	3 General Education Course (GHW)	3
<b>15</b>		<b>15-16</b>

### Second Year

Fall	Credits Spring	Credits
HDFS 216*	3 HDFS 315 or SOC 30*	3
HDFS 229, 239, or 249N*	3 HDFS Diversity and Development (HDFS Any Level)*	3
HDFS 312W*	3 ENGL 202A (GWS)‡	3
General Education Course (GA)	3 General Education Course (GN)	3
General Education Course (GN)	3 General Education Course (Inter-Domain)	3
<b>15</b>		<b>15</b>

### Third Year

Fall	Credits Spring	Credits
HDFS 311*	3 HDFS 301*	3
HDFS Skills (400-Level)*	3 HDFS Skills (400 Level)*	3
HDFS 400 Level (Elective)*	3 HDFS Advanced Development (400 Level)*	3
400 Supporting Course (Elective)	3 400 Supporting Course (Elective)	3
General Education Course (Exploration)	3 General Education Course (Exploration)	3
<b>15</b>		<b>15</b>

### Fourth Year

Fall	Credits Spring	Credits
HDFS 431 or 418*	3 HDFS 495A	9-12
HDFS 490*	3 HDFS 495B*	3
100-400 Supporting Course (Elective)	3	
100-400 Supporting Course (Elective)	3	

General Education Course (Exploration)	3	
<b>15</b>		<b>12-15</b>

### Total Credits 117-121

- \* 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 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)."

## 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

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
BIOL 110 (GN)	4 CAS 100A or 100S (GWS)‡	3
ENGL 15, 15S, 30T, or ESL 15 (GWS)‡	3 STAT 200 or HDFS 200 (GQ) (or Adviser Approved Statistics Course)*††	3-4
General Education Course (GQ) (See Adviser: MATH 140, MATH 22 and/or MATH 26)‡	3-4 General Education Course (GS)	3
General Education Course (GH)	3 General Education Course (GHW)	3
<b>16-17</b>		<b>15-16</b>

### Second Year

Fall	Credits Spring	Credits
HDFS 216*	3 HDFS 315 or SOC 30*	3

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
<b>16</b>		<b>16</b>

**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
<b>15</b>		<b>15</b>

**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	
<b>15</b>		<b>12-15</b>

**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).

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 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

### Harrisburg

SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION  
Olmsted Building, W314  
717-948-6227  
[aua240@psu.edu](mailto:aua240@psu.edu) ([aua240@psu.edu](mailto:aua240@psu.edu))

<https://harrisburg.psu.edu/behavioral-sciences-education/human-development-family-studies-bs> (<https://harrisburg.psu.edu/behavioral-sciences-education/human-development-family-studies-bs/>)

### Altoona

DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES  
Hawthorn Building, 127  
3000 Ivyside Park  
Altoona, PA 16601  
[lpj100@psu.edu](mailto: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](mailto:jmz15@psu.edu)

<https://www.brandywine.psu.edu/academics/bachelors-degrees/human-development-and-family-studies> (<https://www.brandywine.psu.edu/academics/bachelors-degrees/human-development-and-family-studies/>)

### DuBois

1 College Place  
DuBois, PA 15801  
814-375-4852  
[slp5723@psu.edu](mailto:slp5723@psu.edu)

<https://dubois.psu.edu/academics/degrees/hdfs/bachelor> (<https://dubois.psu.edu/academics/degrees/hdfs/bachelor/>)

### Fayette

2201 University Drive  
Lemont Furnace, PA 15456  
724-430-4284  
[esb12@psu.edu](mailto:esb12@psu.edu)

<https://fayette.psu.edu/academics/baccalaureate/human-development-and-family-studies-bs> (<https://fayette.psu.edu/academics/baccalaureate/human-development-and-family-studies-bs/>)

### Mont Alto

1 Campus Drive  
Mont Alto, PA 17237  
717-749-6210  
[r2y@psu.edu](mailto:r2y@psu.edu)

<https://montalto.psu.edu/academics/hdfs> (<https://montalto.psu.edu/academics/hdfs/>)

### Scranton

111B Dawson Building  
Dunmore, PA 18512  
570-963-2674  
[prp104@psu.edu](mailto:prp104@psu.edu)

<https://scranton.psu.edu/academics/degrees/bachelors/hdfs> (<https://scranton.psu.edu/academics/degrees/bachelors/hdfs/>)

### Shenango

147 Shenango Avenue  
102 McDowell Hall  
Sharon, PA 16146  
724-983-2953  
[rx32@psu.edu](mailto:rx32@psu.edu)

<https://shenango.psu.edu/academics/degrees/human-development-family-studies> (<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](mailto:mup874@psu.edu)

<https://hhd.psu.edu/hdfs> (<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  
[mup874@psu.edu](mailto:mup874@psu.edu)

<https://www.worldcampus.psu.edu/degrees-and-certificates/penn-state-online-human-development-and-family-studies-bachelor-of-science-degree> (<https://www.worldcampus.psu.edu/degrees-and-certificates/penn-state-online-human-development-and-family-studies-bachelor-of-science-degree/>)

### York

13 John J. Romano Administrative Building  
York, PA 17403  
717-771-4029  
[ajs49@psu.edu](mailto:ajs49@psu.edu)



<https://www.york.psu.edu/academics/baccalaureate/human-development-and-family-science> (<https://www.york.psu.edu/academics/baccalaureate/human-development-and-family-science/>)