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
Students must have a minimum 2.0 GPA to change to this Associate degree after admission to the University.

Degree Requirements
For the Associate in Science degree in Human Development and Family Studies, a minimum of 60 credits is required:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education</td>
<td>21</td>
</tr>
<tr>
<td>Electives</td>
<td>0-3</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>51-55</td>
</tr>
</tbody>
</table>

15 of the 21 credits for General Education are included in the Requirements for the Major. This includes: 6 credits of GWS courses; 3 credits of GS courses; 3 credits of GN courses; and 3 credits of GQ courses.

Requirements for the Major
To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (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)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Prescribed Courses</strong></td>
<td></td>
</tr>
<tr>
<td>CAS 100</td>
<td>Effective Speech</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 15</td>
<td>Rhetoric and Composition</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 395</td>
<td>Internship</td>
<td>6</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Prescribed Courses: Require a grade of C or better</strong></td>
<td></td>
</tr>
<tr>
<td>HDFS 129</td>
<td>Introduction to Human Development and Family Studies</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 301</td>
<td>Values and Ethics in Health and Human Development Professions</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Additional Courses</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Select one of the following:</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 141</td>
<td>Introduction to Human Physiology</td>
<td></td>
</tr>
<tr>
<td>BIOL 155</td>
<td>Introduction to the Biology of Aging</td>
<td></td>
</tr>
<tr>
<td>BISC 4</td>
<td>Human Body: Form and Function</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Prescribed Courses: Require a grade of C or better</strong></td>
<td></td>
</tr>
<tr>
<td>SOC 30</td>
<td>Sociology of the Family (SOC 30 does not require a grade of C or better)</td>
<td>3</td>
</tr>
<tr>
<td>or HDFS 315</td>
<td>Family Development</td>
<td></td>
</tr>
</tbody>
</table>

Select one of the following: 3-4 credits

- EDPSY 101: Analysis and Interpretation of Statistical Data in Education
- STAT 100: Statistical Concepts and Reasoning
- STAT 200: Elementary Statistics

### Requirements for the Option

#### Adult Development and Aging Services Option (21 credits)

*Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Mont Alto, Schuylkill, Scranton, Shenango, World Campus, York*

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Prescribed Courses</strong></td>
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</tr>
<tr>
<td>HDFS 249N</td>
<td>Adult Development and Aging</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 311</td>
<td>Human Development and Family Studies Interventions</td>
<td>3</td>
</tr>
</tbody>
</table>

### Supporting Courses and Related Areas

Select 15 credits in consultation with the adviser from University-wide offerings that enhance competence in the option 15 credits

### Early Childhood Care and Education Option (24 credits)

*Available at the following campuses: DuBois, Fayette, Shenango, York*

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Prescribed Courses</strong></td>
<td></td>
</tr>
<tr>
<td>HDFS 229</td>
<td>Infant and Child Development</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 230</td>
<td>Overview of Curricular Practices in Early Childhood Care and Education</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 231</td>
<td>Guidance in Early Childhood Care and Education</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 232</td>
<td>Creativity and Play in Early Childhood Care and Education</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 233</td>
<td>Emergent Language and Literacy: Development and Practice in Early Childhood Care and Education</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 234</td>
<td>Mathematics and Science Reasoning: Development and Practice in Early Childhood Care and Educat</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 330</td>
<td>Observation or Experience with Children, Youth, and Families</td>
<td>3</td>
</tr>
</tbody>
</table>

### 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 associate degree 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/associate-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): 3 credits
- Writing and Speaking (GWS): 3 credits

### Knowledge Domains

- Arts (GA): 3 credits
- Humanities (GH): 3 credits
- Social and Behavioral Sciences (GS): 3 credits
- Natural Sciences (GN): 3 credits

**Note:** Up to six credits of Inter-Domain courses may be used for any Knowledge Domain requirement, but when a course may be used to satisfy more than one requirement, the credits from the course can be counted only once.
Exploration

- Any General Education course (including GHW and Inter-Domain): 3 credits

University Degree Requirements

Cultures Requirement
3 credits of United States (US) or International (IL) cultures coursework are required and may satisfy other requirements

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 60 degree credits must be earned for a associates degree. The requirements for some programs may exceed 60 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
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

- Application of HDFS Theory & Research: Summarize and apply theory and research to practice and policy.
- Application to Service and Policy: Summarize and apply processes, policies, and contextual factors that affect the delivery of human services to individuals and families.
- Diversity & Equity Practice: Describe and apply research on inequality and diversity to inform and engage in practice that reduces inequality and promotes equity, inclusion, and well-being for all people.
- Professional Conduct: Demonstrate appropriate professional behaviors characterized by ethical and culturally sensitive standards of conduct.
- Professional Skill: Demonstrate competence in foundation skills for human service work.
- Theories of Human Development and Family Science: Summarize and apply theories and concepts to demonstrate an understanding of the complexity of individual and family development across the lifespan in diverse contexts and changing environments.

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/)

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Jacqueline Schwab
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Roxanne Atterholt
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**York**

Amber Majeske, Ph.D.
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ajs49@psu.edu

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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.

**Adult Development and Aging Option: Human Development and Family Studies, A.S. at World 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>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15†</td>
<td>3</td>
<td>HDFS 249N†</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 129†</td>
<td>3</td>
<td>HDFS 301†</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100†</td>
<td>3</td>
<td>CAS 100B or 100C†</td>
<td>3</td>
</tr>
<tr>
<td>STAT 100, 200, or EDPSY 101†</td>
<td>3-4</td>
<td>General Education Course</td>
<td>3</td>
</tr>
<tr>
<td>Supporting Course¹</td>
<td>3</td>
<td>Supporting Course¹</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td>15-16</td>
<td><strong>Total Credits</strong></td>
<td>15</td>
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</table>

**Second Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 315, 315Y, or SOC 30*</td>
<td>3</td>
<td>BIOL 141, 155, or BISC 4†</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 395 (Pre-Internship Coursework)†</td>
<td>3</td>
<td>HDFS 395 (Internship Site Experience)†</td>
<td>3</td>
</tr>
</tbody>
</table>

HDFS 311†
3 General Education Course (GH)
Supporting Course¹
3 Supporting Course¹
3
Supporting Course¹
3 Elective
3

**Total Credits 60-61**

* 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) and Knowledge Domains (GHW, GN, GA, GH, GS) requirements. Foundations courses (GWS and GQ) require a grade of ‘C’ or better.

**Academic Advising Notes:**

Students selecting a GH course or supporting course are encouraged to schedule a course with the US or IL designation.

Students selecting a GQ course are encouraged to check with an academic adviser for appropriate MATH entrance requirements.

It is recommended that students fulfill the Writing Across the Curriculum requirement by taking HDFS 315Y via the World Campus. If HDFS 315Y is not taken, HDFS 312 or another writing intensive course will fulfill that requirement. Check with your adviser to ensure you are taking a course that fulfills the Writing Across the Curriculum requirement.

**Program Notes:**

Many of the courses required for the Associate degree in HDFS may apply to the HDFS baccalaureate degree program.

1 Students are encouraged to review the HDFS Supporting Courses list (https://hhd.psu.edu/hdfs/undergraduate/courses/supporting-courses/) for appropriate courses to fulfill the supporting course requirements.
**Children Youth and Family Studies Option: Human Development and Family Studies, A.S. at World 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>Course</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15†</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>HDFS 129†</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PSYCH 100†</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>STAT 100, 200, or EDPSY 101†</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Supporting Course¹</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>15-16</td>
<td>15</td>
</tr>
</tbody>
</table>

**Second Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 315, 315Y, or SOC 30*</td>
<td>3</td>
<td>BIOL 141, 155, or BISC 4²</td>
</tr>
<tr>
<td>HDFS 229 or 239*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>HDFS 395 (Pre-Internship Coursework)²</td>
<td>3</td>
<td>General Education Course (GH)</td>
</tr>
<tr>
<td>HDFS 311†</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Supporting Course¹</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>15</td>
</tr>
</tbody>
</table>

**Total Credits 60-61**

* 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
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**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) and Knowledge Domains (GHW, GN, GA, GH, GS) requirements. Foundations courses (GWS and GQ) require a grade of ‘C’ or better.

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Students selecting a GH course or supporting course are encouraged to schedule a course with the US or IL designation.

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Many of the courses required for the Associate degree in HDFS may apply to the HDFS baccalaureate degree program.

¹ Students are encouraged to review the HDFS Supporting Courses list (https://hhd.psu.edu/hdfs/undergraduate/courses/supporting-courses) for appropriate courses to fulfill the supporting course requirements.

**Career Paths**

The Associate’s Degree in HDFS provides students with a valuable foundation of skills and knowledge for pursuing entry level positions in careers focused on helping promote health and wellness across the lifespan. Many graduates of the A.S. in HDFS program also continue to pursue their B.S. in HDFS. Our A.S. degree is designed to allow for a smooth transition into the B.S. degree, after which graduates are positioned for career advancement or to work in additional areas described in the B.S. degree. HDFS Students are encouraged to customize their degree to align with their career interests.

**Careers**

Students graduating with their A.S. degree in HDFS pursue a range of positions in areas that include:

- Health and Human Services (e.g. youth and family services, child advocacy, health education)
- Early Childhood Development (e.g. early childhood education, early intervention specialist)
- Child and Youth Services
- Foster Care and Adoption
- Services for Older Adults
- Services for Individuals with Disabilities

**Opportunities for Graduate Studies**

After completing their associate’s degree, many HDFS students go on to complete their Bachelor of Science degree in HDFS. This degree opens up opportunities for students to attend graduate research or professional programs in several fields, including:

- 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/)

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https://hhd.psu.edu/hdfs (https://hhd.psu.edu/hdfs/)

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ajs49@psu.edu (jxs176@psu.edu)