**HUMAN DEVELOPMENT AND FAMILY STUDIES, A.S. (HEALTH AND HUMAN DEVELOPMENT)**

**Begin Campus:** Altoona, Brandywine, DuBois, Fayette, Mont Alto, Schuylkill, Shenango, World Campus, Scranton, York

**End Campus:** Altoona, Brandywine, DuBois, Fayette, Mont Alto, Schuylkill, Shenango, World Campus, Scranton, York

**Program Description**

_Not all options are available at every campus. Contact the campus you are interested in attending to determine which options are offered._

This major integrates practical and academic experiences to provide the student with entry-level professional competence in the human service field. The objective of the major is to offer a general education background, a knowledge base in life span and family development, and a core of professional skills that may be applied in program planning and service delivery activities. The major is offered part-time, in the evening, and through independent learning.

**Adult Development and Aging Services Option**

This option is designed to prepare students for a wide variety of service roles in mental health facilities, nursing homes and other institutions for the aged, area agencies on aging, public welfare and family service agencies, women's resource centers, human relations programs, employee assistance programs and customer services and consumer relations programs in business and industry. An approved field experience in any of a wide variety of settings that serve adults, the aged, and their families, is required for this option.

**Children, Youth, and Family Services Option**

This option is designed to prepare students for service roles in preschools; day care centers; hospitals; institutional and community programs for emotionally disturbed, abused, or neglected children and adolescents; as well as a variety of public welfare and family service agencies. An approved field experience in a children, youth, or family services setting is required for this option.

**Early Childhood Care and Education Option**

This option is designed to increase professional capabilities in child care training in regard to issues of quality, affordability, and accessibility of programming. The primary foci are on language, literacy, and science reasoning. In the coursework, there is a blending of theory and practice that requires experience in a group setting with young children. Courses concentrate on infants and toddlers as well as older preschoolers. Each course has a strong parent/family communications component and stresses observation techniques appropriate for assessing and evaluating the development of young children.

**What is Human Development and Family Studies?**

The Associate in Science in Human Development and Family Studies (HDFS) integrates practical and academic experiences to provide you with entry-level, professional competencies in the human service fields. The Adult Development and Aging Services option focuses on the biological, psychological, and social development of adults and elderly persons, with special emphasis on the various contexts of adult development, including work and the family. The Children, Youth, and Family Services option is an ideal choice if you want to work with various age groups in centers, institutions, and agencies. The program’s ultimate goal is to improve the quality of planned services for families from varied backgrounds and community settings. For both options, HDFS students complete an internship at a human service organization in their community. Real world experience will help you build professional networks, establish references, and reflect on what you have learned in the classroom.

**You Might Like This Program If...**

- You already work in a human service–related field.
- You aspire to work in human service–related occupations.

**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:

**Requirement** | **Credits**
--- | ---
General Education | 21
Electives | 0-3
Requirements for the Major | 51-55

**General Education**

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (http://bulletins.psu.edu/undergraduate/general-education/associate-degree-general-education-program) section of the Bulletin and consult your academic adviser.

**Foundations (grade of C or better is required.)**

- 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

**Foundations or Knowledge Domains**

- A General Education course selected from GWS, GQ, GN, GA, GH, or GS, and may include Integrative Studies (Inter-domain or Linked) courses: 3 credits
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.

15 of these 21 credits are included in the Requirements for the Major.

### 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 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80)). For more information, check the Suggested Academic Plan for your intended program.

#### Requirements for the Major

This includes 15 credits of General Education courses: 6 credits of GWS courses; 3 credits of GS courses; 3 credits of GN courses; and 3 credits of GQ courses.

To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44).

#### Common Requirements for the Major (All Options)

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<thead>
<tr>
<th>Code</th>
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</tr>
</thead>
<tbody>
<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>PSYCH 100</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 395</td>
<td>Internship</td>
<td>6</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>Additional Courses</td>
<td>Select one of the following:</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 141</td>
<td>Introductory Physiology</td>
<td></td>
</tr>
<tr>
<td>BIOL 155</td>
<td>Introduction to the Biology of Aging</td>
<td></td>
</tr>
</tbody>
</table>

#### Writing Across the Curriculum

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

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<td></td>
</tr>
<tr>
<td>BIOL 155</td>
<td>Introduction to the Biology of Aging</td>
<td></td>
</tr>
</tbody>
</table>

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

Select one of the following:

- BIOL 141 Introductory Physiology
- BIOL 155 Introduction to the Biology of Aging

### Requirements for the Option

Select an option 21-24

#### Requirements for the Option

Adult Development and Aging Services Option (21 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HDFS 249</td>
<td>Human Development and Family Studies Interventions</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 311</td>
<td>Human Development and Family Studies Interventions</td>
<td>3</td>
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</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

#### Children, Youth, and Family Services Option (24 credits)

<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>3</td>
</tr>
<tr>
<td>HDFS 239</td>
<td>Adolescent Development</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

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
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<tr>
<td>HDFS 229</td>
<td>Infant and Child Development</td>
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<tr>
<td>HDFS 230</td>
<td>Overview of Curricular Practices in Early Childhood Care and Education</td>
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<td>HDFS 231</td>
<td>Guidance in Early Childhood Care and Education</td>
<td>3</td>
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<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 Education</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>
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</table>
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 need to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy)

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Devon Thomas
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cmb2@psu.edu

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814-863-3283
advising@outreach.psu.edu

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717-771-4161
jxs176@psu.edu

Suggested Academic Plan

Adult Development and Aging Option 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.

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ENGL 15†</td>
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<td>HDFS 249N†</td>
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<td>HDFS 129†*</td>
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<td>HDFS 301*</td>
<td>3</td>
</tr>
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<td>PSYCH 100†*</td>
<td>3</td>
<td>CAS 100B or 100C‡</td>
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</tr>
<tr>
<td>STAT 100, 200, or EDPSY 101††</td>
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<td>3 General Education Course (GA)</td>
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<tr>
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<td>Supporting Course †</td>
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<tr>
<td>15-16</td>
<td>15</td>
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</tbody>
</table>
Many of the courses required for the Associate degree in HDFS may apply to the HDFS baccalaureate degree program.

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 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**

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<td>PSYCH 100†</td>
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<td>STAT 100, 200, or EDPSY 101††</td>
<td>3-4 General Education Course (GA)</td>
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<tr>
<td>Supporting Course¹</td>
<td>3 Supporting Course¹</td>
<td>3</td>
<td>Elective</td>
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Total Credits 15-16

**Second Year**

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<th>Fall</th>
<th>Credits</th>
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</tr>
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<tbody>
<tr>
<td>HDFS 315, 315Y, or SOC 30*</td>
<td>3 BION 141, 115, or BISC 4†</td>
<td>HDFS 229 or 239*</td>
<td>3 HDFS 395 (Internship Site Experience)†</td>
<td>3</td>
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<tr>
<td>HDFS 395 (Pre-Internship Coursework)¹</td>
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<td>3 General Education Course (GH)</td>
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Total Credits 15-16

**University Requirements and General Education Notes:**

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

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

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

**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.

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Total Credits 15-16

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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**

**Careers**

With an associate degree in HDFS, you can work in the human services field, promoting health and preventing social and mental health problems for child, youth and families and adults and the elderly. You may also find employment in the following areas:

- medical case worker
- mental health worker
- case manager
- school support services
- medical and public health services
- substance abuse services

The associate degree in HDFS can also serve as a stepping stone to further education if you wish to work as a counselor or social worker.

**Opportunities for Graduate Studies**

Many graduates go on to earn an HDFS bachelor's degree; some eventually enroll in graduate school.

**Contact**

**University Park**

DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES
119 Health & Human Development
University Park, PA 16802
814-863-8000
sdg10@psu.edu

http://hhd.psu.edu/hdfs/Undergraduate

**Altoona**

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Hawthorn Building 123
3000 Ivyside Park
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814-949-5333

lpj100@psu.edu

http://altoona.psu.edu/academics/bachelors-degrees/human-development-family-studies/request-information

**DuBois**

1 College Place
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jmk110@psu.edu

http://dubois.psu.edu/human-development-and-family-studies-0

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

http://fayette.psu.edu/assoc-human-development-and-family-studies

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11 Bookstore Building
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sen@psu.edu

http://montalto.psu.edu/directory/associate-hdfs-program

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**Scranton**

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http://worthingtonscranon.psu.edu/human-development-family-studies

**Shenango**

147 Shenango Avenue
101 McDowell Hall
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724-983-2979
cmb2@psu.edu

http://shenango.psu.edu/hdfs-associate-degree

**World Campus**

DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES
119 Health and Human Development Building
University Park, PA 16802
814-863-8000
sac301@psu.edu
https://www.worldcampus.psu.edu/degrees-and-certificates/human-development-and-family-studies-associates/overview

York
15 Romano Administration Building
York, PA 17403
717-771-4161
jxs176@psu.edu

http://york.psu.edu/academics/associate/human-development-and-family-studies