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, Scranton, Shenango, World Campus, York

Program Description

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

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

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

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:

<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>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>
</tbody>
</table>

Prescribed Courses: Require a grade of C or better

| HDFS 129| Introduction to Human Development and Family Studies | 3       |
### Human Development and Family Studies, A.S. (Health and Human Development)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 301</td>
<td>Values and Ethics in Health and Human Development Professions</td>
<td>3</td>
</tr>
</tbody>
</table>

**Additional Courses**

Select one of the following:

- BIOL 141 Introduction to Human Physiology (3 credits)
- BIOL 155 Introduction to the Biology of Aging (3 credits)
- HDFS 249N Human Body: Form and Function (3 credits)

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

SOC 30 Sociology of the Family (SOC 30 does not require a grade of C or better) (3 credits) or HDFS 315 Family Development (3 credits)

Select one of the following:

- EDPSY 101 Analysis and Interpretation of Statistical Data in Education (3 credits)
- STAT 100 Statistical Concepts and Reasoning (3 credits)
- STAT 200 Elementary Statistics (3 credits)

**Requirements for the Option**

Select one of the following:

- EDPSY 101 Analysis and Interpretation of Statistical Data in Education (3 credits)
- STAT 100 Statistical Concepts and Reasoning (3 credits)
- STAT 200 Elementary Statistics (3 credits)

**Requirements for the Option**

Select one of the following:

- HDFS 229 Infant and Child Development
- HDFS 239 Adolescent Development
- HDFS 311 Human Development and Family Studies Interventions

**Supporting Courses and Related Areas**

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

**Children, Youth, and Family Services Option (24 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>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

**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>HDFS 229</td>
<td>Infant and Child Development</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 (https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80)). For more information, check the Suggested Academic Plan for your intended program.

Program Learning Objectives
- 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/)

World Campus
Undergraduate Academic Advising
301 Outreach Building
University Park, PA 16802
814-863-3283
advising@outreach.psu.edu

Altoona
Lauren Jacobson
Associate Teaching Professor
123 Hawthorn Building
3000 Ivyside Park
Altoona, PA 16601
814-949-5333
lpj100@psu.edu

DuBois
Jessica Clontz, M.Ed., CRC
Assistant Teaching Professor, Human Development and Family Studies
1 College Place
DuBois, PA 15801
814-375-4833
jlB5810@psu.edu

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

Mont Alto
Jacqueline Schwab
Associate Professor, HDFS
11 Bookstore Building
Mont Alto, PA 17237
717-749-6034
sen@psu.edu

Schuylkill
Anne Mercuri
Human Development and Family Studies Coordinator
A112 200 University Drive
Schuylkill Haven, PA 17972
570-385-6083
aem141@psu.edu

Scranton
Janet Melnick
Associate Teaching Professor
111B Dawson Building
Dunmore, PA 18512
570-963-2674
jam81@psu.edu

Shenango
Roxanne Atterholt
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 2023-24 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 (Note: the archive only contains suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin).

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>
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</thead>
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<tr>
<td>ENGL 15†</td>
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<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</td>
<td>3-4</td>
<td>General Education Course (GA)</td>
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</tr>
<tr>
<td>Supporting Course†</td>
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<td>Supporting Course†</td>
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<td><strong>Total Credits</strong></td>
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<td><strong>Total Credits</strong></td>
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### 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>
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<td>BIOL 141, 155, or BISC 4†</td>
<td>3</td>
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<tr>
<td>HDFS 395 (Pre-Internship Coursework)†</td>
<td>3</td>
<td>HDFS 395 (Internship Site Experience)†</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 311†</td>
<td>3</td>
<td>General Education Course (GH)</td>
<td>3</td>
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<td>Supporting Course†</td>
<td>3</td>
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<td>15</td>
<td><strong>Total Credits</strong></td>
<td>15</td>
</tr>
</tbody>
</table>

Total Credits 60-61

† 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.

* 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
Children Youth and Family Studies Option: Human Development and Family Studies, A.S. at World Campus

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<table>
<thead>
<tr>
<th>First Year</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
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<tbody>
<tr>
<td>ENGL 15‡</td>
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<td>HDFS 229 or 239*</td>
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</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 (GA)</td>
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<tr>
<td>Supporting Course¹</td>
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<td>Supporting Course¹</td>
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<table>
<thead>
<tr>
<th>Second Year</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, 151, or BISC 4†</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 229 or 239*</td>
<td>3</td>
<td>HDFS 395 (Internship Site Experience)¹</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 395 (Pre-Internship Coursework)¹</td>
<td>3</td>
<td>General Education Course (GH)</td>
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<td>HDFS 311†</td>
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<tr>
<td>Supporting Course¹</td>
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</table>

Total Credits: 60-61

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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 and Human Development Building
University Park, PA 16802
814-863-8000
HDFSinfo@psu.edu

https://hhd.psu.edu/hdfs

World Campus

DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES
119 Health and Human Development Building
University Park, PA 16802
814-863-8000
sac301@psu.edu

<table>
<thead>
<tr>
<th>City</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
</table>
| Altoona  | DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES  
123 Hawthorn Building  
3000 Ivyside Park  
Altoona, PA 16601  
814-949-5333  
lpj100@psu.edu  
https://altoona.psu.edu/academics/associate-degrees/human-development-family-studies |         |                 |                                                                          |
| DuBois   | 1 College Place  
DuBois, PA 15801  
814-375-4833  
jlb5810@psu.edu  
https://dubois.psu.edu/academics/degrees/hdfs |         |                 |                                                                          |
| Fayette  | 2201 University Drive  
Lemont Furnace, PA 15456  
724-430-4284  
esb12@psu.edu  
https://fayette.psu.edu/academics/associate/assoc-human-development-and-family-studies |         |                 |                                                                          |
| Mont Alto| 11 Bookstore Building  
Mont Alto, PA 17237  
717-749-6034  
sen@psu.edu  
https://montalto.psu.edu/academics/associate/associate-human-development-family-studies-degree |         |                 |                                                                          |
| Schuylkill| ACADEMIC AFFAIRS  
A112 200 University Drive  
Schuylkill Haven, PA 17972  
570-385-6083  
aem141@psu.edu  
https://schuylkill.psu.edu/academics/assoc-degrees/hdfs |         |                 |                                                                          |
| Scranton | 111B Dawson Building  
Dunmore, PA 18512  
570-963-2674  
jam81@psu.edu  
https://scranton.psu.edu/academics/degrees/associate/hdfs |         |                 |                                                                          |
| Shenango | 147 Shenango Avenue  
102 McDowell Hall  
Sharon, PA 16146  
724-983-2953  
rx32@psu.edu  
https://shenango.psu.edu/academics/degrees/2-year-human-development-family-studies |         |                 |                                                                          |
| York     | 13 John J. Romano Administrative Building  
York, PA 17403  
717-771-4029  
ajs49@psu.edu (jxs176@psu.edu)  
https://www.york.psu.edu/academics/associate/human-development-and-family-studies |         |                 |                                                                          |