

# HUMAN DEVELOPMENT AND FAMILY STUDIES, A.S. (UNIVERSITY COLLEGE)

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

**End Campus:** Brandywine, DuBois, Fayette, Mont Alto, Schuylkill, Scranton, Shenango, 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?

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:**

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

**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/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>		
CAS 100	Effective Speech	3
ENGL 15	Rhetoric and Composition	3
HDFS 395	Internship	6
PSYCH 100	Introductory Psychology	3
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 129	Introduction to Human Development and Family Studies	3
HDFS 301	Values and Ethics in Health and Human Development Professions	3
<b>Additional Courses</b>		
Select one of the following:		3
BIOL 141	Introduction to Human Physiology	
BIOL 155	Introduction to the Biology of Aging	
BISC 4	Human Body: Form and Function	
<i>Additional Courses: Require a grade of C or better</i>		
SOC 30	Sociology of the Family (SOC 30 does not require a grade of C or better)	3
or HDFS 315	Family Development	
Select one of the following:		3-4
EDPSY 101	Analysis and Interpretation of Statistical Data in Education	
STAT 100	Statistical Concepts and Reasoning	
STAT 200	Elementary Statistics	
<b>Requirements for the Option</b>		
Select an option		21-24

**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*

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 249N	Adult Development and Aging	3
HDFS 311	Human Development and Family Studies Interventions	3
<b>Supporting Courses and Related Areas</b>		
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)**

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

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 229	Infant and Child Development	3
HDFS 239	Adolescent Development	3
HDFS 311	Human Development and Family Studies Interventions	3
<b>Supporting Courses and Related Areas</b>		

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)**

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

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 229	Infant and Child Development	3
HDFS 230	Overview of Curricular Practices in Early Childhood Care and Education	3
HDFS 231	Guidance in Early Childhood Care and Education	3
HDFS 232	Creativity and Play in Early Childhood Care and Education	3
HDFS 233	Emergent Language and Literacy: Development and Practice in Early Childhood Care and Education	3
HDFS 234		3
HDFS 311	Human Development and Family Studies Interventions	3
HDFS 330	Observation or Experience with Children, Youth, and Families	3

**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 an 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/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

### DuBois Campus

- Understand the complexity of individual and family development across the lifespan.
- Evaluate and apply research and theory to practice and policy.
- Understand the processes, policies and contextual factors that affect the delivery of human services.
- Understand the professional, ethical, and culturally sensitive standards of conduct.
- Demonstrate knowledge and competence in helping, leadership and administrative skills.
- Writing in APA Style.

### Fayette and York Campuses

- **Understanding of the complexity of individual and family development across the lifespan in diverse contexts and changing environments:**
  - Summarize 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 individual and family structures and functions.
- **Ability to apply theory and research to practice and policy:**
  - Demonstrate an understanding of the contribution of original research in human development;
  - Discuss the findings of empirical research within a theoretical framework to human development; and
  - Demonstrate a beginning understanding of the process of planning and conducting research.
- **Ability to analyze processes 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);
- Understand and articulate individual and family needs; and
- Demonstrate knowledge of HIPAA regulations.
- **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.
- **Knowledge and competence in helping, leadership, and administrative human service skills:**
  - Demonstrate professional written, oral, and technology assisted communication skills;
  - Demonstrate clinical, interactional, and practical skills used in human service profession.

### Mont Alto Campus

- 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.
- HDFS student will be able to demonstrate the ability to evaluate and apply theory and research to practice and policy.
- HDFS students will demonstrate the ability to analyze processes, policies, and contextual factors that affect the delivery of human services to individuals and families.
- HDFS students will demonstrate professional ethical and culturally sensitive standards of conduct.
- HDFS students will demonstrate knowledge and competence in helping, leadership, and administrative human service skills.
- HDFS students will demonstrate professional written communication skills through their mastery of APA format.

### Schuylkill Campus

- Demonstrate an understanding of the complexity of individual and family development across the life span in diverse contexts and changing environments.
- Demonstrate an ability to evaluate and apply research and theory to practice.
- Demonstrate professional, ethical, and culturally sensitive standards of conduct.

### Scranton Campus

- Demonstrate an understanding of the complexity of individual and family development across the life span in diverse contexts and changing environments
- Demonstrate knowledge and competence in helping, leadership, and administrative skills for human services
- Analyze processes, policies, and contextual factors that affect the delivery of human services to individuals and families.

## Shenango Campus

- **Application:** Ability to apply theory and research to practice and policy.
  - Demonstrate an understanding of the contribution of original research in human development;
  - Discuss the findings of empirical research within a theoretical framework to human development; and
  - Demonstrate a beginning understanding of the process of planning and conducting research.
- **Contextual Factors:** Ability to analyze processes 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);
  - Understand and articulate individual and family needs; and
  - Demonstrate knowledge of HIPAA regulations.
- **Understanding:** Understanding of the complexity of individual and family development across the lifespan in diverse contexts and changing environments.
  - Summarize 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 individual and family structures and functions.

## Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

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

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## Suggested Academic Plan

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

## DuBois Campus

### Human Development and Family Studies, A.S. at DuBois 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 CAS 100A	3
HDFS 239	3 BISC 4 or BIOL 155	3
ENGL 15	3 EDPSY 101	3
PSYCH 100	3 HDFS 229 or 249N	3
General Education Course- Humanities or Arts	3 Supporting Course	3
<b>15</b>		<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 311	3 HDFS 301	3
HDFS 315Y	3 HDFS 395	6
Supporting Course	3 Supporting Course	3
Supporting Course	3 Supporting Course	3
General Education Course- Humanities or Arts	3	
<b>15</b>		<b>15</b>

**Total Credits 60**

- \* 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.

#### Advising Notes:

- If a student wishes to enter the HDFS Baccalaureate Degree program after completing the Associate Degree, any math deficiency should be eliminated before graduating. See your adviser.
- If a student is planning on enrolling into the Baccalaureate Degree program, supporting courses should be chosen carefully, and in consultation with an adviser to maximize efficiency in completing the four year degree.
- Students are required to take one US or IL course. HDFS 315Y will satisfy this requirement for the Associate Degree program.
- Students must earn a grade of C or better in any HDFS course that is used as a supporting course.

## Fayette Campus

### Children, Youth and Family Services Option: Human Development and Family Studies, A.S. at Fayette 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 or 239 (GS) <sup>†*</sup>	3 HDFS 129 or 229 (GS) <sup>†*</sup>	3
ENGL 15 or 30H <sup>‡</sup>	3 STAT 200 <sup>†*</sup>	4
PSYCH 100 <sup>†</sup>	3 CAS 100 <sup>‡</sup>	3
Consultation with Adviser-Option Selection	3 Consultation with Adviser-Option Selection	3
General Education Course	3 Consultation with Adviser-Option Selection	3
PSU 8	1	
	<b>16</b>	<b>16</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 129 or 239 (GS) <sup>*</sup>	3 BISC 4 <sup>†*</sup>	3
HDFS 301 <sup>*</sup>	3 HDFS 311 <sup>*</sup>	3
HDFS 315Y <sup>*</sup>	3 HDFS 395	6
Consultation with Adviser-Option Selection	3 Consultation with Adviser-Option Selection	3
Consultation with Adviser-Option Selection	3	
General Education Course	3	
	<b>18</b>	<b>15</b>

#### Total Credits 65

\* 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.



### Adult Development and Aging Services Option: Human Development and Family Studies, A.S. at Fayette 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 <sup>†*</sup>	3 HDFS 249N <sup>*</sup>	3
ENGL 15 or 30H <sup>‡</sup>	3 CAS 100 <sup>‡</sup>	3
PSU 8	1 PSYCH 100 <sup>†</sup>	3
Consultation with Adviser- Option Selection	3 STAT 200 <sup>†*</sup>	4
General Education Course	3 Consultation with Adviser- Option Selection	3
General Education Course	3	
	<b>16</b>	<b>16</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 301 <sup>*</sup>	3 HDFS 311 <sup>*</sup>	3
HDFS 315Y <sup>*</sup>	3 HDFS 395	6
BIOL 155 or BISC 4 <sup>†*</sup>	3 Consultation with Adviser- Option Selection	3
Consultation with Adviser- Option Selection	3 Elective	3
Consultation with Adviser- Option Selection	3	
	<b>15</b>	<b>15</b>

**Total Credits 62**

\* 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.

## Mont Alto Campus

### Children, Youth and Family Services Option: Human Development and Family Studies, A.S. at Mont Alto 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 (GS) <sup>*</sup>	3 HDFS 239 (GS) <sup>* 3</sup>	3
HDFS 311 <sup>*2</sup>	3 HDFS 216 (Supporting Course)	3
ENGL 15 or 30H <sup>†</sup>	3 CAS 100A (GWS) <sup>‡</sup>	3
PSYCH 100 (GS) <sup>†</sup>	3 General Education Course (GH)	3
BISC 4 or BIOL 155 (GN) <sup>†</sup>	3 EDPSY 101, STAT 100, or STAT 200 (GQ) <sup>*†</sup>	3
PSU 8	1	
	<b>16</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229 <sup>* 2</sup>	3 HDFS 315 (Y) <sup>* 3,4</sup>	3
HDFS 301 <sup>* 2</sup>	3 HDFS 395 <sup>*</sup>	4
HDFS 395 <sup>*</sup>	2 Supporting Course <sup>1</sup>	3
Supporting Course <sup>1</sup>	3 Supporting Course <sup>1</sup>	3
Supporting Course <sup>1</sup>	3 General Education Course (GA)	3
	<b>14</b>	<b>16</b>

#### Total Credits 61

<sup>1</sup> Supporting Courses recommendations: HDFS 312W, SOC 1, SOC 5, PSYCH courses, MATH 34, BBH 101, BBH 143, NUTR 251, WMNST courses, KINES courses, SPAN courses

<sup>2</sup> Offered only Fall semester.

<sup>3</sup> Offered only Spring semester.

<sup>4</sup> Y course is writing-intensive and US Cultures course.

\* 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.



### Adult Development and Aging Services Option: Human Development and Family Studies, A.S. at Mont Alto 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 (GS)	3 CAS 100A <sup>‡</sup>	3
HDFS 311 <sup>*2</sup>	3 EDPSY 101, STAT 100, or STAT 200 (GQ) <sup>*†</sup>	3
ENGL 15 <sup>*†</sup>	3 HDFS 216 (Supporting Course)	3
PSYCH 100 (GS) <sup>*†</sup>	3 General Education Course (GH)	3
BISC 4 or BIOL 155 (GN) <sup>†</sup>	3 Supporting Course <sup>1</sup>	3
PSU 8	1	
	<b>16</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 249N (GS) <sup>*5</sup>	3 HDFS 315 (Y) <sup>*3 4</sup>	3
HDFS 301 <sup>*2</sup>	3 HDFS 395 <sup>*</sup>	4
HDFS 395 <sup>*</sup>	2 Supporting Course <sup>1</sup>	3
Supporting Course <sup>1</sup>	3 Supporting Course <sup>1</sup>	3
Supporting Course <sup>1</sup>	3 General Education Course (GA)	3
	<b>14</b>	<b>16</b>

#### Total Credits 61

<sup>1</sup> Supporting Courses recommendations: HDFS 312W, SOC 1, SOC 5, PSYCH courses, MATH 34, BBH 101, BBH 143, NUTR 251, WMNST courses, KINES courses, SPAN courses

<sup>2</sup> Offered only Fall semester.

<sup>3</sup> Offered only Spring semester.

<sup>4</sup> Y course is writing-intensive and US cultures course.

<sup>5</sup> Offered alternate odd years in the fall.

\* 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.

## Schuylkill Campus

### Adult Development and Aging Services Option: Human Development and Family Studies, A.S. at Schuylkill 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
ENGL 15 or 30H <sup>†‡</sup>	3 CAS 100A <sup>†‡</sup>	3
HDFS 129 <sup>*</sup>	3 Consultation with Adviser Selection	3
BISC 4, BIOL 141, or BIOL 155 <sup>†</sup>	3 Consultation with Adviser Selection	3
Humanities (GH)	3 HDFS 249N <sup>*</sup>	3
Arts (GA)	3 PSYCH 100 <sup>†</sup>	3
	<b>15</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 315Y <sup>*</sup>	3 HDFS 301 <sup>*</sup>	3
EDPSY 101 or STAT 200 <sup>**†</sup>	3-4 HDFS 311 <sup>*</sup>	3
Consultation with Adviser Selection	3 HDFS 395 <sup>*</sup>	6
Consultation with Adviser Selection	3 Consultation with Adviser Selection	3
Elective	3	
	<b>15-16</b>	<b>15</b>

**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.

### Children, Youth and Family Services Option: Human Development and Family Studies, A.S. at Schuylkill Campus

#### First Year

Fall	Credits Spring	Credits
ENGL 15 or 30H <sup>†‡</sup>	3 CAS 100A <sup>†‡</sup>	3
HDFS 129 <sup>*</sup>	3 HDFS 229 <sup>*</sup>	3
BISC 4, BIOL 141, or BIOL 155 <sup>†</sup>	3 PSYCH 100 <sup>†</sup>	3
Humanities (GH)	3 Consultation with Adviser Selection	3
Arts (GA)	3 Consultation with Adviser Selection	3
<b>15</b>		<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 315Y <sup>*</sup>	3 HDFS 301 <sup>*</sup>	3
HDFS 239 <sup>*</sup>	3 HDFS 311 <sup>*</sup>	3
EDPSY 101 or STAT 200 <sup>†‡</sup>	3-4 HDFS 395 <sup>*</sup>	6
Consultation with Adviser Selection	3 Consultation with Adviser Selection	3
Consultation with Adviser Selection	3	
<b>15-16</b>		<b>15</b>

#### 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.

## Scranton Campus

### Adult Development and Aging Option: Human Development and Family Studies, A.S. at Scranton 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
ENGL 15 <sup>†</sup>	3 CAS 100A <sup>†</sup>	3
HDFS 129 <sup>*</sup>	3 EDPSY 101 or STAT 200 <sup>**†</sup>	3-4
PSYCH 100 <sup>†</sup>	3 Supporting Course	3
BISC 4 <sup>†</sup>	3 Supporting Course	3
Supporting Course	3 General Education	3
	General Education (US/IL)	3
	<b>15</b>	<b>18-19</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 249N <sup>*</sup>	3 HDFS 311 <sup>*</sup>	3
HDFS 301 <sup>*</sup>	3 HDFS 312W	3
HDFS 315 <sup>*</sup>	3 HDFS 395	6
Supporting Course	3 Any General Education Elective	3
Supporting Course	3	
	<b>15</b>	<b>15</b>

#### Total Credits 63-64

- \* 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.

#### Advising Notes:

- Courses required for the 2FSCC degree apply to the HDFS baccalaureate degree program.
- 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 adviser for appropriate math entrance requirements.

- Students are strongly encouraged to take HDFS 312W, but if not taken it needs to be replaced with another writing across the curriculum course and another supporting course must be taken.
- Students should consult with their advisers concerning appropriate supporting courses.
- This is a recommended plan and is not meant to substitute for students meeting with their academic advisers. Any deviations from this plan should be discussed with students' academic advisers.

### Children, Youth and Family Services Option: Human Development and Family Studies, A.S. at Scranton 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
ENGL 15 <sup>†</sup>	3 CAS 100A <sup>†</sup>	3
HDFS 129 <sup>*</sup>	3 EDPSY 101 or STAT 200 <sup>**†</sup>	3-4
PSYCH 100 <sup>†</sup>	3 HDFS 239 <sup>*</sup>	3
BISC 4 <sup>†</sup>	3 Supporting Course	3
Supporting Course	3 General Education	3
	<b>15</b>	<b>15-16</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 229 <sup>*</sup>	3 HDFS 311 <sup>*</sup>	3
HDFS 301 <sup>*</sup>	3 HDFS 312W	3
HDFS 315 <sup>*</sup>	3 HDFS 395	6
Supporting Course	3 Supporting Course	3
Supporting Course	3 Any General Education Elective	3
General Education (US/IL)	3	
	<b>18</b>	<b>18</b>

**Total Credits 66-67**

\* 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.

#### Advising Notes:

- Courses required for the 2FSCC degree apply to the HDFS baccalaureate degree program.
- 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 adviser for appropriate math entrance requirements.

- Students are strongly encouraged to take HDFS 312W, but if not taken it needs to be replaced with another writing across the curriculum course and another supporting course must be taken.
- Students should consult with their advisers concerning appropriate supporting courses.
- This is a recommended plan and is not meant to substitute for students meeting with their academic advisers. Any deviations from this plan should be discussed with students' academic advisers.

## Shenango Campus

### Adult Development and Aging Services Option: Human Development and Family Studies, A.S. at Shenango 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
ENGL 15 <sup>†‡</sup>	3 Art Elective (GA)	3
HDFS 129 <sup>*</sup>	3 Consult with an Adviser	3
Humanities Elective (GH)	3 Consult with an Adviser	3
Consult with an Adviser	3 HDFS 249N <sup>*</sup>	3
Consult with an Adviser	3 PSYCH 100 <sup>†</sup>	3
	<b>15</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
CAS 100A <sup>†</sup>	3 BISC 4 or BIOL 155 <sup>†</sup>	3
HDFS 301 <sup>*</sup>	3 HDFS 395	6
HDFS 311 <sup>*</sup>	3 Consult with an Adviser	3
HDFS 315Y <sup>*</sup>	3 STAT 200 <sup>‡</sup>	4
Consult with an Adviser	3	
	<b>15</b>	<b>16</b>

**Total Credits 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.

#### Program Notes

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



### Children, Youth and Family Services Option: Human Development and Family Studies, A.S. at Shenango 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
ENGL 15 <sup>‡†</sup>	3 Art Elective (GA)	3
HDFS 129 <sup>*</sup>	3 Consult with an Adviser <sup>*</sup>	3
Humanities Elective (GH)	3 HDFS 301 <sup>*</sup>	3
Consult with an Adviser	3 HDFS 229 <sup>*</sup>	3
Consult with an Adviser	3 PSYCH 100 <sup>†</sup>	3
	<b>15</b>	<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
CAS 100A <sup>†</sup>	3 BISC 4 or BIOL 155 <sup>†</sup>	3
HDFS 239 <sup>*</sup>	3 HDFS 395	6
HDFS 311 <sup>*</sup>	3 Consult with an Adviser	3
HDFS 315Y <sup>*</sup>	3 STAT 200 <sup>*†</sup>	4
Consult with an Adviser	3	
	<b>15</b>	<b>16</b>

**Total Credits 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.

#### Program Notes

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

## York Campus

### Human Development and Family Studies, A.S. at York 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
ENGL 15 or 30H <sup>†</sup>	3 BISC 4 or BIOL 141	3
HDFS 129 <sup>*</sup>	3 CAS 100 <sup>‡</sup>	3
PSYCH 100	3 Option course <sup>*</sup>	6
Option course <sup>*</sup>	3 General Education course	3
General Education course	3	
<b>15</b>		<b>15</b>

#### Second Year

Fall	Credits Spring	Credits
HDFS 311 <sup>*</sup>	3 HDFS 301 <sup>*</sup>	3
STAT 100, 200, or EDPSY 101 <sup>*</sup>	3-4 HDFS 315Y <sup>*</sup>	3
Option course <sup>*</sup>	9 HDFS 395	6
	Option course <sup>*</sup>	3
<b>15-16</b>		<b>15</b>

**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.

## 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

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

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/>)

## Contact

### DuBois

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

<https://dubois.psu.edu/academics/degrees/hdfs> (<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> (<https://fayette.psu.edu/academics/associate/assoc-human-development-and-family-studies/>)

## Mont Alto

1 Campus Drive  
Mont Alto, PA 17237  
717-749-6034  
sen@psu.edu

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

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

## Shenango

147 Shenango Avenue  
102 McDowell Hall  
Sharon, PA 16146  
724-983-2953  
rxa32@psu.edu

<https://shenango.psu.edu/academics/degrees/2-year-human-development-family-studies> (<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> (<https://www.york.psu.edu/academics/associate/human-development-and-family-studies/>)

## Altoona

DIVISION OF EDUCATION, HUMAN DEVELOPMENT, AND SOCIAL SCIENCES  
Hawthorn Building, 127  
3000 Ivyside Park  
Altoona, PA 16601

lpj100@psu.edu

<https://altoona.psu.edu/academics/associate-degrees/human-development-family-studies> (<https://altoona.psu.edu/academics/associate-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  
HDFSinfo@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  
HDFSinfo@psu.edu

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