

# MAJOR IN HUMAN DEVELOPMENT AND FAMILY STUDIES, HUMAN DEVELOPMENT AND FAMILY STUDIES CONCENTRATION

The Human Development and Family Studies concentration is a general concentration available to HDFS majors who do not choose one of the more specific concentrations. This general concentration is an excellent choice for students who are interested in a lifespan focus or more general focus in HDFS and are not seeking the specialized training offered in the other four concentrations. Students choosing this concentration

will be preparing to enter a variety of careers or graduate programs. The curriculum includes primarily HDFS, psychology, and social work courses as well as selected courses from other disciplines for a well-rounded and robust education in human development and family studies. By selecting this concentration, students have an opportunity to participate in a variety of experiential learning courses and internship options as they explore and prepare for their career path and additional credentialing options. Please note that the HDFS general concentration cannot be paired with one of the other four concentrations because of the more general focus, and does not appear on students' transcripts.

Learn more about the Human Development and Family Studies major on the Human Development and Family Studies website. (<https://www.chhs.colostate.edu/hdfs/programs-and-degrees/b-s-in-human-development-and-family-studies/>)

## Requirements

### Effective Fall 2023

A minimum grade of C (2.000) is required in all courses used to satisfy the requirements of the Major in Human Development and Family Studies, Human Development and Family Studies Concentration. Courses used as substitutions also require a minimum grade of C (2.000).

#### Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
HDFS 101	Individual and Family Development (GT-SS3)	3C	3
HDFS 277	Introductory Seminar in HDFS		1
PSY 100	General Psychology (GT-SS3)	3C	3
SOC 100	Introduction to Sociology (GT-SS3)	3C	3
Select one course from the following:			3-4
BZ 101	Humans and Other Animals (GT-SC2)	3A	
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Arts and Humanities ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			6
Diversity, Equity, and Inclusion ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion</a> )			3
Historical Perspectives ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives</a> )			3
Quantitative Reasoning ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#quantitativereasoning">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#quantitativereasoning</a> )			3
<b>Total Credits</b>			<b>31-32</b>

#### Sophomore

HDFS 250	Introduction to Research Methods		3
HDFS 310	Infant and Child Development in Context		3
HDFS 311	Adolescent/Early Adult Development in Context		3
HDFS 312	Adult Development-Middle Age and Aging		3
HDFS 334	Family and Parenthood Across the Lifespan		3
Select one course from the following:			3
CO 300	Writing Arguments (GT-CO3)	2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)	2	
Biological and Physical Sciences ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences</a> )			3-4
Human Development and Family Studies Concentration Course (See list below)			3

Electives			6
	<b>Total Credits</b>		<b>30-31</b>
<b>Junior</b>			
HDFS 350	Applied Research Methods	4A	3
HDFS 375	Lifespan Intervention and Prevention Science		3
HDFS 402	Couple and Family Studies		3
Select one course from the following: <sup>1</sup>			1
HDFS 477A	Professional Preparation: Local Internship Placements		
HDFS 477B	Professional Preparation: Distance Internship Placements		
HDFS 478	HDFS Professional Development		
Diversity, Equity, Inclusion & Justice Course (See list below) <sup>2</sup>			3
Human Development and Family Studies Concentration Courses (See list below)			6
Electives			11
	<b>Total Credits</b>		<b>30</b>
<b>Senior</b>			
HDFS 434	Risk and Resilience Across the Lifespan	4B	3
HDFS 488A <sup>1</sup>	Internship: Human Development and Family Studies		4-6
HDFS 492	Capstone—Evidence-Based Program Proposals	4C	3
Human Development and Family Studies Concentration Courses (See list below)			6
Electives <sup>3</sup>			10-12
	<b>Total Credits</b>		<b>28</b>
<b>Program Total Credits:</b>			<b>120</b>

## Human Development and Family Studies Concentration Courses

Of the 15 credits of concentration courses, a minimum of 9 credits must be HDFS courses and a minimum of 12 credits must be upper-division (300- to 400-level). Courses may not double-count for more than one HDFS concentration or as the required Diversity Equity, Inclusion & Justice Course.

Code	Title	Credits
<b>Select 9-15 credits from the following courses:</b>		
HDFS 201	Perspectives in Gerontology	3
HDFS 217	Creative Experiences for Children	3
HDFS 286	Practicum	3
HDFS 315	Disability across the Lifespan and Culture	3
HDFS 317	Disabilities in Early Childhood Education	3
HDFS 318	Infancy and Toddlerhood	3
HDFS 332	Death, Dying, and Grief	3
HDFS 403	Families in the Legal Environment	3
HDFS 439	Administration of Early Childhood Programs	3
One course from the following may count:		
HDFS 410	Promoting Early Socioemotional Development	
HDFS 411	Developmental Transitions in Adolescence	
HDFS 412	Mental and Physical Health in Adulthood	
Three credits from the following may count:		
HDFS 470A	Campus Connections—Mentoring At-Risk Youth: Youth Mentor	
HDFS 497A	Group Study: Peer Advising	
HDFS 497B	Group Study: Undergraduate Outreach and Leadership	
<b>Select 0-6 credits from the following courses:</b>		
D 324	Teaching Creative Movement	3
ETST 305	Ethnicity, Class, and Gender in the U.S.	3
FSHN 150	Survey of Human Nutrition	3
FSHN 444	Nutrition and Aging	1

FSHN 461	International Nutrition and Health	2
HES 434	Physical Activity Throughout the Lifespan	3
IE 471	Children and Youth in Global Context	3
OT 355	The Disability Experience in Society	2
PHIL 205	Introduction to Ethics	3
POLS 460	Public Policy Process	3
PSY 252	Mind, Brain, and Behavior	3
PSY 310	Basic Counseling Skills	3
PSY 320	Psychopathology	3
PSY 460	Child Exceptionality and Psychopathology	3
PSY 492A	Seminar: Applied Social Psychology	1-3
PSY 492B	Seminar: Cognitive Psychology	1-3
PSY 492C	Seminar: Counseling/Clinical Psychology	1-3
PSY 492D	Seminar: Industrial/Organizational Psychology	1-3
PSY 492E	Seminar: Perceptual and Brain Sciences	1-3
PSY 492F	Seminar: Special Topics in Psychology	1-3
RRM 101	Hospitality Industry	3
SOWK 370	Addictions - A Social Work Perspective	3
SOWK 371A	Fields of Practice: Child Protection	3
SOWK 371B	Fields of Practice: Juvenile Justice	3
SOWK 371C	Fields of Practice: Criminal Justice	3
SOWK 371E	Fields of Practice: Social Gerontology	3
SPCM 334	Co-Cultural Communication	3

## Diversity, Equity, Inclusion, & Justice Courses <sup>2</sup>

Select 3 upper-division credits from the following list. Selected course may not double-count as a concentration course.

Code	Title	Credits
ANTH 317	Anthropology of Human Rights	3
ANTH 333	Anthropology of Sex and Reproduction	3
ANTH 338	Gender and Anthropology	3
ANTH 416	Gender, Culture, and Health	3
ANTH 423	Cultural Psychiatry	3
ANTH 472	Human Biology	3
ANTH 479/IE 479	International Development Theory and Practice	3
ETST 300	Queer Studies and Women of Color	3
ETST 310	African American Studies	3
ETST 320	Ethnicity and Film--Asian-American Experience	3
ETST 332	Contemporary Chicana Issues	3
ETST 342	Queer Indigenous Studies	3
ETST 354	Black Cinema and Media	3
ETST 362/WS 362	Indigenous Consciousness and Gender	3
ETST 365	Global Environmental Justice Movements	3
ETST 438/E 438	Native American Literature	3
HDFS 315	Disability across the Lifespan and Culture	3
HDFS 317	Disabilities in Early Childhood Education	3
IE 470	Women and Development	3
IE 471	Children and Youth in Global Context	3
PHIL 350	Social and Political Philosophy	3
PHIL 353	Feminist Philosophies	3
PSY 437	Psychology of Gender	3
SOC 330	Social Inequality	3
SOC 333	Gender and Society	3

SOC 334	Sociology of Intersectionality	3
SOC 357	Women, Crime, and Victimization	3
SPCM 334	Co-Cultural Communication	3
SPCM 335	Gender and Communication	3
SPCM 357	Film and Social Change	3
SPCM 401	Rhetoric in Social Movements	3
SPCM 434	Intercultural Communication	3
WS 340	Race and Sexuality	3
WS 375	Intersectionality--Theory, Method, Practice	3

<sup>1</sup> Students with substantial concentration-specific work experience may petition the Director of Undergraduate Advising in HDFS to replace HDFS 488A with additional coursework and complete HDFS 478 instead of HDFS 477A or HDFS 477B.

<sup>2</sup> Other 300 and 400 level courses related to Diversity, Equity, Inclusion, and Justice are subject to advisor approval.

<sup>3</sup> Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).

## Major Completion Map

### Distinctive Requirements for Degree Program:

Human Development and Family Studies is an open-entry major for freshmen. For sophomores and above, students must complete and/or be enrolled in HDFS 101, PSY 100 or SOC 100 in order to declare HDFS. HDFS subject code courses must be completed with a grade of C (2.000) or higher. Background check required prior to participating in the internship course (HDFS 488A) during the senior year. Students will complete a graduation contract with an HDFS Academic Advisor during the first two weeks of the semester in which they are graduating.

#### Freshman

Semester 1		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)	X		1A	3
HDFS 101	Individual and Family Development (GT-SS3)	X		3C	3
HDFS 277	Introductory Seminar in HDFS	X			1
Arts and Humanities ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			X	3B	3
Historical Perspectives ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives</a> )			X	3D	3
Quantitative Reasoning ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#quantitative-reasoning">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#quantitative-reasoning</a> )			X	1B	3
<b>Total Credits</b>					<b>16</b>

Semester 2		Critical	Recommended	AUCC	Credits
PSY 100	General Psychology (GT-SS3)	X		3C	3
SOC 100	Introduction to Sociology (GT-SS3)	X		3C	3
Select one course from the following:		X			3-4
BZ 101	Humans and Other Animals (GT-SC2)			3A	
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	
Arts and Humanities ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			X	3B	3
Diversity, Equity, and Inclusion ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion</a> )		X		1C	3
CO 150 and HDFS 277 must be completed by the end of Semester 2.		X			
<b>Total Credits</b>					<b>15-16</b>

#### Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
HDFS 250	Introduction to Research Methods	X			3
HDFS 310	Infant and Child Development in Context	X			3
HDFS 334	Family and Parenthood Across the Lifespan	X			3
Biological and Physical Sciences ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences</a> )			X	3A	3-4

Electives			X		3
<b>Total Credits</b>					<b>15-16</b>
<b>Semester 4</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HDFS 311	Adolescent/Early Adult Development in Context		X		3
HDFS 312	Adult Development-Middle Age and Aging				3
Select one course from the following:					3
CO 300	Writing Arguments (GT-CO3)		X	2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)		X	2	
Human Development and Family Studies Concentration Course (See Department List on Concentration Requirements tab)					3
Electives					3
<b>Total Credits</b>					<b>15</b>
<b>Junior</b>					
<b>Semester 5</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HDFS 350	Applied Research Methods		X	4A	3
HDFS 375	Lifespan Intervention and Prevention Science		X		3
Human Development and Family Studies Concentration Course (See Department List on Concentration Requirements tab)					3
Electives					5
<b>Total Credits</b>					<b>14</b>
<b>Semester 6</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HDFS 402	Couple and Family Studies		X		3
Select one course from the following:					1
HDFS 477A	Professional Preparation: Local Internship Placements				
HDFS 477B	Professional Preparation: Distance Internship Placements				
HDFS 478	HDFS Professional Development				
Diversity, Equity, Inclusion & Justice Course (See Department List on Concentration Requirements tab)					3
Human Development and Family Studies Concentration Course (See Department List on Concentration Requirements tab)					3
Elective					6
<b>Total Credits</b>					<b>16</b>
<b>Senior</b>					
<b>Semester 7</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HDFS 434	Risk and Resilience Across the Lifespan			4B	3
HDFS 488A	Internship: Human Development and Family Studies				4-6
Human Development and Family Studies Concentration Course (See list below)					3
Electives					4-6
HDFS 350 must be completed by the end of Semester 7.					X
<b>Total Credits</b>					<b>16</b>
<b>Semester 8</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HDFS 492	Capstone–Evidence-Based Program Proposals	X		4C	3
Human Development and Family Studies Concentration Course (See Department List on Concentration Requirements tab)					X
Electives		X			6
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.					X
<b>Total Credits</b>					<b>12</b>
<b>Program Total Credits:</b>					<b>120</b>