

# HUMAN DEVELOPMENT AND FAMILY STUDIES MAJOR: FAMILY AND LIFESPAN DEVELOPMENT OPTION (B.S.)

## Description

Human Development and Family Studies (HDFS) is an academic discipline focused on understanding the development of individuals and families over time and across the ecological contexts in which they live. HDFS is an applied field of study and a versatile undergraduate major for students interested in working to enhance the lives of individuals and families through in-demand careers in settings that include early childhood education, schools, hospitals, and social service agencies. The HDFS curriculum offers students the opportunity to take courses from child and adolescent development to adult development and aging; family, parenting, and interpersonal relationships; classroom curriculum, observation, and assessment; and family programming, policy, and law. Courses in the HDFS major emphasize diverse experiences across age, gender, race and ethnicity, nationality, and socioeconomic status and prepare students for inclusive programming and practice.

As a major public research university, UNH emphasizes hands-on experience and research opportunities for undergraduate students. Students in the Human Development and Family Studies program are provided with opportunities to put theory and research into practice through practicum and internship courses in the Child Study and Development Center, and many schools and community-based organizations across the Seacoast region of New Hampshire.

## Requirements

### Degree Requirements

**Minimum Credit Requirement:** 128 credits

**Minimum Residency Requirement:** 32 credits must be taken at UNH

**Minimum GPA:** 2.0 required for conferral\*

**Core Curriculum Required:** Discovery & Writing Program Requirements

**Foreign Language Requirement:** No

All Major, Option and Elective Requirements as indicated.

\*Major GPA requirements as indicated.

### Major Requirements

The core curriculum required of each Human Development and Family Studies student is designed to give a broad introduction to individual and family development and interpersonal relationships across the lifespan. Building off this curriculum, each student can specialize in one of three options, Child Development, Early Child Education Teacher Licensure, or Family and Lifespan Development which guide further required coursework. Faculty advisors support students in selecting coursework to best prepare them for their specific career objectives. In their senior

year, students complete a capstone course and may participate in a year-long community-based internship experience.

Candidates for the Human Development and Family Studies degree must satisfy all of the University Discovery and Writing Program requirements in addition to satisfying the requirements of the major/option.

Code	Title	Credits
<b>Core Requirements</b>		
HDFS 525	Human Development	4
HDFS 545	Intimate Relationships and Families	4
HDFS 555	Research Methods in HDFS	4
<b>Family and Lifespan Development Option Requirements</b>		
HDFS 641	Parenting Across the Life Span	4
HDFS 746	Human Sexuality	4
Select two development courses from the following:		8
HDFS 623	Infant and Child Development	
HDFS 624	Adolescent Development	
HDFS 625	Adult Development	
Select three family services and institutions elective courses from the following:		12
HDFS 586	Families at Risk	
HDFS 553	Personal and Family Finance for Family Life Professionals	
HDFS 610	Introduction to Marriage and Family Therapy	
HDFS 760	Family Programs and Policies	
HDFS 794	Families and the Law	
<b>Supporting Courses</b>		
Supporting courses are intended to provide an individualized component to the HDFS curriculum. Because HDFS is interdisciplinary, this allows students to explore related areas that contribute to their academic and professional goals. The 16-credit hour HDFS Community Internship will satisfy the supporting coursework requirement. For students not completing the Community Internship, at least 4 of their supporting course credits must come from within HDFS. The remaining 12 credits of supporting coursework can include additional courses within HDFS or outside of HDFS as long as those taken outside of HDFS are:		16
1. At the 500-level or above		
2. Approved by an HDFS advisor		
Classes outside of HDFS meeting supporting course criteria are often found in the psychology, sociology, social work, women's studies, education, and communication sciences and disorders departments.		
<b>Capstone</b> <sup>1</sup>		
HDFS 757	Race, Class, Gender, and Families	4
or HDFS 743	Families, Schools, and Community	

<sup>1</sup> Family and Lifespan Development students take HDFS 757 as the capstone course. With permission, a Family and Lifespan Development student may take HDFS 743 as the capstone course.

## Degree Plan

### Sample Degree Plan

*This sample degree plan serves as a general guide; students collaborate with their academic advisor to develop a personalized degree plan to meet their academic goals and program requirements.*

First Year		Credits
<b>Fall</b>		
ENGL 401	First-Year Writing	4
HDFS 525 or HDFS 545	Human Development <sup>1</sup> or Intimate Relationships and Families	4
Discovery Course		4
Discovery Course		4
CHHS First Year Seminar		1
<b>Credits</b>		<b>17</b>
<b>Spring</b>		
HDFS 525 or HDFS 545	Human Development <sup>1</sup> or Intimate Relationships and Families	4

HDFS 555	Research Methods in HDFS	4
Discovery Course		4
Inquiry Course		4
CHHS First Year Seminar		1

**Credits** 17

### Second Year

#### Fall

Development Course <sup>2</sup>		4
HDFS 641	Parenting Across the Life Span (or course selected in consultation with advisor) <sup>1,3</sup>	4
Discovery Course		4
Discovery Course		4

**Credits** 16

#### Spring

HDFS 641	Parenting Across the Life Span (or course selected in consultation with advisor) <sup>1,3</sup>	4
Development Course <sup>2</sup>		4
FLD Elective <sup>4</sup>		4
Discovery Course		4

**Credits** 16

### Third Year

#### Fall

HDFS 746	Human Sexuality (or course selected in consultation with advisor) <sup>3</sup>	4
FLD Elective <sup>4</sup>		4
FLD Elective <sup>4</sup>		4
Course selected in consultation with advisor <sup>3</sup>		4

**Credits** 16

#### Spring

HDFS 746	Human Sexuality (or course selected in consultation with advisor) <sup>3</sup>	4
Discovery Course		4
Discovery Course		4
Course selected in consultation with advisor <sup>3</sup>		4

**Credits** 16

### Fourth Year

#### Fall

HDFS 757	Race, Class, Gender, and Families (Capstone (or course selected in consultation with advisor)) <sup>1,3</sup>	4
Major Supporting Course <sup>5</sup>		4
Major Supporting Course <sup>5</sup>		4
Course selected in consultation with advisor <sup>3</sup>		4

**Credits** 16

#### Spring

HDFS 757	Race, Class, Gender, and Families (Capstone (or course selected in consultation with advisor)) <sup>1,3</sup>	4
Major Supporting Course <sup>5</sup>		4
Major Supporting Course <sup>5</sup>		4

Course selected in consultation with advisor <sup>3</sup>	4
<b>Credits</b>	<b>16</b>
<b>Total Credits</b>	<b>130</b>

<sup>1</sup> Students should enroll in each listed course only once.

<sup>2</sup> Refers to development courses.

<sup>3</sup> Students should use these credit hours towards a dual/double major, minor, accelerated master's program (senior year if applicable), or as general elective coursework.

<sup>4</sup> FLD Electives refer to 'Family Services & Institutions' courses.

<sup>5</sup> Students should consult their advisor to determine if a course outside of HDFS meets the supporting course requirements. The Community Internship satisfies supporting course requirements. Students who do not complete the internship must earn at least four supporting course credits within HDFS.

## Student Learning Outcomes

### Program Learning Outcomes

- Use theoretical frameworks and empirical research to understand and explain child/lifespan development, family process and the interaction of individuals and families with society.
- Recognize and respect a diversity of family forms and processes. Understand how human development and family interactions are shaped by diverse personal contexts and cultures. Understand and be aware of one's own biases, beliefs, and values.
- Understand ethical decision-making processes, and ethical standards and principles relevant to our discipline. Positively represent the profession in academic, professional and community settings.