

FOUR-YEAR GRADUATION PLAN SAMPLE
HUMAN DEVELOPMENT AND FAMILY STUDIES (HDFS) MAJOR
with Health, Wellbeing, and Prevention

Iowa State University 2023-2025 Catalog 120 Total Credits
Administered by the Department of Human Development & Family Studies

This sequence is only an example. The number of credits taken each semester should be based on the individual student's situation. Factors that may affect credit hours per semester include student ability, employment, health, activities, and grade point considerations.

Study Abroad opportunities are available fall, spring, and summer terms. Advance planning is critical to avoid adding an additional semester to the graduation plan. Be sure to talk to an adviser if you plan to study abroad.

Year One: Fall		Year One: Spring	
Course	Cr.	Course	Cr.
Core: HD FS 102	3	Core: HDFS 183	1
Core: HDFS 110 or HDFS 111	1	General Education: Social Sciences Course	3
General Education: LIB 160	1	Individual and Family Development Course	3
General Education: ENGL 150	3	General Education: Biology Course	3
Elective: PSYCH 131	1	Elective course	3
General Education: Humanities	3	Elective course	3
General Education: Social Sciences Course	3		
Total Credits	15	Total Credits	16

Year Two: Fall		Year Two: Spring	
Course	Cr.	Course	Cr.
General Education: ENGL 250	3	General Education: SP CM 212 or COMST 210 or 211 or 218	3
General Education: STAT 101	4	General Education: COM S 103 or COM S 113	3
Individual and Family Development Course	3	Health Wellbeing and Prevention Focus: Supporting course	3
Core: HDFS 218	2	General Education: Humanities	3
General Education: Social Sciences Course	3	Elective	3
Total Credits	15	Total Credits	15

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Year Three: Fall		Year Three: Spring	
Course	Cr.	Course	Cr.
Core: HDFS 369	3	Core: HDFS 479	3
Individual and Family Development Course	3	Health Wellbeing and Prevention Focus: Emphasis course	3
Health Wellbeing and Prevention Focus: Supporting course	3	Health Wellbeing and Prevention Focus: Emphasis course	3
Health Wellbeing and Prevention Focus: Emphasis course	3	Individual and Family Development Course	3
Elective course	3	Elective	3
Elective course	1	Elective	1
Total Credits	16	Total Credits	16

Year Four: Fall		Year Four: Spring	
Course	Cr.	Course	Cr.
Health Wellbeing and Prevention Focus: Emphasis course	3	Core: HDFS 491	9
Health Wellbeing and Prevention Focus: Supporting course	3	Elective	3
Core: HDFS 418B	2		
General Education: ENGL 302 or 309 or 314	3		
Health Wellbeing and Prevention Focus: Supporting course	3		
Elective	1		
Total Credits	15	Total Credits	12
Total Credits	120		

Advising Notes

- Total number of electives will vary. A maximum of 120 credits are required to graduate
- For a list of the General Education Humanities courses and Social Sciences Courses, please see the HD FS General Education Selections sheet
- ISU requires 3 credits of U.S. Diversity coursework and 3 credits of International Perspectives coursework