HUMAN DEVELOPMENT AND FAMILY STUDIES PROGRAM SHEET
2024-2025 Catalog

COMMUNICATION AND LIBRARY				13 cr.
	ENGL	**1500**	Critical Thinking & Comm.	3 cr.
	ENGL	**2500**	Written, Oral, Visual, & Electronic Composition	3 cr.
	LIB	**1600**	Intro to College Level Research	1 cr.
SELECT FROM:				
	COMST	2100	Communication & U.S. Diversity	3 cr.
	COMST	2110	Intro to Interpersonal Communication	3 cr.
	COMST	2180	Conflict Management	3 cr.
	SPCM	2120	Fund. Of Public Speaking	3 cr.
SELECT FROM:				
	ENGL	3020	Business Communication	3 cr.
	ENGL	3090	Proposal and Report Writing	3 cr.
	ENGL	3140	Technical Comm.	3 cr.

NATURAL SCIENCES & MATH				11 cr.
	STAT	**1010**	Principles of Statistics	4 cr.
	COMS	**1130**	Intro to Spreadsheets & Databases	3 cr.
	Biology Course			3 cr.
Select any 3-credit biology course. *Common courses are BIOL 1010 (Introductory Biology) or BIOL 1550 (Human Biology)*				

SOCIAL SCIENCES		9 cr.
SELECT 9 CREDITS FROM:		
AESHM 4210; AFAM 3300; AMD 1650, 3620, 4670; AMIN 3100, 3150, 3220, 3230; ANTHR (except 2020); CRIMINAL JUSTICE (CJ); ECON; FSHN 3420; INTST 2350; LING 2190, 2750, 4710; POLS; PSYCHOLOGY (except 1310); SOCIOLOGY; TSC 3420; WGS 2010, 2030, 3010, 3200, 3270, 3280, 3460, 3500, 3850, HDFS 4930 *(if not used in the HDFS focus area)*		
For specific class names, refer to the "General Education and Electives Information" sheet or the ISU Catalog		

HUMANITIES		6 cr.
SELECT 6 CREDITS FROM:		
AESHM 3420; AFAM 2010, 3340, 3470, 3530, 3540; AMIN 2100, 2400, 3460; AMD 2570, 3540, 3560; ARCH 2210, 4200 /; ART H; ASL; CL ST; CMDIS 2860; DANCE 2700, 3600; DSN S 1830; ENGL 2010, 2250, 2260, 2270, 2280, 2370, 2400; HISTORY; HSP M 2600; LAS 3850; MUSIC 1020, 3020, 3040, 3830, 3840; PHILOSOPHY; RELIGIOUS STUDIES; THTRE 1060, 1100, 4650, 4660; WGS 2010, 3360, 3380, 3400, 3450, 3700, 3740; World Languages (ARABC, CHIN, FRENCH, GER, GREEK, RUS, SPAN)		
For specific class names, refer to the "General Education and Electives Information" sheet or the ISU Catalog		

HUMAN DEVELOPMENT & FAMILY STUDIES CORE				23 – 24 cr.
	HD FS	1020	Human Development	3 cr.
	HD FS	1100	Fr. Learning Comm. Orientation	1 cr.
	HD FS *OR*	1110	New Transfer Student Seminar	1 cr.
	HD FS	1830	Personal Fin. In Early Adult	1 cr.
	HD FS	2180	Professional Orientation and Services Learning	2 cr.
	HD FS	3690	Research Methods in HDFS	3 cr.
	HD FS	4180B	Prof. Practice Reflection/Dis.: Internships	2 cr.
	HD FS	4790	Family Dynamics Through a Social & Cultural Lens	3 cr.
	HD FS	4910	Internship	8-9 cr.

INDIVIDUAL & FAMILY DEVELOPMENT				12 cr.
SELECT 4 COURSES (12 CREDITS) FROM:				
	HD FS Or HDFS	2240* or 2230	Dev. Young Child: 0-8 or Child Dev. & Health *(sum. only)*	3 cr. 3 cr.
*Note: HDFS 224 is a prerequisite to HDFS 3420 and 3440 Students cannot take both HDFS 2230 and 2240				
	HD FS	2260	Dev. & Guidance in Mid Childhood *(Fall only)*	3 cr.
	HD FS	2270	Adolescent & Emerging Adult.	3 cr.
	HD FS	2340	Adult Development *(Sp. only)*	3 cr.
	HD FS	2490	Parenting & Fam Diversity Issues (Family Studies)	3 cr.
	HD FS	2700	Family Comm. & Relationships	3 cr.
	HD FS	3770	Aging and the Family *(F)*	3 cr.

PROGRAM FOCUS	24 cr.
• HEALTH, WELL-BEING, & PREVENTION • ADVOCACY, ADMINISTRATION, AND POLICY • CHILD DEVELOPMENT & GUIDANCE *See reverse for classes required in each focus area*	

ADDITIONAL UNIVERSITY REQUIREMENTS	
Cultures & Communities (formerly US Diversity)	
International Perspectives	

ELECTIVES	21 – 23 cr.
For ideas, refer to the "General Education and Electives Information" sheet or the ISU Catalog	

TOTAL	120 cr.
Total General Education	38-39 cr.
Total Electives	21-23 cr.
Total Major	59-60 cr.
• Core	23-24 cr.
• Individual & Family Dev.	12 cr.
• Program Focus	24 cr.

HUMAN DEVELOPMENT AND FAMILY STUDIES PROGRAM SHEET
FOCUS AREA COURSE REQUIREMENTS: 23-25 Catalog

HEALTH, WELL-BEING, AND PREVENTION				24 cr.
EMPHASIS CLASSES		*Select 4 courses (12 credits) from:*		
	HDFS	2760	Human Sexuality	3 cr.
	HDFS	2830	Personal & Family Finance	3 cr.
	HDFS	3670	Abuse and Illness in Families	3 cr.
	HDFS	3730	Death as a Part of Living	3 cr.
	HDFS	3870	Applying Evidence-Based Practices in Human Services (Trauma-Informed Practice) *(Fall Only)*	3 cr.
	HDFS	3950	Children, Families, and Public Policy *(Spring only)*	3 cr.
	HDFS	4930	The Science and Practice of Happiness	3 cr.
SUPPORTING CLASSES		*Select 4 courses (12 credits) from:*		
	HDFS	2390	Consumer Issues	3 cr.
	HDFS	2400	Literature for Children	3 cr.
	HDFS	3410	Income Tax Planning for Families *(Fall only)*	3 cr.
	HDFS	3420	Social & Emotional Development & Child-Centered Guidance in Early Childhood	3 cr.
	HDFS	3440	Programming for Children in Early Care and Education	3 cr.
	HDFS	3780	Retirement Planning and Employee Benefits *(Spring only)*	3 cr.
	HDFS	4490	Program Evaluation and Proposal Writing *(Fall Only)*	3 cr.
	HDFS	4860	Administration of Human Services Programs *(Spring Only)*	3 cr.

Additional courses from the "Emphasis" section or additional courses from the "Individual and Family Development" section can also be used as supporting courses.

- Work directly with people who need support or assistance, including people with disabilities, justice-involved individuals, and/or older adults.
- Be prepared to positively impact people's lives who have been impacted by trauma, abuse, substance abuse, family instability, or health-related challenges.
- Provide interventions to individuals and families.

ADVOCACY, ADMINISTRATION, AND POLICY				24 cr.
EMPHASIS CLASSES		*Select 4 courses (12 credits) from:*		
	HDFS	2390	Consumer Issues	3 cr.
	HDFS	3410	Income Tax Planning for Families *(Fall only)*	3 cr.
	HDFS	3780	Retirement Planning and Employee Benefits *(Spring only)*	3 cr.
	HDFS	3950	Children, Families, and Public Policy *(Spring Only)*	3 cr.
	HDFS	4490	Program Evaluation and Proposal Writing *(Fall Only)*	3 cr.
	HDFS	4860	Administration of Human Services Programs *(Spring Only)*	3 cr.
SUPPORTING CLASSES		*Select 4 courses (12 credits) from:*		
	HDFS	2400	Literature for Children	3 cr.
	HDFS	2760	Human Sexuality	3 cr.
	HDFS	2830	Personal & Family Finance	3 cr.
	HDFS	3420	Social & Emotional Development & Child-Centered Guidance in Early Childhood	3 cr.
	HDFS	3440	Programming for Children in Early Care and Education	3 cr.
	HDFS	3670	Abuse and Illness in Families	3 cr.
	HDFS	3730	Death as a Part of Living	3 cr.
	HDFS	3870	Applying Evidence-Based Practices in Human Services (Trauma-Informed Practice) *(Fall Only)*	3 cr.
	HDFS	4930	The Science and Practice of Happiness	3 cr.

Additional courses from the "Emphasis" section or additional courses from the "Individual and Family Development" section can also be used as supporting courses.

- Improve people's lives with advocacy or non-profit work.
- Combine your knowledge of human development and intervention strategies with administration and management skills to work at non-profit organizations focused on improving people's lives.
- Careers involve less direct service and more program coordination and planning, developing public information materials, and advocating for social change

HUMAN DEVELOPMENT AND FAMILY STUDIES PROGRAM SHEET

CHILD DEVELOPMENT AND GUIDANCE				24 cr.	
EMPHASIS CLASSES		*Select 4 courses (12 credits) from:*			
	HDFS	2400	Literature for Children	3 cr.	• Learn to make a difference with children, youth, and parents.
	HDFS	3420	Social & Emotional Development & Child-Centered Guidance in Early Childhood	3 cr.	
	HDFS	3440	Programming for Children in Early Care and Education	3 cr.	• Support diverse family dynamics.
	HDFS	3450	Inclusive Teaching & Interaction Strategies	3 cr.	
	HDFS	4560	Working with Families in Early Intervention	3 cr.	• Career opportunities involve caring for and educating young children and youth.
	HDFS	4860	Administration of Human Services Programs *(Spring Only)*	3 cr.	
SUPPORTING CLASSES		*Select 4 courses (12 credits) from:*			
	HDFS	2390	Consumer Issues	3 cr.	
	HDFS	2760	Human Sexuality	3 cr.	
	HDFS	2830	Personal & Family Finance	3 cr.	
	HDFS	3410	Income Tax Planning for Families	3 cr.	
	HDFS	3670	Abuse and Illness in Families	3 cr.	
	HDFS	3730	Death as a Part of Living	3 cr.	
	HDFS	3780	Retirement Planning and Employee Benefits *(Spring only)*	3 cr.	
	HDFS	3870	Applying Evidence-Based Practices in Human Services *(Fall Only)*	3 cr.	
	HDFS	3950	Children, Families, and Public Policy *(Spring only)*	3 cr.	
	HDFS	4490	Program Evaluation and Proposal Writing *(Fall Only)*	3 cr.	
	HDFS	4930	The Science and Practice of Happiness	3 cr.	

Additional courses from the "Emphasis" section or additional courses from the "Individual and Family Development" section can also be used as supporting courses.

General Education and Elective Information for Human Development and Family Studies Majors

Electives for HDFS

Elective credits are defined as courses that do not meet any specific program requirement in specified categories.

Every student in the HDFS major needs 120 credits to graduate. (The degree audit/academic progress plan) monitors this.)
Students need electives to reach the 120 credit requirement.

To determine how many electives a student needs:
- Take [the credits already earned + credits still needed for major/gen eds./etc.] and then subtract (-) from 120. The difference is the number of electives needed.
- Students can work with an advisor to determine the number of electives needed.

What courses count as electives?
- ANY college-level course
- Examples:
  1. Minor courses
  2. Additional optional courses in the major
  3. Other courses the university offers (provided prerequisites have been met) can be used for electives. Sometimes students will take a class to expand their knowledge in an area or learn a new skill. Others will take a class with a friend that they are interested in. These can be used in the elective category.

HUMAN DEVELOPMENT AND FAMILY STUDIES PROGRAM SHEET

General Education Humanities Courses for HDFS *Select 6 credits from the list below*		
AESHM 3420	*Aesthetics of Consumer Experience*	3 cr.
AFAM 2010	*Introduction to African American Studies*	3 cr.
AFAM 3340	*Africana Religions*	3 cr.
AFAM 3470	*Studies in African American Literature*	3 cr.
AFAM 3530	*History of African Americans I*	3 cr.
AFAM 3540	*History of African Americans II*	3 cr.
AMD 2570	*Museum Studies*	3 cr.
AMD 3540	*Euro-American Dress History: Prehistoric to Mid-19th Century*	3 cr.
AMD 3560	*Euro-American Dress History: Mid-19th Century to the Present*	3 cr.
AMIN 2100	*Introduction to American Indian Studies*	3 cr.
AMIN 2400	*Introduction to American Indian Literature*	3 cr.
AMIN 3460	*American Indian Literature*	3 cr.
ARCH 2210	*Histories and Theories of Architecture to 1750*	3 cr.
ARCH 4200	*Topics in American Literature*	3 cr.
Art History	*Any 3 cr. "ARTH" course will be accepted as a humanities gen ed*	3 cr.
American Sign Language	*Any 3 cr. "ASL" course will be accepted as a humanities gen ed.*	3 cr.
Classical Studies	*Any 3 cr. "CLST" course will be accepted as a humanities gen ed.*	3 cr.
DANCE 2700	*Dance Appreciation*	3 cr.
DANCE 3600	*History and Philosophy of Dance*	3 cr.
DSNS 1830	*Design in Context*	3 cr.
ENGL 2010	*Introduction to Literature*	3 cr.
ENGL 2250	*Survey of British Literature to 1800*	3 cr.
ENGL 2260	*Survey of British Literature since 1800*	3 cr.
ENGL 2270	*Survey of American Literature to 1865*	3 cr.
ENGL 2280	*Survey of American Literature since 1865*	3 cr.
ENGL 2370	*Survey of Film History*	3 cr.
ENGL 2400	*Intro to American Indian Literature*	3 cr.
History	*Any 3 cr. "HIST" course will be accepted as a humanities gen ed.*	3 cr.
HSPM 2600	*Global Tourism Management*	3 cr.
MUSIC 1020	*Introduction to Music Listening*	3 cr.
MUSIC 3020	*Masterpieces of Music and Art in Western Culture*	3 cr.
MUSIC 3040	*History of American Rock 'n' Roll*	3 cr.
MUSIC 3830	*History of Music I*	3 cr.
MUSIC 3840	*History of Music II*	3 cr.
Philosophy	*Any 3 cr. "PHIL" course will be accepted as a humanities gen ed.*	3 cr.
Religious Studies	*Any 3 cr. "RELIG" course will be accepted as a humanities gen ed.*	3 cr.
THTRE 1060	*Introduction to the Performing Arts*	3 cr.
THTRE 1100	*Theatre and Society*	3 cr.
THTRE 4650	*Theatre History: Ancient to 19th Century*	3 cr.
THTRE 4660	*Theatre History: 19th Century to Present*	3 cr.
WGS 2010	*Introduction to Women's and Gender Studies*	3 cr.
WGS 3360	*Religion, Sex, and Gender*	3 cr.
WGS 3380	*Feminist Philosophy*	3 cr.
WGS 3450	*Women and Literature: Selected Topics*	3 cr.
WGS 3700	*Studies in English Translation*	3 cr.
WGS 3740	*Sex, Gender, and Culture in the Ancient Mediterranean World*	3 cr.
World Languages & Cultures	*Any 3 cr. (or more!) course in Arabic (ARABC); Chinese (CHIN); French (FRNCH); German (GER); Greek (GREEK); Russian (RUS); or Spanish (SPAN)*	3 cr.

HUMAN DEVELOPMENT AND FAMILY STUDIES PROGRAM SHEET

General Education Social Science Courses for HDFS		
Select 9 credits from the list below		
AESHM 4210	*Developing Global Leadership: Maximizing Human Potential*	3 cr.
AFAM 3300	*Ethnic and Race Relations*	3 cr.
AMD 1650	*Dress, Appearance, and Diversity in U.S. Society*	3 cr.
AMD 3620	*Cultural Perspectives of Global Dress*	3 cr.
AMD 4670	*Consumer Studies in Apparel and Fashion Products*	3 cr.
AMIN 3100	*Contemporary Topics in American Indian Studies*	3 cr.
AMIN 3150	*Archaeology of North America*	3 cr.
AMIN 3220	*Peoples and Cultures of Native North America*	3 cr.
Anthropology	*Any 3 cr. "ANTHR" course except ANTHR 202 will be accepted as a social science gen ed.*	3 cr.
Criminal Justice	*Any 3 cr. "CJ" course will be accepted as a social science gen ed.*	3 cr.
Economics	*Any 3 cr. "ECON" course will be accepted as a social science gen ed.*	3 cr.
FSHN 3420	*World Food Issues: Past and Present*	3 cr.
INTST 2350	*Introduction to International Studies*	3 cr.
LING 2190	*Introduction to Linguistics*	3 cr.
LING 4710	*Language and Reading Development in Children*	3 cr.
Political Sciences	*Any 3 cr. "POLS" course will be accepted as a social science gen ed.*	3 cr.
Sociology	*Any 3 cr. "SOC" course will be accepted as a social science gen ed.*	3 cr.
WGS 2010	*Introduction to Women's and Gender Studies*	3 cr.
WGS 2030	*Introduction to Lesbian Communities*	3 cr.
WGS 3010	*International Perspectives on Women and Gender*	3 cr.
WGS 3200	*Ecofeminism*	3 cr.
WGS 3270	*Gender and Sexualities in Society*	3 cr.
WGS 3280	*Sociology of Masculinities and Manhood*	3 cr.
WGS 3460	*Psychology of Women*	3 cr.
WGS 3500	*Women of Color in the United States*	3 cr.
WGS 3850	*Women in Politics*	3 cr.