

HUMAN DEVELOPMENT AND FAMILY STUDIES B.S.

This program examines the ways people grow and develop, form relationships and families, and learn to cope with the common and uncommon events of life. The program integrates developmental and ecological systems perspectives. Students learn basic and applied concepts of human development and acquire skills in working with individuals and families of different ages and backgrounds in a variety of settings. Community-engaged learning is required of all students, including 6 credits of internship senior year.

Human Development and Family Studies is also a minor available to students across the university.

MAJOR REQUIREMENTS

Students in the Human Development and Family Studies program are required to complete a minimum of 120 credits including University and CESS General Education requirements in diversity, writing and information literacy, sustainability, quantitative reasoning, behavioral and social sciences, communication skills, humanities, physical and biological sciences, and research methods. They also enroll in a sequence of professional courses designed to provide a comprehensive understanding of individual and family development across the life span and in diverse socio-cultural contexts. These courses are arranged in three blocks: introductory, intermediate, and advanced.

The introductory block includes 4 core courses in Human Development and Family Studies (HDFS). Of these courses, 3 introduce students to core topics in the field, including individual development across the life span: “Human Development” (HDFS 005), “Family Context of Development” (HDFS 060), and “Human Relationships and Sexuality” (HDFS 065). These courses also introduce students to experiences, changes and challenges typical at different points in the life course and to factors that influence individual development, such as gender, race and social class. The fourth course, “Introduction to Human Development and Family Studies” (HDFS 001), is a skills focused course that provides HDFS majors with an introduction to the discipline and practice of HDFS, with special emphasis on preparing students for more advanced course work and professional practice. Together, these 4 introductory courses are designed to examine how questions are pursued from a human development perspective, how these questions relate to everyday life, how knowledge in the discipline is constructed, and the types of skills necessary to both acquire and appropriately use this knowledge.

The intermediate block builds upon the introductory block through the next set of four professional course requirements. In HDFS 161, students are offered a deeper introduction to and opportunity to critically analyze the major social institutions and cultural contexts that affect human development. HDFS 141 focuses in depth on White identity and the context of privileging whiteness. The remaining two courses in this intermediate block introduce

students to major theories of development used to help us understand individual development (HDFS 189) and to the HDFS profession through the study and practice of essential helping relationship skills and ethical practice (HDFS 101). Both courses also provide students the opportunity to apply developmental theories to practice.

The advanced block consists of advanced seminars and 6 credits of internship. All majors take at least 3 advanced seminar courses selected in consultation with an advisor. The internship is the final professional requirement, consisting of a 2-semester intentionally sequenced internship experience in the fall (3 credits) and spring (3 credits) of senior year. For the internship, students engage in direct field work and related academic work that focuses on deepening students’ knowledge and understanding of, and ability to apply, human development and ecological perspectives to direct practice. Students choose a placement from a variety of local agencies. Internship placement sites have included after-school youth programs, rape crisis and intimate partner violence prevention and intervention programs, social justice advocacy groups, centers for children who have experienced abuse and neglect, city and state government agencies, public and private schools, group homes, rehabilitation centers, local business and industry, childcare settings, hospitals, senior centers, and other human service agencies and social justice organizations.

REQUIREMENTS HUMAN DEVELOPMENT AND FAMILY STUDIES

All students must meet the University Requirements. (<http://catalogue.uvm.edu/undergraduate/academicinfo/degree requirements/>)

All students must meet the College Requirements. (<http://catalogue.uvm.edu/undergraduate/educationandsocialservices/#requirementstext>)

UNIVERSITY GENERAL EDUCATION REQUIREMENTS	
Diversity ¹	6
D1 - Race and Racism in the U.S.	
D2 - The Diversity of Human Experience	
Writing and Information Literacy	3
ENGS 001, HCOL 085 or TAP course	
Sustainability	3
Any course with an "SU" designation	
Quantitative Reasoning	3
Any course with a "QR" designation	
CESS GENERAL EDUCATION REQUIREMENTS	
Behavioral and Social Sciences	

PSYS 001	Intro to Psychological Science	3
Intro-level Anthropology		3
Intro-level Sociology		3
Communication Skills ²		
SPCH 011	Effective Speaking	3
or CALS 183	Communication Methods	
Elective course beginning with the subject prefix ASL, CS, Writing Course, Foreign Language, or MATH		3
Humanities		
Choose two elective courses beginning with the subject prefixes: ARTH, ART, CLAS, HS, HST, Literature, MU, PHIL, REL, THE or WLIT.		6
Physical & Biological Sciences		
NFS 043	Fundamentals of Nutrition	3
BIOL 003	Human Biology	3
or BIOL 004	The Human Body	
Science Elective - a course beginning with the subject prefixes BIOL, CHEM, ENSC, ENVS, GEOL, PBIO, PSS, or PHYS.		3
Research Methods ³		3
PSYS 053	Research Methods	
or EDFS 209	Intro to Research Methods	
or SOC 100	Fund of Social Research	
or SWSS 164	Intro Social Work Research	
PROFESSIONAL REQUIREMENTS		
HDFS 001	Int Hum Dev&Fam Std for Majors	4
HDFS 005	Human Development	3
HDFS 060	Family Context of Development	3
HDFS 065	Human Relationships&Sexuality	3
Intermediate Level Courses ⁴		
HDFS 141	D1:Interrogatng White Identity	3
HDFS 161	Social Context of Development	3
HDFS 101	The Helping Relationship	3
HDFS 189	Theories of Human Development	3
Upper-level Courses ^{4,5}		
Select THREE approved upper (200) level seminars ⁶		9
HDFS 290	Internship (3 credits in Fall, 3 credits in Spring)	6

- ¹ As per program policy, HDFS 141 (D1) and HDFS 167 (D2) may not fulfill BOTH the diversity and professional requirements. Students must take another D1 and D2 to fulfill the University's Diversity requirements.
 - ² Students may be required to fulfill this elective with a writing course and/or to take additional writing or other skill-focused courses depending on their performance in HDFS 001.
 - ³ Complete prior to HDFS upper level courses/seminars; HDFS faculty recommend PSYS 053. Note that SOC 100 and EDFS 209 both have pre-requisites.
 - ⁴ Refer to specific prerequisites for all courses.
 - ⁵ HDFS 161, HDFS 189 and a Research Methods course are pre-requisites for all 200-level HDFS courses. For HDFS 290, HDFS 101 and HDFS 141 are additional pre-requisites.
 - ⁶ Approved seminar courses will be identified by the Program Coordinator. HDFS 290 and HDFS 292 may not count as advanced seminars. HDFS 167 may count under certain circumstances and with permission of the Program Coordinator. Students must take at least 2 advanced seminars with HDFS faculty.
- Program completion in Human Development and Family Studies requires a minimum of 120 approved credit hours.

HDFS majors are encouraged [but not required] to complete a minor in a field of interest.