

HUMAN DEVELOPMENT AND FAMILY SCIENCE B.S.

The Human Development and Family Science (HDFS) 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 and emphasizes information literacy, critical reflection, and community-engaged learning experiences rooted in social justice and strengths-based frameworks of human development and family science. 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 3 credits of civic learning in HDF 1010 and 6 credits of internship senior year in HDF 4991.

HDFS is also a minor available to students across the university.

HDFS is the name of the academic program. Integrated with human development, family science is a core disciplinary approach within the program. While the course prefixes are “HDF,” the program remains HDFS, with the “S” representing “Science” and emphasizing the program’s commitment to a scientific, evidence-based approach.

MAJOR REQUIREMENTS

Students in the HDFS program are required to complete a minimum of 120 credits including University Catamount Core, College, HDFS General Major, and HDFS Professional Major courses. The professional requirements are designed to provide a comprehensive understanding of individual and family development across the life span and in diverse socio-cultural contexts. HDFS Professional courses are arranged in three blocks: introductory, intermediate, and advanced.

The introductory block includes four core courses. “Foundations of Human Development and Family Science” (HDF 1010) is a skill focused course that provides HDFS majors with an introduction to the discipline and practice of HDFS, with special emphasis on civic learning and preparing students for more advanced course work and professional practice. This course is specifically 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. “Human Development” (HDF 1050), “Family Context of Development” (HDF 1600), and “Human Relationships and Sexuality” (HDF 1650) introduce students to core topics in the field, including individual development across the life span. 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 intermediate block builds upon the introductory block through a set of 6 professional course requirements. “Writing, Literacy, and

Research Skills” (HDF 2009) is a skill-based course that directly builds on “Foundations of Human Development and Family Science” (HDF 1010) to strengthen students’ writing, literacy, critical thinking, and research skills. In “The Helping Relationship” (HDF 2010), students deepen their introduction to the HDFS profession through the study and practice of essential helping relationship skills and ethical practice. “Development Through Relationships” (HDF 2205) provides students with a relational framework for understanding development. “Interrogating White Identity” (HDF 2410) focuses in depth on white identity and the context of privileging whiteness. Through the “Social Context of Development” HDF 2610, students are offered a deeper introduction to and opportunity to critically analyze the major social institutions and cultural contexts that affect human development. Finally, in “Theories of Human Development” (HDF 2890), students critically examine many of the major theories of development used to help us understand individual development.

The advanced block consists of at least 3 advanced seminar courses and 6 credits of internship. Advanced seminar courses are selected in consultation with an advisor. The internship is the final professional requirement, consisting of a 2-semester intentionally sequenced internship and service-learning experience in the fall (3 credits) and spring (3 credits) of senior year. Internship students engage in direct field work and related academic work that focuses on deepening students’ knowledge of, and ability to apply, human development and ecological perspectives to direct practice; as well as developing as critically conscious and ethical human services professionals and citizens. Students choose a placement from a variety of local human service agencies and organizations. 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, early childhood education settings, hospitals, and senior centers.

REQUIREMENTS

All students must meet the Degree and University Requirements.

All students must meet the Catamount Core Curriculum Requirements.

All students must meet the College Requirements.

All students must meet the HDFS General Major Requirements.¹

All students must meet the HDFS Professional Major Requirements.²

Requirement Description		Credits
HDFS GENERAL MAJOR REQUIREMENTS		
NFS 1043	Fundamentals of Nutrition	3

PSYS 1400	Intro to Psychological Science	3
ENGL 1001	Written Expression	3
or ENGL 1002	Topics In: Written Expression	
or HCOL 1000	FY Writing Seminar	
BIOL 1100	Human Biology w/lab ³	3
or BIOL 1105	Human Biology	
or BIOL 1150	The Human Body w/lab	
or BIOL 1155	The Human Body	
SPCH 1400	Effective Speaking	3
or CALS 2830	Communication Methods	
Intro-Level Sociology Course		3
Intro-Level Anthropology Course		3
Diversity Courses ⁴		12
6 credits from D1		
6 credits from D2		

Requirement Description		Credits
HDFS PROFESSIONAL MAJOR REQUIREMENTS		
Introductory Level Courses		
HDF 1010	Foundations of HDFS	3
HDF 1050	Human Development	3
HDF 1600	Family Context of Development	3
HDF 1650	Human Relationships & Sexuality	3
Intermediate Level Courses ⁵		
HDF 2009	Writing, Literacy, & Research	3
HDF 2010	The Helping Relationship	3
HDF 2205	Dev through Relationships	3
HDF 2410	Interrogating White Identity	3
HDF 2610	Social Context of Development	3
HDF 2890	Theories of Human Development	3
Advanced Level Courses ⁶		
Select 3 approved advanced (3000-level) HDF seminar courses. ⁷		9
HDF 4991	Internship (3 credits in the fall, 3 credits in spring)	6

² HDFS majors must complete all HDFS Professional Major Requirements with no grades below a "C", earn a professional GPA no lower than 2.5, and earn an overall GPA no lower than 2.0.

³ Must be a Human Biology course.

⁴ The Catamount Core Curriculum requirement is 6 credits overall, including at least 3 D1 credits. HDFS requires an additional 6 credits in Diversity courses for a total of 12 credits, including 6 D1 credits and 6 D2 credits.

⁵ Refer to specific prerequisites for all courses.

⁶ Refer to specific prerequisites for all advanced level courses. HDF 2009, HDF 2610, and HDF 2890 are prerequisites for all approved 3000-level HDF seminar courses. Additional prerequisites for HDF 4991 are HDF 1010, HDF 1650, HDF 2010 and HDF 2410.

⁷ Students should consult with their advisor to ensure that any 3000-level HDF course is approved as an advanced seminar course. Note that HDF 3993, HDF 3994, and HDF 3995 do not count as advanced seminar courses.

¹ Select General Major Requirements may also count towards the Catamount Core Curriculum.