

HUMAN DEVELOPMENT & FAMILY STUDIES, BS

for the Bachelor of Science Major in Human Development & Family Studies

The Human Development and Family Studies program prepares students for graduate/professional education or employment in areas such as pediatric services in hospitals, medicine and allied health fields, marriage and family therapy, family law, human resources, child care services, family life education, social work, counseling, human services, and business activities related to children and families. Students select course work according to their interests in human development, such as infancy, early childhood or adolescence, and relationship and family science, such as intimate relationships, parent-child interaction, and family stress and change. Basic courses in these areas are linked to practical experiences in educational and community settings, and most courses emphasize issues related to cultural diversity and gender. Students develop an individualized plan within this major according to their career and professional interests.

for the Bachelor of Science Major in Human Development & Family Studies

Graduation Requirements

Minimum hours required for graduation: 126 hours.

University Requirements

Minimum of 40 hours of upper-division coursework, generally at the 300- or 400-level. These hours can be drawn from all elements of the degree.

Students should consult their academic advisor for additional guidance in fulfilling this requirement.

The university and residency requirements can be found in the Student Code (<https://studentcode.illinois.edu/article3/part8/3-801/>) (§ 3-801) and in the Academic Catalog (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

General Education Requirements

Follows the campus General Education (Gen Ed) requirements (<https://courses.illinois.edu/gened/DEFAULT/DEFAULT/>). Some Gen Ed requirements may be met by courses required and/or electives in the program.

Code	Title	Hours
Composition I		4-6
Advanced Composition		3
	fulfilled by HDFS 290	
Humanities & the Arts (6 hours)		6
Natural Sciences & Technology (6 hours)		6
Social & Behavioral Sciences (6 hours)		6
	fulfilled by HDFS 105, HDFS 120, PSYC 100, SOC 100	
Cultural Studies: Non-Western Cultures (1 course)		3
Cultural Studies: US Minority Cultures (1 course)		3
	fulfilled by HDFS 120	

Cultural Studies: Western/Comparative Cultures (1 course)	3
Quantitative Reasoning (2 courses, at least one course must be Quantitative Reasoning I)	6-10
	fulfilled by STAT 100 and any other course approved as Quantitative Reasoning I or II
Language Requirement (Completion of the third semester or equivalent of a language other than English is required)	0-15

Code	Title	Hours
Human Development and Family Studies Required		
HDFS 101	Opportunities, Careers in HDFS	1
HDFS 105	Intro to Human Development	3
HDFS 120	Intro to Family Studies	3
HDFS 290	Intro to Research Methods	4
ACE 240	Personal Financial Planning	3
CMN 101	Public Speaking	3
	or CMN 111 & CMN 112	
	Oral & Written Comm I and Oral & Written Comm II	
PSYC 100	Intro Psych	4
SOC 100	Introduction to Sociology	4
STAT 100	Statistics	3
Select one of the following health courses:		3
FSHN 120	Contemporary Nutrition	
HK 110	Contemporary Health	
HDFS 445	Substance Use and Family Health	
Select one of the following child/adolescent development courses:		3-4
HDFS 301	Infancy & Early Childhood	
HDFS 305	Middle Childhood	
HDFS 405	Adolescent Development	
Select one of the following relationships/family courses:		3-4
HDFS 207	Self in Context	
HDFS 225	Close Relationships	
HDFS 425	Family Stress and Change	
Select two of the following diversity courses:		6
HDFS 208	Child and Family Inclusion: Disability, Health, and Diversity	
HDFS 220	Families in Global Perspective	
HDFS 221	Asian Families in America	
HDFS 322	US Latina and Latino Families	
HDFS 340	Gender, Relationships & Society	
HDFS 379	HDFS Study Abroad Experience	
HDFS 420	Inequality, Public Policy, and U.S. Families	
HDFS 424	Racial and Ethnic Families	
HDFS 444	LGBT Indiv, Fam & Community	
Select one of the following applied courses:		3-4
HDFS 294	Research Internship	
HDFS 295	Independent Study or Research	
HDFS 350	Early Childhood Learning and Play	
HDFS 396	Honors Research or Thesis	
HDFS 450	Practicum in HDFS	
HDFS 455	TAP Internship	
HDFS 494	Applied Research Methods	

LEAD 260	Foundations of Leadership	
Individualized Plan		16-18
Choose from a list of HDFS courses based on individual career goals and in consultation with the HDFS Academic Advisor. At least 15 hours at 300 level or above. Courses taken to meet other HDFS requirements can not count toward the Individualized Plan.		
HDFS 108	Grief and Loss Across the Lifespan	
HDFS 207	Self in Context	
HDFS 208	Child and Family Inclusion: Disability, Health, and Diversity	
HDFS 220	Families in Global Perspective	
HDFS 225	Close Relationships	
HDFS 301	Infancy & Early Childhood	
HDFS 305	Middle Childhood	
HDFS 310	Adult Development	
HDFS 320	Families and the Law	
HDFS 322	US Latina and Latino Families	
HDFS 330	Statistical Reasoning for Everyday Life	
HDFS 340	Gender, Relationships & Society	
HDFS 350	Early Childhood Learning and Play	
HDFS 401	Socialization and Development	
HDFS 405	Adolescent Development	
HDFS 408	Hospitalized Children	
HDFS 420	Inequality, Public Policy, and U.S. Families	
HDFS 425	Family Stress and Change	
HDFS 426	Family Conflict Management	
HDFS 444	LGBT Indiv, Fam & Community	
HDFS 445	Substance Use and Family Health	
Total Hours		126

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Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information, see the corresponding section on the Degree and General Education Requirements page (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

First Year

First Semester	Hours	Second Semester	Hours
HDFS 101	1	HDFS Diversity course	3
HDFS 105	3	General Education	3

HDFS 120	3	CMN 101 (or Composition 1 or CMN 112)	3
Composition I (or CMN 101 or CMN 111)	4	STAT 100	3
Language Other than English (3rd level)	4	General Education	3
15		15	

Second Year

First Semester	Hours	Second Semester	Hours
PSYC 100	4	SOC 100	4
HDFS Relationships/Family Course	3	HDFS 290	4
HDFS Diversity course	3	HDFS Child/Adolescent Development course	4
Free Elective course	3	General Education course	3
General Education course	3	Free Elective Course	3
16		18	

Third Year

First Semester	Hours	Second Semester	Hours
ACE 240	3	HDFS Individualized Plan course	3
HDFS Applied course	4	HDFS Individualized Plan course	3
HDFS Individualized Plan course	3	HDFS Individualized Plan course	3
HDFS Health course	3	General Education course	3
General Education course	3	General Education course	3
		Free elective course	1
16		16	

Fourth Year

First Semester	Hours	Second Semester	Hours
HDFS Individualized Plan course	3	HDFS Individualized Plan course	3
Free elective course	3	Free elective course	3
Free elective course	3	Free elective course	3
Free elective course	3	Free elective course	3

Free elective course	3 Free elective course	3
	15	15
Total Hours 126		

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1. HDFS students will demonstrate a strong foundation in theories and empirical knowledge associated with human development and family studies (i.e., developmental periods and domains; socialization contexts; diversity among families and children; research methods; family dynamics, transitions, and resilience; and family policy)

- Recall key terminology (theoretical, empirical, methodological, substantive concepts)
- Describe current and historical challenges affecting individuals and families (e.g., social, political, economic, cultural, ethical, including research ethics)
- Summarize key theories, models, and principles (e.g., grand, disciplinary, substantive, methodological)
- Apply theories, models, and principles to developmental, relationship, familial, and social issues
- Apply knowledge to global contexts
- Integrate knowledge across courses and content areas (i.e., human development and family studies; lower level to higher level courses)
- Critique current theoretical and empirical knowledge of and methodological approaches to studying human development, relationships, and families

2. HDFS students will exhibit the skills necessary to effectively apply knowledge and generate new ideas to solve real world issues

- Use effective written communication
 - Use appropriate grammar and writing mechanics
 - Demonstrate a working knowledge of APA style
 - Respond to constructive criticism (e.g., revision process, peer review)
 - Produce written work that is organized, logical, and fully developed
- Use effective oral communication (e.g., clearly and logically present ideas aloud through presentation to class or group)
- Apply knowledge to formulate and investigate hypotheses or research questions
- Apply knowledge to propose or create research-based programs or policies
- Critically evaluate the quality of published research, programs, and policies and their implications for individuals, relationships, and families
- Collaborate to achieve group goals
- Apply research-based knowledge to working with children, families, and communities and/or agencies that serve them

3. HDFS students will demonstrate a critical and reflexive orientation toward and sensitivity to issues of diversity and inclusion

- Describe the historical and current relevance of diversity and inclusion to individuals, relationships, families, and communities
- Reflect on one's own interconnected positions, privileges, and disadvantages across multiple contexts

- Critically examine one's own beliefs, assumptions, values, attitudes, and biases
 - Demonstrate awareness of and sensitivity to issues of diversity and inclusion in one's own work (e.g., written and oral communication)
 - Critically evaluate the cultural respectfulness and appropriateness of research, programs, and policies related to human development and families
 - Critically evaluate the potential impact of research, programs, and policies on diversity and inclusion
 - Demonstrate awareness of global factors (e.g., economic, political, cultural, social) and how they may affect individuals, families and communities
- 4. HDFS students will develop professional competence skills and establish well-informed career and professional goals**
- Identify and compare/contrast a range of career options for HDFS majors
 - Create professional/job-related materials (e.g., resume, cover letter, purpose statement)
 - Connect discipline knowledge to personal and professional life
 - Develop leadership skills (e.g., through formal positions; informal mentoring to prospective/new students; representing the department; participation in class teamwork)
 - Develop professional connections to support career and professional goals (e.g., relationships with professors, internship supervisors who can serve as references; connections to professionals through attending conferences/workshops or engaging with guest speakers in class)
 - Make decisions and solve problems
 - Independently
 - Collaboratively
 - Exhibit professional and ethical behavior

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Human Development & Family Studies

Human Development & Family Studies website (<https://hdfs.illinois.edu/>)
222 Bevier Hall, 905 South Goodwin Avenue, Urbana, IL 61801
(217) 333-3790
hdfs@illinois.edu

Advising (<https://hdfs.illinois.edu/academics/undergraduate-degree/undergraduate-academic-advising/>)

Barbara Anderson (banders9@illinois.edu)

College of Agricultural, Consumer & Environmental Sciences

ACES College website (<https://aces.illinois.edu/>)

Office of Academic Programs

128 Mumford Hall, 1301 West Gregory Drive, Urbana, IL 61801

Admissions

ACES Undergraduate Admissions (<https://aces.illinois.edu/admissions/>)

visitACES@illinois.edu

(217) 333-3380

University of Illinois Urbana-Champaign Undergrad Admissions ([https://
www.admissions.illinois.edu/](https://www.admissions.illinois.edu/))