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.

Prescribed Core Courses including Campus General Education

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>RHET 105 &amp; CMN 101</td>
<td>Writing and Research and Public Speaking (or equivalent)</td>
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<tr>
<td>CMN 111 &amp; CMN 112</td>
<td>Oral &amp; Written Comm I and Oral &amp; Written Comm II</td>
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<tr>
<td>HDFS 290</td>
<td>can fulfill Advanced Composition (select one course from campus approved list)</td>
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<tr>
<td>HDFS 290</td>
<td>can fulfill Language Other Than English (course at or above the third level is required)</td>
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<td>HDFS 290</td>
<td>Specifics of the language requirements are listed in the Course Explorer (<a href="https://courses.illinois.edu/gened/DEFAULT/DEFAULT/">https://courses.illinois.edu/gened/DEFAULT/DEFAULT/</a>)</td>
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<tr>
<td>HDFS 290</td>
<td>Cultural Studies (select one course from Western culture, one from non-Western culture, and one from U.S. minority culture from campus approved lists (<a href="https://courses.illinois.edu/gened/DEFAULT/DEFAULT/CS/">https://courses.illinois.edu/gened/DEFAULT/DEFAULT/CS/</a>)</td>
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<tr>
<td>HDFS 290</td>
<td>Quantitative Reasoning I (select one course from campus approved list)</td>
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<tr>
<td>HDFS 290</td>
<td>Natural Sciences and Technology (select one course from campus approved list)</td>
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<td>HDFS 290</td>
<td>Humanities and the Arts (select one course from campus approved list)</td>
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<tr>
<td>HDFS 290</td>
<td>Social and Behavioral Sciences (select one course from campus approved list)</td>
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<tr>
<td>HDFS 290</td>
<td>Human Development and Family Studies Required (select one course from campus approved list)</td>
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Information listed in this catalog is current as of 10/2022
ACE 240  Personal Financial Planning  
FShN 120  Contemporary Nutrition  
  or CHLH 100  Contemporary Health  
  or 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 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 206  Early Childhood Curriculum Dev  
  HDFS 294  Research Internship  
  HDFS 295  Independent Study or Research  
  HDFS 396  Honors Research or Thesis  
  HDFS 450  Practicum in HDFS  
  HDFS 461  Family Life Education  
  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 206  Early Childhood Curriculum Dev  
  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 401  Socialization and Development  
  HDFS 405  Adolescent Development  
  HDFS 406  Child Dev Class Supervision  
  HDFS 408  Hospitalized Children  
  HDFS 420  Inequality, Public Policy, and U.S. Families  
  HDFS 425  Family Stress and Change  

*Information listed in this catalog is current as of 10/2022*
HDFS 426  Family Conflict Management
HDFS 444  LGBT Indiv, Fam & Community
HDFS 445  Substance Use and Family Health
HDFS 461  Family Life Education

Minimum of 40 hours of advanced credit required

Total Hours  126

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

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)**
   a. Recall key terminology (theoretical, empirical, methodological, substantive concepts)
   b. Describe current and historical challenges affecting individuals and families (e.g., social, political, economic, cultural, ethical, including research ethics)
   c. Summarize key theories, models, and principles (e.g., grand, disciplinary, substantive, methodological)
   d. Apply theories, models, and principles to developmental, relationship, familial, and social issues
   e. Apply knowledge to global contexts
   f. Integrate knowledge across courses and content areas (i.e., human development and family studies; lower level to higher level courses)
   g. 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**
   a. Use effective written communication
   b. Use e to achieve group goals
   c. 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**
   a. Describe the historical and current relevance of diversity and inclusion to individuals, relationships, families, and communities
   b. Reflect on one’s own interconnected positions, privileges, and disadvantages across multiple contexts
   c. Critically examine one’s own beliefs, assumptions, values, attitudes, and biases
   d. Demonstrate awareness of and sensitivity to issues of diversity and inclusion in one’s own work (e.g., written and oral communication)
   e. Critically evaluate the cultural respectfulness and appropriateness of research, programs, and policies related to human development and families
   f. Critically evaluate the potential impact of research, programs, and policies on diversity and inclusion
   g. 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**
   a. Identify and compare/contrast a range of career options for HDFS majors
   b. Create professional/job-related materials (e.g., resume, cover letter, purpose statement)
   c. Connect discipline knowledge to personal and professional life
   d. Develop leadership skills (e.g., through formal positions; informal mentoring to prospective/new students; representing the department; participation in class teamwork)
   e. 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)
      i. Make decisions appropriate grammar and writing mechanics
      ii. Demonstrate a working knowledge of APA style
      iii. Respond to constructive criticism (e.g., revision process, peer review)
      iv. Produce written work that is organized, logical, and fully developed
   f. Use effective oral communication (e.g., clearly and logically present ideas aloud through presentation to class or group)
   g. Apply knowledge to formulate and investigate hypotheses or research questions
   h. Apply knowledge to propose or create research-based programs or policies
      i. Critically evaluate the quality of published research, programs, and policies and their implications for individuals, relationships, and families
   j. Collaborate and solve problems
i. Independently
ii. Collaboratively
k. Exhibit professional and ethical behavior

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department website: https://hdfs.illinois.edu/
department faculty: Human Development & Family Studies Faculty (https://hdfs.illinois.edu/directory/faculty/)
overview of college admissions & requirements: Agricultural, Consumer & Environmental Sciences (http://catalog.illinois.edu/schools/aces/academic-units/#text)
college website: https://aces.illinois.edu/