

HUMAN DEVELOPMENT & FAMILY STUDIES, BS AND CHILD HEALTH, MS

for the degrees of Bachelor of Science in Human Development & Family Studies and Master of Science in Child Health

The joint program in B.S. in Human Development and Family Studies and M.S. in Child Health prepares students for certification as Child Life Specialists and is also relevant to other health-related careers.

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Graduation Requirements

Minimum hours required for graduation with the joint degree: 150 hours (126 are taken for the BS in HDFS).

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/>).

Joint Program Requirements for the Bachelor's Degree

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	Internship in HDFS	
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 335		
HDFS 340	Gender, Relationships & Society	
HDFS 350	Early Childhood Learning and Play	
HDFS 401	Socialization and Development	
HDFS 405	Adolescent Development	
HDFS 406		
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

Joint Program Requirements for the Master's Degree

Students in the joint program will apply 11 hours taken as an undergraduate toward the master's degree, using the following three courses (HDFS 405, HDFS 408, and HDFS 425).

Code	Title	Hours
HDFS 508	Ethics in the Helping Professions	4
HDFS 518	Therapeutic Play and Activities	4
HDFS 558	Child Health Internship (enroll three semesters)	15
Total Hours		24

Code	Title	Hours
Other Requirements and Conditions (may overlap):		
	Minimum 500-level Hours Required Overall within unit	24
The minimum program GPA is 2.75		

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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

Information listed in this catalog is current as of 03/2026

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. 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
HDFS 101	1
HDFS 105	3
HDFS 120	3
Composition I or CMN 101 or CMN 111	4
Language Other Than English (3rd level)	4
Total Hours	15

Total Hours 15

First Year

Second Semester	Hours
HDFS Diversity course	3
General Education course	3
CMN 101 or 112 (or Composition)	3
STAT 100	3
General Education course	3
Total Hours	15

Total Hours 15

Second Year

First Semester	Hours
PSYC 100	4
HDFS Relationships/Family course	3
HDFS Diversity course	3
Free Elective course	3
General Education course	3
Total Hours	16

Total Hours 16

Second Year

Second Semester	Hours
SOC 100	4
HDFS 290	4
HDFS Child/Adolescent Development course	4
General Education course	3
Free Elective course	3
Total Hours	18

Total Hours 18

Third Year	
First Semester	Hours
ACE 240	3
HDFS Applied course	4
HDFS Individualized Plan course	3
HDFS Health course	3
General Education course	3
	16
Total Hours 16	

Third Year	
Second Semester	Hours
HDFS Individualized Plan course (HDFS 405)	3
HDFS Individualized Plan course (HDFS 408)	4
HDFS Individualized Plan course	3
General Education course	3
General Education course	3
	16
Total Hours 16	

Fourth Year	
First Semester	Hours
HDFS Individualized Plan course (HDFS 425)	4
Free Elective course	3
	16
Total Hours 16	

Fourth Year	
Second Semester	Hours
HDFS Individualized Plan course	3
Free Elective course	3
Free Elective course	3
Free Elective course	3
Free Elective course	3
	15
Total Hours 15	

Fifth Year	
First Semester	Hours
HDFS 518	4
HDFS 558	5
	9
Total Hours 9	

Fifth Year	
Second Semester	Hours
HDFS 508	4
HDFS 558	5
	9

Total Hours 9

Fifth Year	
Summer Semester	Hours
HDFS 558	5
	5

Total Hours 5

Total Hours: 150

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Student Learning Outcomes

1. Students will be able to assess the developmental and psycho-social needs of infants, children, youth, and families.
2. Students will be able to initiate and maintain meaningful and therapeutic relationships with infants, children, youth, and families.
3. Students will be able to provide opportunities for play for infants, children, youth, and families.
4. Students will be able to provide safe, therapeutic, and healing environments for infants, children, youth, and families.
5. Students will be able to support infants, children, youth, and families in coping with stressful events.
6. Students will be able to teach content, specific to the population served, including psychological preparation for potentially stressful experiences, with infants, children, youth, and families.
7. Students will be able to practice within the scope of their professional and personal knowledge and skill base.
8. Students will be able to continuously engage in self-reflective professional child life practice.
9. Students will be able to function as a member of the service team.
10. Students will be able to represent and communicate to others child life practice and psycho-social issues of infants, children, youth, and families.
11. Students will be able to integrate clinical evidence and fundamental child life knowledge into professional decision making.
12. Students will be able to implement child life services within the structure and culture of the work environment.
13. Learn HIPPA and other data privacy rules related to medical settings.

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Department of Human Development & Family Studies

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Human Development & Family Studies website (<https://hdfs.illinois.edu/>)

Human Development & Family Studies faculty (<https://hdfs.illinois.edu/directory/faculty/>)

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College of Agricultural, Consumer & Environmental Sciences

College of Agricultural, Consumer & Environmental Sciences (<https://aces.illinois.edu/>)

Admissions

Graduate College Admissions & Requirements (<https://grad.illinois.edu/admissions/apply/>)

ACES College Admissions & Requirements (<https://hdfs.illinois.edu/graduate/admissions/>)