

# HUMAN DEVELOPMENT AND FAMILY STUDIES, B.S. (UNIVERSITY COLLEGE)

Seven Penn State campuses are scheduled for closure after Spring 2027: DuBois, Fayette, New Kensington, Mont Alto, Shenango, Wilkes-Barre, and York. New students are not being admitted at these campuses.

**Begin Campus:** Any Penn State Campus

**End Campus:** Brandywine, DuBois, Fayette, Mont Alto, Scranton, Shenango, York

## Degree Requirements

**For the Bachelor of Science degree in Human Development and Family Studies, a minimum of 120 credits is required:**

| Requirement                | Credits |
|----------------------------|---------|
| General Education          | 45      |
| Electives                  | 12-18   |
| Requirements for the Major | 60-67   |

**3-4 of the 45 credits for General Education are included in the Requirements for the Major. This includes: 3-4 credits of GQ courses.**

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of coursework in the major to be taken at the location or in the college or program where the degree is earned.

## Requirements for the Major

A grade of C or better is required for all courses in the major. To graduate, a student enrolled in the major must earn at least a C grade in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>).

### Common Requirements for the Major (All Options)

| Code                                                                                                 | Title                                                                        | Credits |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------|
| <b>Prescribed Courses</b>                                                                            |                                                                              |         |
| <i>Prescribed Courses: Require a grade of C or better</i>                                            |                                                                              |         |
| HDFS 216                                                                                             | Thoughtful Communication for Navigating Human Interactions and Relationships | 3       |
| HDFS 301                                                                                             | Values and Ethics in Health and Human Development Professions                | 3       |
| HDFS 311                                                                                             | Human Development and Family Studies Interventions                           | 3       |
| HDFS 312W                                                                                            | Empirical Inquiry in Human Development                                       | 3       |
| <b>Additional Courses</b>                                                                            |                                                                              |         |
| <i>Additional Courses: Require a grade of C or better</i>                                            |                                                                              |         |
| Select 3 credits from the following courses in Introduction to Human Development and Family Science: |                                                                              | 3       |
| HDFS 129                                                                                             | Introduction to Human Development and Family Studies                         |         |
| HDFS 101N                                                                                            | Helping People: Introduction to Understanding Social Problems & How to Help  |         |

Select 6 credits from the following courses in Foundations of Lifespan Human Development: 6

HDFS 229 Infant and Child Development

HDFS 239 Adolescent Development

HDFS 249N Adult Development and Aging

Select 3 credits from the following courses in Family Foundations: 3

HDFS 315 Family Development

HDFS 315Y Family Development

SOC 30 Sociology of the Family

Select at least 3 credits from the following courses in Statistics/Quantitative Skills: 3-4

EDPSY 101 Analysis and Interpretation of Statistical Data in Education

HDFS 200 Quantitative Skills for Human Services

STAT 200 Elementary Statistics

For the Career Development and Experiential Learning Capstone, select 15 credits from one of the following pathways: 15

*Traditional Capstone Internship*

HDFS 490 Professional Development and Preparation for Internship Experience

HDFS 495A Internship: Advanced Experience (9 credits)

HDFS 495B Internship: Advanced Project

*Modified Internship (Option only available with department approval)*

HDFS 490 Professional Development and Preparation for Internship Experience

HDFS 495B Internship: Advanced Project

HDFS 495C Professional Practicum in Human Services (3 credits)

6 Additional Credits with Department Approval

*Experiential Mix*

HDFS 490 Professional Development and Preparation for Internship Experience

HDFS 495A Internship: Advanced Experience (3-6 credits)

HDFS 495B Internship: Advanced Project

3-6 Credits of 300-/400-Level Career-Related Course Work (with Department Approval)

*Research Emphasis*

HDFS 494 Research Project (6 credits)

or HDFS 494 Senior Honors Thesis

or HDFS 496 Independent Studies

3 Credits of 400-Level HDFS

6 Additional Credits of 300-/400-Level Research Credits (e.g. HDFS 300H, HDFS 310M, HDFS 494, HDFS 494H, HDFS 496) or 300-/400-Level Career-Related Course Work (with Department Approval)

### Requirements for the Option

*Requirements for the Option: Require a grade of C or better*

Select an option 18-24

### Requirements for the Option

#### Human Development and Family Science Option (18 credits)

**Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Harrisburg, Mont Alto, Scranton, Shenango, University Park, World Campus, York**

| Code                                                                                 | Title                                                            | Credits |
|--------------------------------------------------------------------------------------|------------------------------------------------------------------|---------|
| <b>Additional Courses</b>                                                            |                                                                  |         |
| <i>Additional Courses: Require a grade of C or better</i>                            |                                                                  |         |
| Select 3 credits from the following courses in Advanced Development:                 |                                                                  | 3       |
| HDFS 405                                                                             | Gender and Social Development                                    |         |
| HDFS 413                                                                             | Developmental Problems in Adulthood                              |         |
| HDFS 428                                                                             | Infant Development                                               |         |
| HDFS 429                                                                             | Advanced Child Development                                       |         |
| HDFS 432                                                                             | Developmental Problems in Childhood and Adolescence              |         |
| HDFS 433                                                                             | Developmental Transition to Adulthood                            |         |
| HDFS 434                                                                             | Perspectives on Aging                                            |         |
| HDFS 445                                                                             | Development Throughout Adulthood                                 |         |
| HDFS 447                                                                             | Issues in Gerontology                                            |         |
| Select 3 credits from the following courses in Advanced Family Topics:               |                                                                  | 3       |
| HDFS 412                                                                             | Adult-Child Relationships                                        |         |
| HDFS 415                                                                             | Program Development in Family Relationships                      |         |
| HDFS 416/<br>SOC 411                                                                 | Racial and Ethnic Diversity and the American Family              |         |
| HDFS 417                                                                             | Biocultural Studies of Family Organization                       |         |
| HDFS 418                                                                             | Family Relationships                                             |         |
| HDFS 424                                                                             | Family Development in an Economic Context                        |         |
| HDFS 431                                                                             | Family Disorganization: Stress Points in the Contemporary Family |         |
| HDFS 469U                                                                            | Family Change in the Global Economy                              |         |
| SOC 430                                                                              | Family in Cross-Cultural Perspective                             |         |
| Select 6 credits from the following courses in Professional Skills for HDFS Careers: |                                                                  | 6       |
| HDFS 410                                                                             | Communities and Families                                         |         |
| HDFS 411                                                                             | The Helping Relationship                                         |         |
| HDFS 414                                                                             | Resolving Human Development and Family Problems                  |         |
| HDFS 430                                                                             | Experience in Preschool Groups                                   |         |
| HDFS 440                                                                             | Family Policy                                                    |         |
| HDFS 455                                                                             | Development and Administration of Human Services Programs        |         |
| HDFS/CMAS 465                                                                        | Child Maltreatment: Prevention and Treatment                     |         |

**Supporting Courses and Related Areas**

*Supporting Courses and Related Areas: Require a grade of C or better*

Diversity and Development: Select 6 credits from HDFS at any level or choose from approved list of University-wide offerings 6

**Developmental Science for Health Professions Option (24 credits)**

*Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Harrisburg, Mont Alto, Scranton, Shenango, University Park, York*

| Code                                                               | Title                     | Credits |
|--------------------------------------------------------------------|---------------------------|---------|
| <b>Additional Courses</b>                                          |                           |         |
| <i>Additional Courses: Require a grade of C or better</i>          |                           |         |
| Select 3 credits from the following courses in Health and Society: |                           | 3       |
| BBH 407                                                            | Global Health Equity      |         |
| SOC 451                                                            | Health, Disease & Society |         |

|                                                                      |                                                     |   |
|----------------------------------------------------------------------|-----------------------------------------------------|---|
| Select 6 credits from the following courses in Advanced Development: |                                                     | 6 |
| HDFS 405                                                             | Gender and Social Development                       |   |
| HDFS 413                                                             | Developmental Problems in Adulthood                 |   |
| HDFS 428                                                             | Infant Development                                  |   |
| HDFS 429                                                             | Advanced Child Development                          |   |
| HDFS 432                                                             | Developmental Problems in Childhood and Adolescence |   |
| HDFS 433                                                             | Developmental Transition to Adulthood               |   |
| HDFS 434                                                             | Perspectives on Aging                               |   |
| HDFS 445                                                             | Development Throughout Adulthood                    |   |
| HDFS 447                                                             | Issues in Gerontology                               |   |

**Supporting Courses and Related Areas**

*Supporting Courses and Related Areas: Require a grade of C or better*

Diversity and Development: Select 3 credits from HDFS at any level or choose from approved list of University-wide offerings 3

Science and Health Foundations: Select 12 credits from approved list of University-wide offerings 12

**General Education**

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (<https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/>) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

**Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)**

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

**Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)**

- **Arts (GA):** 3 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 3 credits
- **Social and Behavioral Sciences (GS):** 3 credits
- **Natural Sciences (GN):** 3 credits

**Integrative Studies**

- **Inter-Domain Courses (Inter-Domain):** 6 credits

**Exploration**

- **GN**, may be completed with Inter-Domain courses: 3 credits
- **GA, GH, GN, GS, Inter-Domain courses.** This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student's degree program, whichever is higher: 6 credits

## University Degree Requirements

### First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

### Cultures Requirement

6 credits are required and may satisfy other requirements

- United States Cultures: 3 credits
- International Cultures: 3 credits

### Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

### Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

### Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

### Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>)). For more information, check the Suggested Academic Plan for your intended program.