

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

Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2026-27 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view the appropriate Undergraduate Bulletin edition.

Brandywine Campus

Human Development and Family Science Option: Human Development and Family Studies, B.S. at Brandywine Campus

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First Year

Fall	Credits Spring	Credits
HDFS 129, 129S, or 101N*	3 HDFS 229, 239, or 249N*	3
First-Year Seminar	1-3 General Education Course (GWS) [‡]	3
General Education Course (GWS) (Recommend ENGL 15, ENGL 30H, ESL 15) [‡]	3 General Education Course (GN)	3
General Education Course (GS)	3 General Education Course (Exploration)	3
General Education Course (Inter-Domain) (can be HDFS prefix)	3 Elective	3
13-15		15

Second Year

Fall	Credits Spring	Credits
HDFS 200, EDPSY 101, or STAT 200 (General Education Course (GQ)) ^{*††}	3-4 HDFS 216*	3
HDFS 301*	3 HDFS 229, 239, or 249N*	3
HDFS 311*	3 HDFS 312W*	3
General Education Course (Exploration) (choose GN single or Inter-Domain)	3 HDFS 315 or SOC 30*	3

Elective	3 General Education Course (Inter-Domain) (can be HDFS Prefix)	3
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Third Year	Credits Spring	Credits
Fall		
HDFS Adv Family Course from Approved List*	3 HDFS Adv Development Course from Approved List*	3
HDFS Prof Skills: Choose from List*	3 Diversity & Dev (HDFS at Any Level or Select)*	3
Diversity & Dev (HDFS at Any Level or Select)*	3 General Education Course (GWS) [‡]	3
General Education Course (GQ) [‡]	3 General Education Course (GH)	3
General Education Course (GA)	3 Elective	3
Elective	3	

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Fourth Year	Credits Spring	Credits
Fall		
HDFS 490*	3 HDFS 495A*	9
HDFS Prof Skills: Choose from List*	3 HDFS 495B*	3
General Education Course (GHW)	3	
General Education Course (Exploration)	3	
Elective	3	
Elective	3	

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Total Credits 121-124

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Advising Notes:

- We suggest making "US" and "IL" selections that will double count with general education requirements to optimize efficiencies

Developmental Science for Health Professions Option: Human Development and Family Studies, B.S. at Brandywine Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
HDFS 129, 129S, or 101N*	3 HDFS 229, 239, or 249N*	3
First-Year Seminar	1-3 General Education Course (GWS) [‡]	3
General Education Course (GWS) (Recommend ENGL 15, ENGL 30H, ESL 15) [‡]	3 General Education Course (GN)	3
General Education Course (GS)	3 General Education Course (Exploration)	3
General Education Course (Inter-Domain) (can be HDFS prefix)	3 Elective	3
	13-15	15

Second Year

Fall	Credits Spring	Credits
HDFS 200, EDPSY 101, or STAT 200 (General Education Course (GQ)) ^{*††}	3-4 HDFS 216*	3
HDFS 301*	3 HDFS 229, 239, or 249N*	3
HDFS 311*	3 HDFS 312W*	3
General Education Course (Exploration) (choose GN single or Inter-Domain)	3 HDFS 315 or SOC 30*	3
Elective	3 Science & Health Foundations: Choose from List*	3
	General Education Course (Inter-Domain) (can be HDFS Prefix)	3
	15-16	18

Third Year

Fall	Credits Spring	Credits
HDFS Adv Family Course from Approved List*	3 HDFS Adv Development Course from Approved List*	3
Diversity & Dev (HDFS at Any Level or Select) [*]	3 Science & Health Foundations: Choose from List*	3
Science & Health Foundations – Choose from List*	3 General Education Course (GWS) [‡]	3
General Education Course (GQ) [‡]	3 General Education Course (GH)	3
General Education Course (GA)	3 General Education Course (Exploration)	3
	Elective	3
	15	18

Fourth Year

Fall	Credits Spring	Credits
HDFS 490*	3 HDFS 495A*	9
Health & Society: Choose from Approved List*	3 HDFS 495B*	3
Science & Health Foundations: Choose from List*	3	
General Education Course (GHW)	3	
Elective	3	
	15	12

Total Credits 121-124

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‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

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W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Advising Notes:

- We suggest making "US" and "IL" selections that will double count with general education requirements to optimize efficiencies

DuBois Campus

Human Development and Family Science Option with a Focus on Children, Youth & Families: Human Development and Family Studies, B.S. at DuBois Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
HDFS 129	3 CAS 100A	3
HDFS 239 or 249N (every even fall, if gerontology minor)	3 General Education Course	3
ENGL 15	3 General Education Course - Quantitative (EDPSY 101)	3
General Education Course	3 HDFS 229	3
General Education Course	3 General Education Course (BBH 143 if CSPCC or BIOL 155 if Geron.)	3
First Year Seminar	0-1	
15-16		15

Second Year

Fall	Credits Spring	Credits
HDFS 311	3 HDFS 301	3
HDFS 315Y	3 HDFS 312W (Writing across the curriculum)	3
Supporting Course (CNED 401 if CDPCC)	3 HDFS 314	1
ENGL 202A	3 General Education Course	3
General Education Course	3 General Education Course	3
General Education Course	3-4 HDFS (300-400 level) (HDFS 416 or HDFS 405 or HDFS 413 if Geron)	3
18-19		16

Third Year

Fall	Credits Spring	Credits
HDFS 411	3 HDFS 414	3
General Education Course	3 Advanced Development (HDFS 433)	3
General Education Course	3 Supporting Course (EDTHP 115 or ASB)	3
Supporting Course (HDFS 108N, SOC 1, or CNED 401)*	3 HDFS 300/400 Supporting Course - HDFS 302A	3
Advanced Development (HDFS 429 or HDFS 445 if Geron.)	3 Supporting Course (400 Level) (CNED 420 every odd spring or CNED 416 every even spring)	3

Supporting Course (400 level) (CNED 401 or CNED 404 every even fall, or CNED 421 every odd fall) If Geron. DLC class	3 General Education Course	3
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Fourth Year

Fall	Credits Spring	Credits
HDFS 401 (490)	3 HDFS 495C (495A)	6-8
HDFS 418	3 HDFS 496 (if Geron.)	3
HDFS 455	3 Internship	3
General Education Course	3	
General Education Course	3	
15		12-14

Total Credits 127-131

- * Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Program Notes:

- CDPCC if as student is pursuing the Chemical Dependency Prevention Certificate
- Gerontology designation if a student is pursuing the Gerontology minor

HDFS Course Options:

- Advanced Development Selections: (Need one, but could take a second one as 300/400 level support): HDFS 429, HDFS 433 or HDFS 445
- HDFS 300/400 Level Support: (Select at least two; can do more if using for 400 level support, supporting courses or electives): HDFS 395, HDFS 302A, HDFS 413, HDFS 447, HDFS 405, HDFS 416, HDFS 448
- 400 Level Support: (Select two of these; can also be used for elective or supporting courses): CNED 401*, CNED 404*, CNED 421*, CNED 416*, CNED 420*
- Supporting Courses: (Select three to five): CRIMJ courses, BBH 143*, BBH 146, EDTHP 115 US, HDFS 108N, PSYCH 100, PSYCH 212, SOC 1

** Options for the Chemical Dependency Prevention Certificate*

Fayette Campus

Human Development and Family Science Option: Human Development and Family Studies, B.S. at Fayette Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
HDFS 129 or 239 (GS)*	3 STAT 200**	4
ENGL 15 or 30H†	3 HDFS 129 or 229 (GS)*	3
PSU 8	1 CAS 100‡	3
General Education Course	3 General Education Course	3
General Education Course	3 General Education Course	3
Quantification (GQ)‡	3	
	16	16

Second Year

Fall	Credits Spring	Credits
HDFS 129 or 239 (GS)*	3 HDFS 311*	3
HDFS 301*	3 HDFS 312W	3
HDFS 315Y*	3 Supporting 400-Level Course- Other Selections*	3
General Education Course	3 United States Cultures- Additional Requirement for HDFS*	3
General Education Course	3 Supporting Course-Consult with an Adviser*	3
	15	15

Third Year

Fall	Credits Spring	Credits
HDFS 411*	3 HDFS 412, 429, 433, 440, or 445 (or see adviser)* ¹	3
HDFS 412, 429, 433, 440, or 445 (or see adviser)* ¹	3 HDFS 418*	3
General Education Course	3 HDFS 414*	3
ENGL 202A‡	3 Supporting Course in Other Selections- Consult with an Adviser*	3
HDFS 300/400-Level Other Selection*	3 General Education Course	3
General Education Course (GHW)	1.5	
	16.5	15

Fourth Year

Fall	Credits Spring	Credits
HDFS 412, 429, 433, 440, or 445 (or see adviser)* ¹	3 HDFS 495A*	9
HDFS 490*	3 HDFS 495B*	3
HDFS 455*	3	
General Education Course	3	
Elective	3	

General Education Course (GHW)	1.5
	16.5
	12

Total Credits 122

- * Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

¹ Course selection based on semester availability. HDFS 412, 429, 433, 440, 445, Students should work with their adviser.

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General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Advising Note:

- Students should work with their adviser to address any deficiencies in MATH or World Languages in their first year.
- This HDFS program is offering a CFLE Certificate (Certified Family Life Educator). SELECT COURSES REQUIRED for CFLE provisional certification when choosing supporting courses in the HDFS major. Please consult with Dr. Ittig.
- Entrance to Major: Degree seeking students (DUS) must complete **18 credits AND have a 2.0 CGPA** before one can declare this major. Degree seeking students are limited to 36 credits at Penn State in this status, at which point they must seek enrollment in a degree program to continue.

Mont Alto Campus

Human Development and Family Science Option: Human Development and Family Studies, B.S. at Mont Alto Campus

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First Year

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
ENGL 15 or 30H (GWS) [‡]	3 CAS 100A (GWS)	3
General Education Course (GQ) or MATH 4 (if needed)	3 General Education Course (GN) [‡]	3
General Education Course (GS)	3 General Education Course (Inter-Domain)	3
General Education Course (GH)	3 Elective	3
PSU 8	1	
	16	15

Second Year

Fall	Credits Spring	Credits
HDFS 229, 239, or 249N*	3 HDFS 315Y (US)*	3
HDFS 301 or 311*	3 ENGL 202A* [‡]	3
HDFS at Any Level (Diversity and Development)	3 HDFS 216	3
General Education Course (GN)	3 General Education Course (GA)	3
EDPSY 101 or STAT 200 (GQ)* ^{‡†}	3-4 Elective	3
	15-16	15

Third Year

Fall	Credits Spring	Credits
HDFS Skills (400-Level) #1	3 HDFS Skills (400-Level) #2	3
HDFS 301 or 311*	3 HDFS 429, 433, or 445 (Advanced Development Course)*	3
HDFS 312W*	3 General Education Course (Exploration)	3
General Education Course (GHW)	3 Elective	3
General Education Course (Inter-Domain)	3 Elective	3
	15	15

Fourth Year

Fall	Credits Spring	Credits
HDFS 490 (Internship Preparation)	3 HDFS 495A	9
HDFS 418*	3 HDFS 495B	3
HDFS at Any Level (Diversity and Development)	3 Elective	3
Elective	3	

General Education Course (Exploration)	3	
	15	15

Total Credits 121-122

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- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

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Human Development and Family Science Option with Certification Family Life Education (CFLE): Human Development and Family Studies, B.S. at Mont Alto Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
HDFS 129 ^{*1}	3 HDFS 229, 239, or 249N [*]	3
ENGL 15 or 30H (GWS) [‡]	3 CAS 100A (GWS)	3
General Education Course (GQ) or MATH 4 (if needed)	3 General Education Course (GN) [‡]	3
General Education Course (GS) (PSYCH 100) ¹	3 General Education Course (Inter-Domain)	3
General Education Course (GH)	3 Elective (HDFS 411) ¹	3
PSU 8	1	
	16	15

Second Year

Fall	Credits Spring	Credits
HDFS 229, 239, or 249N [*]	3 HDFS 315 (Y) (US) ^{*1}	3
HDFS 301 or 311 ^{*1}	3 ENGL 202A ^{*‡}	3
HDFS at Any Level (Diversity and Development) (HDFS 424) ¹	3 HDFS 216	3
General Education Course (GN) (Single or Inter-Domain)	3 General Education Course (GA)	3
EDPSY 101 or STAT 200 (GQ) ^{*‡†}	3-4 Elective (HDFS 414) ¹	3
	15-16	15

Third Year

Fall	Credits Spring	Credits
HDFS Skills (400-Level) #1 (HDFS 440) ¹	3 HDFS Skills (400-Level) #2 (HDFS 455) ¹	3
HDFS 301 or 311 ^{*1}	3 HDFS 429, 433, or 445 [*]	3
HDFS 312W [*]	3 General Education Course (Exploration)	3
General Education Course (GHW)	3 Elective (PSYCH 422) ¹	3
General Education Course (Inter-Domain)	3 Elective	3
	15	15

Fourth Year

Fall	Credits Spring	Credits
HDFS 490	3 HDFS 495A ¹	9
Advanced Family Topics (HDFS 418) ^{*1}	3 HDFS 495B	3
HDFS at Any Level (Diversity and Development) (HDFS 412) ¹	3 Elective	3

General Education Course (Exploration)	3
Elective	3
	15
	15

Total Credits 121-122

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Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Requirement (or prerequisite) for Family Life Education certification.

University Requirements and General Education Notes:

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General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Developmental Science for Health Professions Option: Human Development and Family Studies, B.S. at Mont Alto Campus

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First Year

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
ENGL 15 or 30H (GWS) [†]	3 CAS 100A (GWS)	3
General Education Course (GQ) or MATH 4 (if needed)	3 General Education Course (GN)	3
General Education Course (GS)	3 General Education Course (Inter-Domain)	3
General Education Course (GH)	3 Elective	3
PSU 8	1	
	16	15

Second Year

Fall	Credits Spring	Credits
HDFS 229, 239, or 249N*	3 HDFS 315Y (US)	3
HDFS 301 or 311*	3 ENGL 202A** [†]	3
HDFS at Any Level (Diversity and Development)	3 HDFS 216	3
General Education Course (GN or Inter-Domain)	3 General Education Course (GA)	3
EDPSY 101 or STAT 200 (GQ) ^{**††}	3-4 Elective	3
	15-16	15

Third Year

Fall	Credits Spring	Credits
HDFS (Science and Health Foundations) #1 (e.g., BIOL, CHEM, OTA, PTA)	3 Health & Society (see adviser for approved list)	3
HDFS (Science and Health Foundations) #2 (e.g., BIOL, CHEM, OTA, PTA)	3 HDFS (Science and Health Foundations) #3 (e.g., BIOL, CHEM, OTA, PTA)	3
HDFS 312W*	3 HDFS 429 (Advanced Development Course)*	3
General Education Course (GHW)	3 General Education Course (Exploration)	3
General Education Course (Inter-Domain)	3 Elective	3
	15	15

Fourth Year

Fall	Credits Spring	Credits
HDFS 490 (Internship Preparation)	3 HDFS 495A	9
HDFS (Science and Health Foundations) #4 (e.g., BIOL, CHEM, OTA, PTA)	3 HDFS 495B	3

HDFS 429, 433, or 445 (Advanced Development Course)*	3 Elective	3
Elective	3	
General Education Course (Exploration)	3	
	15	15

Total Credits 121-122

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‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

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General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Scranton Campus

Developmental Science for Health Professions Option: Human Development and Family Studies, B.S. at Scranton Campus

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First Year

Fall	Credits Spring	Credits
PSU 8	1 General Education Course (GWS) (recommend CAS 100A) [†]	3
HDFS 129 or 101N [*]	3 EDPSY 101, STAT 200, or HDFS 200 (GQ) ^{*††}	3-4
Quantification (GQ)	3 General Education Course	3
General Education Course (GWS) (recommend ENGL 15 or ENGL 30H) [†]	3 Lifespan Development #1 (HDFS 229, HDFS 239, or HDFS 249N) [*]	3
General Education Course	3 General Education Course	3
General Education Course	3	
	16	15-16

Second Year

Fall	Credits Spring	Credits
HDFS 301 [*]	3 HDFS 311 [*]	3
HDFS 312W [*]	3 Skills and Ethics (HDFS 216) [*]	3
HDFS 315 [*]	3 General Education Course	3
Lifespan Development #2 (HDFS 229, HDFS 239, or HDFS 249N) [*]	3 General Education Course	3
HDFS Diversity and Development #1	3 Elective	3
General Education Course	3	
	18	15

Third Year

Fall	Credits Spring	Credits
Professional Skills (HDFS 411) [*]	3 HDFS 414 [*]	3
HDFS Diversity and Development #2	3 HDFS 431 [*]	3
General Education Course	3 Advanced Development (HDFS 428, HDFS 429, or HDFS 433) [*]	3
General Education Course	3 General Education Course (GWS) (recommend ENGL 202A) [†]	3
Elective	3 General Education Course	3
	15	15

Fourth Year

Fall	Credits Spring	Credits
HDFS 490 [*]	3 HDFS 495A [*]	9
General Education Course	3 HDFS 495B [*]	3

Elective	3	
Elective	3	
Elective	3	
	15	12

Total Credits 121-122

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Course is an Entrance to Major requirement

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University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

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General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Program Notes

- Students are encouraged to take HDFS 312W in semester 3, if possible.
- In consultation with an adviser, students will find a faculty member during their 5th or 6th semester to serve as the supervisor for HDFS 494, research project. This is a two-semester senior-year project culminating in semester 8 research paper.

Advising Notes

• Fourth Year, Spring Semester:

- Career Development & Experiential Learning Capstone (15 credits):
 - Choose 15 credits from one of the following options:
 - Traditional Capstone Internship: HDFS 490, HDFS 495A (9 credits), and HDFS 495B (~480 hours)
 - Modified Internship (*only with departmental approval): HDFS 490, HDFS 495C (3 credits FTE), and HDFS 495B (3) (~480 hours), plus 6 additional credits with departmental approval
 - Experiential Mix: HDFS 490, HDFS 495A (3-6 credits), and HDFS 495B (~160–320 hours), plus 3-6 additional credits of career related coursework (with departmental approval)
 - Research Emphasis: 6 credits of HDFS 494, HDFS 494H, or HDFS 496, plus 3 additional credits of HDFS 400-level, plus 6 additional credits of 300/400-level research credits (e.g., HDFS 300H, HDFS 310M, HDFS 494, HDFS 494H, HDFS 496) or career related coursework (with departmental approval)
- Math 21 is considered the standard 1st semester GQ. Students are encouraged to check with their adviser on the appropriate math sequencing if not placed in MATH 21 first semester.

- It is recommended that General Education Arts (GA) and Humanities (GH) be taken in junior and senior year if student plans to study abroad.
- HDFS 315 satisfies the University Requirement for US cultures.
- IL may be combined with GA, GH, or GS.
- Credit adjustments should be made if free elective credits are needed for a total of 120 credits minimum (which includes semester 8).

Human Development and Family Science Option: Human Development and Family Studies, B.S. at Scranton Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
PSU 8	1 EDPSY 101, STAT 200, or HDFS 200 (GQ)*††	3-4
HDFS 129 or 101N*	3 Lifespan Development #1 (HDFS 229, HDFS 239, or HDFS 249N)*	3
Quantification (GQ)	3 General Education Course (GWS) (recommend CAS 100A)†	3
General Education Course (GWS) (recommend ENGL 15 or ENGL 30H) ‡	3 General Education Course	3
General Education Course	3 General Education Course	3
General Education Course	3	
	16	15-16

Second Year

Fall	Credits Spring	Credits
HDFS 301*	3 HDFS 311*	3
HDFS 312W*	3 Skills and Ethics (HDFS 216)*	3
HDFS 315*	3 General Education Course	3
Lifespan Development #1 (HDFS 229, HDFS 239, or HDFS 249N)*	3 General Education Course	3
HDFS Diversity and Development #1	3 Elective	3
General Education Course	3	
	18	15

Third Year

Fall	Credits Spring	Credits
Professional Skills (HDFS 411)*	3 HDFS 414*	3
HDFS Diversity and Development #2	3 HDFS 455*	3
General Education Course	3 HDFS 431*	3
General Education Course	3 Advanced Development (HDFS 428, HDFS 429, or HDFS 433)*	3
Elective	3 General Education (GWS) (recommend ENGL 202A)†	3
	15	15

Fourth Year

Fall	Credits Spring	Credits
HDFS 490*	3 HDFS 495B*	3
General Education Course	3 HDFS 495A*	9

Elective	3
Elective	3
Elective	3
	15
	12

Total Credits 121-122

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Program Notes

- Students are encouraged to take HDFS 312W in semester 3, if possible.
- International cultures (IL) may be combined with GA, GH, or GS.
- HDFS 315 satisfies the University Requirement for US cultures.

Advising Notes

• Fourth Year, Spring Semester:

- Career Development & Experiential Learning Capstone (15 credits):
 - Choose 15 credits from one of the following options:
 - Traditional Capstone Internship: HDFS 490, HDFS 495A (9 credits), and HDFS 495B (~480 hours)
 - Modified Internship (*only with departmental approval): HDFS 490, HDFS 495C (3 credits FTE), and HDFS 495B (3) (~480 hours), plus 6 additional credits with departmental approval
 - Experiential Mix: HDFS 490, HDFS 495A (3-6 credits), and HDFS 495B (~160–320 hours), plus 3-6 additional credits of career related coursework (with departmental approval)
 - Research Emphasis: 6 credits of HDFS 494, HDFS 494H, or HDFS 496, plus 3 additional credits of HDFS 400-level, plus 6 additional credits of 300/400-level research credits (e.g., HDFS 300H, HDFS 310M, HDFS 494, HDFS 494H, HDFS 496) or career related coursework (with departmental approval)
- MATH 21 is considered the standard 1st semester GQ. Students are encouraged to check with their adviser on the appropriate math sequencing if not placed in MATH 21 first semester.
- Students should consult with their advisers concerning appropriate supporting courses.

- This is a recommended plan and is not meant to substitute for students meeting with their academic advisers. Any deviations from this plan should be discussed with students' academic advisers.

Shenango Campus

Human Development and Family Science Option: Human Development and Family Studies, B.S. at Shenango Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
First-Year Seminar	1 General Education Course (GWS) (Recommend CAS 100A) [†]	3
General Education Course (GWS) (Recommend ENGL 15 or ENGL 30H) [†]	3 General Education Course (GN)	3
General Education Course (GS) (Recommend PSYCH 100)	3 General Education Course (Exploration)	3
General Education Course (Inter-Domain) (can be HDFS prefix)	3 Elective	3
	13	15

Second Year

Fall	Credits Spring	Credits
HDFS 216*	3 HDFS 301 (Skills and Ethics for HDFS)*	3
HDFS 229, 239, or 249N (Foundations of Lifespan Development)*	3 HDFS 312W (Research and Data)*	3
HDFS 311 (Skills and Ethics for HDFS)*	3 General Education Course (GH)	3
General Education Course (GQ) (STAT 200 or EDPSY 101) ^{*††}	3-4 General Education Course (Inter-Domain) (can be HDFS prefix)	3
General Education Course (Exploration: GN or GN Inter-Domain)	3 Elective	3
	15-16	15

Third Year

Fall	Credits Spring	Credits
HDFS 315Y (Family Foundations)*	3 HDFS 411, 440, or 455 (Prof Skills for HDFS Careers)*	3
HDFS 411, 440, or 455 (Prof Skills for HDFS Careers)*	3 Diversity and Development: HDFS at any level or select HDFS 412 recommended*	3
General Education Course (GQ) [†]	3 HDFS Adv Development: HDFS 445 recommended*	3
General Education Course (GA)	3 General Education Course (GWS) [†]	3
Elective	3 General Education Course (Exploration)	3

	Elective (PSYCH 422 recommended)	3
	15	18
Fourth Year		
Fall	Credits Spring	Credits
HDFS 490*	3 HDFS 495A*	9
Advanced Family Topics: HDFS 418 recommended*	3 HDFS 495B*	3
Diversity and Development: HDFS at any level or approved supporting course - HDFS 424 or HDFS 414 recommended*	3	
General Education Course (GHW)	3	
Elective	3	
Elective	3	
	18	12

Total Credits 121-122

* Course requires a grade of C or better for the major

† Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Program Notes

Students must complete a 3-credit course in "United States Cultures (US)" and a 3-credit course in "International Cultures (IL)."

Human Development and Family Science Option with Certification Family Life Education (CFLE): Human Development and Family Studies, B.S. at Shenango Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
ENGL 15 [‡]	3 CAS 100A [‡]	3
HDFS 129 [*]	3 HDFS 239, 229, or 249N [*]	3
PSU 8	1 HDFS 411 [*]	3
PSYCH 100	3 General Education Course	3
General Education Course	3 General Education Course	3
	13	15

Second Year

Fall	Credits Spring	Credits
HDFS 216 [*]	3 HDFS 301 [*]	3
HDFS 229 (Course is a prerequisite to HDFS 412) [*]	3 HDFS 312W [*]	3
HDFS 311 [*]	3 General Education Course	3
HDFS 315Y [*]	3 General Education Course	3
STAT 200 or EDPSY 101 ^{**†}	4 General Education Course	3
	16	15

Third Year

Fall	Credits Spring	Credits
General Education Course	3 ENGL 202A or 202D [‡]	3
HDFS 440 [*]	3 HDFS 412 [*]	3
PSYCH 422 [*]	3 HDFS 445 [*]	3
General Education Course (GQ) [‡]	3 HDFS 455 [*]	3
Elective	3 General Education Course	3
	15	15

Fourth Year

Fall	Credits Spring	Credits
HDFS 414 [*]	3 HDFS 495A [*]	9
HDFS 418 [*]	3 HDFS 495B [*]	3
HDFS 424 [*]	3 Elective	3
HDFS 490 [*]	3	
General Education Course	3	
Elective	3	
	18	15

Total Credits 122

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

offered during the fall semester. If students do not take HDFS 429 in the fall semester, they should take HDFS 433 during the spring semester.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Program Notes

Students must complete a 3-credit course in "United States Cultures (US)" and a 3-credit course in "International Cultures (IL)."

¹ Students can choose either HDFS 429 or HDFS 433. Only one of the two courses is needed to fulfill the requirement. HDFS 429 is only

Developmental Science for Health Professions Option: Human Development and Family Studies, B.S. at Shenango Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
HDFS 129*	3 HDFS 229, 239, or 249N*	3
PSU 8	1 General Education Course (GWS) [‡]	3
General Education Course (GWS) (Recommend ENGL 15 or ENGL 30H) [‡]	3 General Education Course (GN)	3
General Education Course (GS)	3 General Education Course (Exploration)	3
General Education Course (Inter-Domain) (can be HDFS prefix)	3 Elective	3
	13	15

Second Year

Fall	Credits Spring	Credits
HDFS 229, 239, or 249N*	3 HDFS 301*	3
HDFS 216*	3 HDFS 312W*	3
HDFS 311*	3 Science & Health Foundations (choose from list)*	3
HDFS 315Y (US)*	3 General Education Course (Exploration: GN or GN Inter-Domain)	3
General Education Course (GQ) (choose STAT 200 or EDPSY 101)* ^{‡†}	3-4 General Education Course (GH)	3
	General Education Course (Inter-Domain) (can be HDFS prefix)	3
	15-16	18

Third Year

Fall	Credits Spring	Credits
Diversity & Development (HDFS at any level or select)*	3 Health & Society (choose from approved list)*	3
Science & Health Foundations (choose from list)*	3 HDFS Advanced Development Course from Approved List*	3
General Education Course (GQ) [‡]	3 Science & Health Foundations (choose from list)*	3
General Education Course (GA)	3 General Education Course (GWS) [‡]	3
Elective	3 General Education Course (Exploration)	3

	Elective	Credits
	15	18
Fourth Year		
Fall	Credits Spring	Credits
HDFS 490*	3 HDFS 495A*	9
HDFS Advanced Development Course from Approved List*	3 HDFS 495B*	3
General Education Course (GHW)	3	
Elective	3	
	12	12

Total Credits 118-119

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Program Notes

Students must complete a 3-credit course in "United States Cultures (US)" and a 3-credit course in "International Cultures (IL)."

York Campus

Human Development and Family Science Option: Human Development and Family Studies, B.S. at York Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
ENGL 15 or 30H [‡]	3 HDFS 200 [*]	3
HDFS 129 [*]	3 HDFS 239 or 216 [*]	3
HDFS 216 [*]	3 CAS 100A, 100B, or 100C [‡]	3
General Education Course	6 General Education Course	6
15	15	

Second Year

Fall	Credits Spring	Credits
HDFS 229 or 249N [*]	3 ENGL 202A [‡]	3
HDFS 311 [*]	3 General Education Course	3
HDFS 312W [*]	3 HDFS 301 [*]	3
General Education Course	3 HDFS 315 [*]	3
HDFS Diversity (any level) [*]	3 HDFS Diversity (any level) [*]	3
15	15	

Third Year

Fall	Credits Spring	Credits
HDFS Development (400 level)	3 HDFS Skills (400 level)	3
HDFS Skills (400 level)	3 General Education Course	6
General Education Course	6 Elective	6
Elective	3	
15	15	

Fourth Year

Fall	Credits Spring	Credits
HDFS 490 [*]	3 HDFS 495A [*]	9
Elective	3 HDFS 495B [*]	3
Elective	9	
15	12	

Total Credits 117

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Developmental Science for Health Professions Option: Human Development and Family Studies, B.S. at York Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
ENGL 15 or 30H [‡]	3 HDFS 200 [*]	3
HDFS 129 [*]	3 HDFS 239 or 216 [*]	3
HDFS 216 [*]	3 CAS 100A, 100B, or 100C [‡]	3
General Education Course	6 General Education Course	6
15	15	

Second Year

Fall	Credits Spring	Credits
HDFS 229 or 249N [*]	3 ENGL 202A [‡]	3
HDFS 311 [*]	3 General Education Course	3
HDFS 312W [*]	3 HDFS 301 [*]	3
General Education Course	3 HDFS 315 [*]	3
HDFS Diversity (any level) [*]	3 HDFS Diversity (any level) [*]	3
15	15	

Third Year

Fall	Credits Spring	Credits
HDFS Development (400 level)	3 HDFS 480 [*]	3
Approved Health Course [*]	6 HDFS Development (400 level)	3
General Education Course	6 Approved Health Course [*]	3
	General Education Course	6
15	15	

Fourth Year

Fall	Credits Spring	Credits
HDFS 490 [*]	3 HDFS 495A [*]	9
Approved Health Course [*]	3 HDFS 495B [*]	3
Elective	12	
18	12	

Total Credits 120

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.