

# HUMAN DEVELOPMENT AND FAMILY STUDIES (HDFS)

---

## **HDFS 105 Individual and Family Development (3 credits)**

General Education: Social and Behavioral Ways of Knowing  
Basic principles and sequences in individual and family development; family structure and functions as they support human development. Typically Offered: Fall.

## **HDFS 146 Adulthood: Life, Love & Money (3 credits)**

This introductory course offers a practical approach to learning necessary life skills such as money management, navigating personal relationships, and planning for the unexpected things in life. Using an interdisciplinary approach, this course explores how emotions affect the use of money, and how that affects relationships throughout the lifespan. Students will learn smart decision making skills to help them succeed in college and post-college. Typically Offered: Fall.

## **HDFS 220 Introduction to Human and Community Engagement (1 credit)**

Cross-listed with CLDR 220  
This course aims to prepare students to discover initiatives and opportunities for personal and professional engagement in their communities. Students will identify individual and community-based issues through an overview of basic human and community development theories and models. Students will examine the volunteerism, efforts, programs, policies, and practices of governmental agencies, charitable foundations, non-governmental organizations, and other community-based initiatives in the local area. Students will recognize their role as a citizen and opportunities for harnessing their talents through human and community engagement. Typically Offered: Spring.

## **HDFS 240 Intimate Relationships (3 credits)**

Dynamics of intimate relationships from early adulthood through the adult lifespan. Typically Offered: Spring.

## **HDFS 334 Adolescence and Emerging Adulthood (3 credits)**

Physical, cognitive, and socioemotional development of adolescents and emerging adults in the context of family, relationships, and culture. Typically Offered: Fall.

**Prereqs:** HDFS 105, PSYC 101, or SOC 101; or Permission

## **HDFS 360 Sexuality Across the Lifespan (3 credits)**

Sexuality lies at the core of our identities as human beings. This course explores critical perspectives on the development of sexuality across the lifespan, from childhood and adolescence to adulthood and later life, within the contexts of intimate relationships, family systems, and society. Participants are introduced to theory and research that prepare them to engage in sophisticated and thoughtful analyses of the complexity of identity and diverse sexualities, sexual behavior and feelings, cultural traditions and moral beliefs related to sex and identity, and academic approaches to the study of sex and sexual development. Typically Offered: Fall.

**Prereqs:** HDFS 105 and HDFS 240

## **HDFS 401 Professional Ethics and Practice in CFCS (1 credit)**

Establishing a professional identity and transitioning to a career in human development and family services. Emphasis on professional presentation and ethical conduct. Explores ethical and philosophical issues; professional development and leadership; and career goals, opportunities, and challenges as they relate to human development and family sciences. Typically Offered: Spring.

## **HDFS 404 (s) Special Topics (1-16 credits, max arranged)**

### **HDFS 410 Growing Old in a New Age (3 credits)**

Overview of issues related to aging; life-span development, how environments affect older persons, seeking an optimal quality of life, cross-cultural considerations, how aging is studied, and how to access resources. Graded Pass/Fail. Typically Offered: Spring.

### **HDFS 420 Advanced Human and Community Engagement Experience (2-5 credits)**

Cross-listed with CLDR 420  
Formalized service-learning experience with community-based organization(s). Students commit a minimum of 40 hours of volunteerism/community engagement per semester credit. At least 40 hours must be with the preapproved organization and supervisor. Requires completion of a formal proposal. Typically Offered: Fall, Spring and Summer.

**Prereqs:** CLDR 220 or HDFS 220, and enrollment in final semester of Human and Community Engagement Minor

### **HDFS 431 Certified Family Life Educator Methodology (3 credits)**

This course surveys the models and methods for strengthening family relationships utilizing primary prevention strategies. Students will learn diverse techniques for teaching content related to the three cornerstones of family life education: interpersonal relationships, sexuality, and parenting. Typically Offered: Spring.

**Prereqs:** HDFS 240, ECDE 340, or HDFS 440

### **HDFS 434 Adulthood and Aging within the Context of Family (3 credits)**

Analysis of development from young adulthood to old age. Includes factors that influence changes as well as continuity in physical, emotional, social, cognitive, and creative development. Overview of theories of human development and current issues in aging, including dementia, family and lifestyle choices, relationships, retirement, and grandparenting. Requirements for graduate credit include conducting a review of literature in a chosen topic and presenting it to the class. Typically Offered: Spring.

**Prereqs:** HDFS 105, Junior standing

### **HDFS 440 Contemporary Family Relationships (3 credits)**

Dynamics of the major types of family relationships; marital, parent-child, sibling, and extended-family interaction in contemporary society. Typically Offered: Spring.

**Prereqs:** PSYC 101, SOC 101, or Permission

### **HDFS 445 Issues in Work and Family Life (3 credits)**

Joint-listed with HDFS 545  
Study of theories, trends, policies, and issues related to work and family; examination of assessment instruments; development of proposals. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

**Prereqs:** HDFS 105 and FCS 346; and Family and Consumer Sciences major

### **HDFS 498 (s) Internship (1-16 credits)**

### **HDFS 499 (s) Directed Study (1-16 credits, max arranged)**

### **HDFS 545 Issues in Work and Family Life (3 credits)**

Joint-listed with HDFS 445  
Study of theories, trends, policies, and issues related to work and family; examination of assessment instruments; development of proposals. Additional projects/assignments required for graduate credit. Typically Offered: Fall.