HUMAN DEVELOPMENT AND FAMILY STUDIES (HDFS)

HDFS 105 Individual and Family Development (3 credits)
Basic principles and sequences in individual and family development; family structure and functions as they support human development. Typically Offered: Fall.

HDFS 146 Adulting: 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 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.

HDFS 404 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 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.

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.

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.

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.

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.