

HUMAN DEVELOPMENT AND FAMILY STUDIES MINOR

EMPOWERING INDIVIDUALS AND FAMILIES ACROSS THE LIFESPAN



The minor in Human Development and Family Studies (HDFS) is designed to offer students an introduction to family studies courses and provide a broad understanding of human development across the lifespan. Students gain a greater understanding of contemporary and diverse family systems, as well as individual and family development. A minor in HDFS can often strengthen your marketability in other fields.

Why choose to minor in HDFS?

Regardless of your major, a minor in HDFS will provide you with beneficial knowledge and skills, including:

- Bringing a family perspective when working with individuals in your field
- Bringing a developmental perspective to working with individuals
- Cultural competency and working with diverse populations
- Interpersonal communication skills
- Critical thinking and problem-solving skills
- Ethical thinking and decision-making skills



Minor coursework

Required Courses (12 credits):

- HDFS 1930: Lifespan Human Development
- HDFS 2020: Contemporary Marriages and Families
- HDFS 3050: Family Resource Management
- HDFS 4280: Human Sexuality

Choose one of the following (3 credits):

- HDFS 2200: Infancy and Toddlerhood
- HDFS 2210: Child Development
- HDFS 2280: Pre-Adolescent & Adolescent Development
- HDFS 2290: Adult Development

Choose two of the following (6 credits):

- HDFS 2080: Family Diversity
- HDFS 3250: Child and Family Under Stress
- HDFS 3290: Families in Mid to Later Years

To declare a minor in HDFS, request a MINOR REQUEST FORM from your college advising office.

An HDFS minor might be particularly useful to students majoring in:

- Criminal Justice
- Communication
- Ethnic Studies
- International Studies
- Gerontology
- Psychology
- Public Health
- Social Work
- Sociology
- Women's, Gender & Sexuality Studies

Students majoring in these fields may find that a minor in human development and family studies will perfectly complement their studies. Having a deeper understanding of individuals and families in our society will only enhance the work you do in your field. However, an HDFS minor is open to all majors; students across campus are encouraged to think about how training in the area of human development and family studies will benefit them in their future careers.

For more information:

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