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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