

## Youth Development

### Recommended Courses for HDFS Majors

Your B.S. degree in HDFS is excellent preparation for work in virtually any kind of youth development program. If you're interested in working with young people, you'll want to choose the Child and Adolescent Development concentration and include in your program some well-chosen elective courses that will help you develop skills and knowledge useful in a range of different contexts. You may also want to include electives that will be helpful should you decide to apply to graduate or professional school sometime in the future. A selection from the following courses can help you get off to a good start.

<b>HDFS 208</b>	Children and Families with Special Needs
<b>HDFS 261</b>	Self-Help Group Development & Process
<b>HDFS 450</b>	Practicum in HDFS
<b>AGED 430</b>	Youth Development Programs
<b>ARTE 260</b>	Museums in Action
<b>CHLH 206</b>	Human Sexuality
<b>CHLH 243</b>	Drug Use and Abuse
<b>RST 120</b>	Foundations of Recreation
<b>RST 316</b>	Leisure and Human Development
<b>SHS 120</b>	Children, Communication & Language Ability
<b>SPED 117</b>	The Culture of Disability
<b>PSYC 201</b>	Social Psychology
<b>PSYC 238</b>	Abnormal Psychology
<b>PSYC 250</b>	Psychology of Personality

### Sample Four-Year Plan for Child & Adolescent Development Concentration

[for students starting the HDFS major in or after Fall 2015]

The four-year plan below shows how to include prepare for entry-level positions in youth development while meeting graduation requirements in the HDFS child and adolescent development concentration. Use this plan only as a guide. Consult your academic advisor for suggestions for open electives suited for your career plans, and as you develop, modify and move through your own plan.

#### Year 1

##### Fall Semester

	hours
ACES 101 – Contemporary Issues in ACES	2
HDFS 101 – Issues & Careers in HDFS	1
HDFS 105 – Intro to Human Development	3
MATH 124 – Finite Mathematics	3-5
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 111 – Oral & Written Comm I	3-4
PSYC 100 – Intro Psych	4

##### Spring Semester

	hours
ACE 161 – Microcomputer Applications	3
FSHN 120 – Contemporary Nutrition, or CHLH 100 – Contemporary Health	3
HDFS 120 – Intro to Family Studies	3
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 112 – Oral & Written Comm II	3-4
Biological or Physical Science (General Education)	3-4

## Year 2

### Fall Semester hours

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ANTH 143 – Biology of Human Behavior	3
Economics	3-4
Statistics	3-4
<b>PSYC 201 – Social Psychology</b>	<b>3</b>
<b>HDFS 261 – Self Help Group Dev &amp; Process</b>	<b>3</b>
<b>CHLH 243 – Drug Use &amp; Abuse</b>	<b>2</b>

### Spring Semester hours

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HDFS 220 – Families in Global Perspective	3
HDFS 290 – Intro to Research Methods	4
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	3
<b>RST 120 – Foundations of Recreation</b>	<b>3</b>

## Year 3

### Fall Semester hours

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HDFS 301 – Infancy & Early Childhood	4
<b>HDFS 208 – Child &amp; Fam with Special Needs</b>	<b>3</b>
<b>RST 316 – Leisure &amp; Human Development</b>	<b>3</b>
<b>PSYC 238 – Abnormal Psychology</b>	<b>3</b>
Open elective	3

### Spring Semester hours

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HDFS 305 – Middle Childhood	3
Western Cultural Studies (General Education)	<b>3</b>
<b>CHLH 206 – Human Sexuality</b>	<b>3</b>
<b>PSYC 250 – Psych of Personality</b>	<b>2</b>
<b>SPED 117 – The Culture of Disability</b>	<b>3</b>
Open elective	3

## Year 4

### Fall Semester hours

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<b>HDFS 401 – Socialization and Development</b>	<b>4</b>
<b>HDFS 450 – Practicum in HDFS</b>	<b>4-6</b>
<b>SHS 120 – Child, Comm &amp; Language Ability</b>	<b>3</b>
Open Elective	3

### Spring Semester hours

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HDFS 405 – Adolescent Development	3
HDFS 420 – Family Diversity in the U.S.	3
<b>AGED 430 – Youth Development Programs</b>	<b>3</b>
<b>ARTE 260 – Museums in Action</b>	<b>3</b>
Open Elective	3