

# UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## College of Agricultural, Consumer & Environmental Sciences

### Human Development & Family Studies

## Marriage and Family Therapy

### Recommended Courses

<b>HDFS 225</b>	Close Relationships
<b>HDFS 310</b>	Adult Development
<b>HDFS 330</b>	Statistical Reasoning for Everyday Life
<b>HDFS 340</b>	Gender, Relationships, and Society
<b>HDFS 420</b>	Inequality, Public Policy, U.S. Families
<b>HDFS 425</b>	Family Stress and Change
<b>HDFS 426</b>	Family Conflict Management
<b>HDFS 444</b>	LGBT Indiv, Family, and Community
<b>HDFS 445</b>	Substance Use and Family Health
<b>PSYC 238</b>	Psychopathology and Problems in Living
<b>CMN 230</b>	Intro to Interpersonal Communication
<b>CMN 336</b>	Communicating in Families
<b>CMN 368</b>	Sexual Communication

The four-year plan below shows how to prepare for a marriage and family therapy graduate program while meeting graduation requirements for the HDFS major. Use this plan only as a guide. Consult your academic advisor for suggestions to study abroad, meet James Scholar requirements, add a minor, or choose electives.

### Sample 4-Year Plan

(For students starting the HDFS major in or after Fall 2025)

FIRST YEAR					
Fall Semester			Spring Semester		
HDFS 101	Opportunities, Careers in HDFS	1	HDFS 225	Close Relationships	3
HDFS 105	Intro to Human Development	3	PSYC 100	Intro Psych	4
SOC 100	Intro to Sociology	4	CMN 101	Public Speaking	3
HDFS 120	Intro to Family Studies	3	HK 110	Contemporary Health	3
RHET 105	Writing and Research	4	STAT 100	Statistics	3
		Total Hours	15		
				Total Hours	16
SECOND YEAR					
Fall Semester			Spring Semester		
HDFS 220	Families in Global Perspective	3	CMN 230	Intro to Interpersonal Com.	3
PSYC 238	Psychopathology and Prob	3	HDFS 290	Intro to Research Methods	4
HDFS 301	Infants and Early Childhood	4	HDFS 310	Adult Development	3
Gen Ed	Natural Science	3	Gen Ed	Humanities	3
SPED 117	The Culture of Disability	3	HDFS 208	Child and Family Inclusion	3
		Total Hours	16		
				Total Hours	16

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THIRD YEAR

Fall Semester

HDFS 340	Gender, Relationship, and Society	3
HDFS 425	Family Stress and Change	4
Gen Ed	Cultural Studies/Western	3
ACE 240	Personal Financial Planning	3
HDFS 294	Research Internship	2
Total Hours		15

Spring Semester

HDFS 426	Family Conflict Management	3
HDFS 444	LGBT Ind, Fam, and Community	3
HDFS 445	Substance Use and Family Health	3
HDFS 294	Research Internship	2
Gen Ed	Natural Science	3
Elective	300+ Level	3
Total Hours		17

FOURTH YEAR

Fall Semester

CMN 336	Communicating in Families	3
CMN 368	Sexual Communication	3
HDFS 330	Statistical Reasoning for Everyday	3
HDFS 294	Research Internship	1
Elective	300+ Level	3
Elective	Any Level	3
Total Hours		16

Spring Semester

HDFS 420	Inequality, Public Policy, US Family	3
Elective	Any Level	3
Elective	Any Level	3
Elective	Any Level	3
Elective	Any Level	3
Total Hours		15