

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer & Environmental Sciences

Human Development & Family Studies

Pre-Occupational Therapy

Recommended Courses

CHEM 102 + CHEM 103	General Chemistry I + Lab (Recommended)
CLCV 102	Medical Terms – GRK & LAT Roots
IB 150 + 151	Organismal and Evolutionary Biology + Lab
MCB 244 + MCB 245	Human Anatomy and Physiology I + Lab
MCB 246 + MCB 247	Human Anatomy and Physiology II + Lab
PSYC 100	Intro Psych
PSYC 238	Psychopathology and Problems of Living
STAT 100	Statistics
SOC 100	Intro to Sociology

The four-year plan below shows how to prepare for OT 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	HK 110	Contemporary Health	3
HDFS 105	Intro to Human Development	3	STAT 100	Statistics	3
HDFS 120	Intro to Family Studies	3	HDFS 220	Families in Global Perspective	3
RHET 105	Writing and Research	4	IB 150	Organismal and Evolutionary Bio	4
CHEM 102	General Chemistry I	3	IB 151	Organismal and Evolutionary Lab	1
CHEM 103	General Chemistry I Lab	1	Elective	Any level	3
		Total Hours	15		
				Total Hours	17
SECOND YEAR					
Fall Semester			Spring Semester		
CLCV 102	Medical Terms – GRK & LAT Roots	3	MCB 246	Human Anatomy and Physiology II	3
MCB 244	Human Anatomy and Physiology I	3	MCB 247	Human Anatomy and Phys Lab II	2
MCB 245	Human Anatomy and Phy Lab I	2	SOC 100	Intro to Sociology	4
PSYC 100	Intro Psych	4	HDFS 301	Infancy and Early Childhood	4
HDFS 208	Child and Family Inclusion	3	Gen Ed	Humanities	3
		Total Hours	15		
				Total Hours	16

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THIRD YEAR

Fall Semester

CMN 101	Public Speaking	3
HDFS 290	Intro to Research Methods	4
HDFS 108	Grief and Loss Across the Lifespan	3
PSYC 238	Psychopathology & Prob of Living	3
Elective	Any level	3
Total Hours		15

Spring Semester

Gen Ed	Quantitative Reasoning	3
Gen Ed	Humanities	3
Elective	Any level	4
HDFS 408	Hospitalized Children	3
HDFS 305	Middle Childhood	3
Total Hours		16

FOURTH YEAR

Fall Semester

HDFS 425	Family Stress and Change	4
HDFS 405	Adolescent Development	3
HDFS 450	Practicum in HDFS	4
Elective	Any Level	3
ACE 240	Personal Financial Planning	3
Total Hours		17

Spring Semester

HDFS 322	US Latina and Latino Families	3
HDFS 420	Inequality, Public Policy, US Fam	3
HDFS 310	Adult Development	3
Gen Ed	Humanities	3
Gen Ed	Cultural Studies: Western	3
Total Hours		15