Advising Recommendations for HDFS
Career Lifespan Option (LO):
Adulthood and Aging

*Students must earn a “C” or better in courses to count towards the career interest requirement.

CI courses may NOT double-count for AUCC or other HDFS requirements.

These lists are to assist students who started the HDFS major prior to FALL 2015 in choosing courses relevant to their career goals. Students must select at least 5 courses consisting of a minimum of 14 credits total, selected from approved lists including at least one Career Interest (CI) and one Lifespan Option (LO) course, while ensuring one is prepared for their desired career path.

Courses listed here are often useful for careers working with adults and their families; the specific career you plan to pursue should determine which courses you select from pre-approved Career Interest handouts (i.e. Early Childhood and Elementary Education, Health Professions, Graduate School/Research, Counseling, Community and Human Services, or Child Life Specialist).

*Students pursuing the Gerontology Interdisciplinary Minor sponsored by Columbine Health Systems are required to take all of the courses below:

- AHS 201 – Perspectives in Gerontology (fall only course) (3 cr.)
- FSHN 150 – Survey of Human Nutrition (3 cr.)
- FSHN 444 - Nutrition and Aging (1 cr.)
- HES 444 - Successful Aging (2 cr.)
- HDFS 286- Practicum (3 cr.)
- HDFS 332 - Death, Dying, & Grief (3 cr.)
- OT 355 – Disability Experience in Society (2 cr.)
- PHIL 366 – Philosophy of Aging (3 cr.)
- PSY 228 - Psychology of Human Sexuality (3 cr.)
- PSY 320 – Abnormal Psychology (3 cr.)
- SOWK 371C - Adult Offender (3 cr.)
- SOWK 371D - Substance Abusers (3 cr.)
- SOWK 371E - Social Gerontology (3 cr.)

3 credits in practicum or internship directly related to aging (see Gerontology Minor Coordinator for more details)

AND 6-8 credits from the following:

- HDFS 332 Death, Dying and Grief (3 cr.)
- HDFS 403 Families in the Legal Env. (3 cr.)
- OT 355 Disability Experience in Society (2 cr.)
- PSY 296 Group Study – Psy. of Aging (3 cr.)
- 496 Group Study – Psy. of Aging (3 cr.)
- Other Electives: (see the Coordinator)

*Students interested in the Gerontology Interdisciplinary Minor should meet with their HDFS assigned advisor to enroll. Students not in the HDFS Major should contact the HDFS Undergraduate Advising Director. All students can schedule appointments online:
http://www.hdfs.chhs.colostate.edu/students/undergraduate/advising.aspx

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