**Human Development and Family Studies**

**IS HDFS THE MAJOR FOR YOU?**

- Are you curious about the way human beings grow and develop?
- Have you ever wondered how environmental and social factors affect physical, cognitive, and emotional development?
- Are you interested in learning more about specific stages of human development such as infancy, childhood, adolescence, adulthood and aging?
- Does the study of family dynamics or the aging process intrigue you?
- Have you ever thought about a career in early childhood education, in family counseling, or working with youth in various settings?
- Would like to work with hospitalized children to help reduce the stress of medical treatment on them and their families?

**OVERVIEW OF THE MAJOR**

Human Development and Family Studies (HDFS) is an interdisciplinary department focusing on the development of families and individuals across the life span. Students learn to identify factors that influence cognitive, emotional, social, and physical development through infancy, childhood, adolescence, adulthood, and later adulthood in the contexts of culture and family.

Graduates from the program work in a variety of human service settings. These include youth services organizations; early childhood, elementary and parent education programs; health care settings; juvenile and adult corrections; family and community services; and long-term care facilities. Graduates are also well prepared to pursue an advanced degree in the social sciences, medical sciences, or other professional programs.

**HDFS CURRICULUM**

In addition to courses in general education, students complete the human development and family studies foundational requirements and, with the assistance of an academic advisor, select and complete a concentration. Additionally, students choose support courses and electives that reflect their future career aspirations. Through the coursework and supervised field experience, students gain skills in observation, needs assessment, program development and implementation, and social policy information as related to diverse populations. Seniors also complete a capstone seminar designed to allow students the opportunity to demonstrate their skills in oral and written communication, principles of human development and family studies, research methodology, and the professional skills necessary in human services settings.

The curriculum prepares students to work with individuals and families in a broad range of contexts. While HDFS students are exposed to the principles of development across the life span, each student also chooses a concentration specific to future individual career aspirations. The declared concentration(s) are listed on students’ transcripts and thus indicate specialized training within the HDFS degree program.

**HDFS CONCENTRATIONS**

*Human Development and Family Studies Concentration (this one is not listed on students’ transcripts)*

The Human Development and Family Studies Concentration is a general concentration that is an excellent choice for students who are interested in a lifespan or more general focus in HDFS and are not seeking the specialized training offered in the other four concentrations. Students choosing this concentration will be preparing to enter a variety of different careers or graduate programs.

*Early Childhood Professions Concentration*

This concentration prepares students for careers in early childhood education as well as professional work with children across a variety of settings, including working with children with special needs. This concentration is an ideal choice for HDFS majors who plan to apply to the Early Childhood Education Major as well as students interested in early childhood education careers who will pursue a graduate degree and licensure in childhood education or those interested in director qualifications.
Pre-Health Professions Concentration
This concentration prepares students to apply to graduate or professional programs in a variety of health professions such as: allied health practitioner, anesthesiologist assistant, child life specialist, chiropractor, dentist, medical doctor, music therapist, naturopathic or complementary medicine practitioner, nurse, occupational therapist, optometrist, pharmacist, physical therapist, physician’s assistant, podiatrist, speech and language pathologist, or veterinarian. The courses within this concentration include a focus on science and help prepare students to work with individuals (and their families) with disabilities, and mental and physical illness.

Prevention and Intervention Sciences Concentration
This concentration is designed for students who are preparing for careers in the helping and human services professions such as counselors, educators, and social service providers, as well as for students seeking a research career. Concentration coursework emphasizes evidence-based programs, and students will learn how to design and implement community-based prevention and intervention programs for youth, adults, and families. Students can either focus on a specific aspect of the lifespan or choose courses across the lifespan.

Leadership and Entrepreneurial Professions Concentration
This concentration is for students interested in entry-level or long-term leadership positions in organizations that promote the optimal development of individuals and families. Students in this concentration may intend to work in organizations as directors, managers, or owners or in legal services, as lawyers or politicians. This concentration includes coursework in finance, management, marketing, public policy, professional communication, and leadership.

GERONTOLOGY INTERDISCIPLINARY MINOR
Once students are admitted to the HDFS major, they can contact their advisors to explore this minor to gain further expertise in working with older adults. Students not planning to major in HDFS can contact Anne Van Arsdall at anne.van_arsdall@colostate.edu. Please see the website for additional information: http://www.hdfs.chhs.colostate.edu/students/undergraduate/gerontology.aspx

EMAIL CHILDHOOD EDUCATION MAJOR
It is encouraged that students interested in applying to the Early Childhood Education (ECE) Major begin in the HDFS Major with the Early Childhood Professions Concentration. This major is administered jointly by the HDFS Department and the Center for Educator Preparation and prepares graduates for teacher licensure for grades pre-K through 3rd (ages 0-8). Approximately 25-30 applicants are admitted each spring as a cohort to the major, which takes two years to complete. Students who are interested in this major should carefully review the ECE Major website: http://www.hdfs.chhs.colostate.edu/students/undergraduate/ee-major.aspx and meet with their HDFS advisor. Students not in the HDFS major should email questions to jr.mcgrath@colostate.edu.

*Please note: ALL students wishing to complete a bachelor's degree in Human Development and Family Studies will need to complete and pass a CSU Police Department background check. If you have questions, please contact Anne Van Arsdall at 970-491-7423 or anne.van_arsdall@colostate.edu

FOR MORE INFORMATION:

HDFS Undergraduate Advising Office
* Academic advising
301 Behavioral Sciences Building
Colorado State University
(970) 491-4947
http://www.hdfs.chhs.colostate.edu/students/index.aspx

Office of Admissions
* Submission applications/University visits and tours
Ammons Hall
Colorado State University
(970) 491-6909
http://www.colostate.edu/Depts/Admissions/

Dept. of Human Development & Family Studies
* Faculty and career advising for majors
303 Behavioral Sciences
Colorado State University
(970) 491-5558
http://www.hdfs.chhs.colostate.edu/

The Career Center
* Major and career exploration/Job search
Lory Student Center, lower level
Colorado State University
(970) 491-5707
www.career.colostate.edu