

HUMAN DEVELOPMENT AND FAMILY SCIENCE, BA

Banner Code: E1-BA-HDFS

Academic Advising

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This degree prepares its graduates to use family-centered and strengths-based approaches to support the health and well-being of individuals and families in diverse communities. Graduates will have a strong interdisciplinary foundation in the HDFS field and competencies in 10 areas as established by the National Council on Family Relations, including:

- internal dynamics of relationships and families
- human growth and development
- family-and community-based program planning, implementation, and evaluation
- social policies and laws affecting families
- family diversity
- research methodology
- professional ethics as related to the HDFS field

The HDFS curriculum prepares students to effectively engage with families across the lifespan and in a variety of service settings and professions, from early childhood education and care to family law and policy advocacy. We offer students 5 concentrations, including:

- child development, education, and services
- adolescent development and services
- adult development and aging
- family health and well-being
- family research, policy, and advocacy

Our program prepares students to critically analyze complex family issues, advocate for families in schools, communities, and in the policy arena, and address social-structural factors contributing to and influencing family functioning, health, and well-being (e.g., poverty and wealth inequality, immigration and illegalization, family homelessness, incarceration, family violence, and discrimination and structural violence such as racism, nationalism, or heterosexism). Students are required to complete a 6-credit internship and integrate research training with service fieldwork. Such an experience is a critical component of HDFS student development and will further prepare our students for graduate education and diverse careers in the human development and family science field.

The HDFS program is a joint academic degree program sponsored by the College of Education and Human Development (CEHD) and the College of Humanities and Social Sciences (CHSS).

Requirements

Degree Requirements

Total credits: minimum 120

Mason Core

Written Communication	6
Oral Communication	3
Information Technology and Ethics	3
Quantitative Reasoning	3
Literature	3
Arts	3
Western Civilization/World History	3
Social and Behavioral Sciences	3
Global Understanding	3
Natural Science	7
Synthesis	3
Total Credits	40

Additional Requirements for the BA

One PHIL or one RELI course:	3
Philosophy (PHIL)	
Religious Studies (RELI)	
Social and behavioral sciences course ¹	3
Non-Western culture	3
Proficiency in a foreign language through the intermediate level (coursework or testing to determine proficiency)	0-9
Total Credits	9-18

¹ This requirement is additional to the Mason Core social and behavioral sciences requirement.

Major Requirements

ECED 401	Developmental Pathways of Diverse Learners, Birth-Adolescence	3
or PSYC 313	Child Development	
ECED 404	Engaging Families of Diverse Young Learners	3
or INTS 321	Parent-Child Relations	
HDFS 200	Individual and Family Development	3
HDFS 250	Family Financial Literacy and Resource Management	3
HDFS 300	Individual and Family Services Delivery	3
HDFS 400	Advanced Family Processes (Mason Core)	3
HDFS 401	Family Law and Public Policy ¹	3
HDFS 498	Internship and Analysis in Human Development and Family Science	3
HDFS 499	Advanced Internship Analysis in Human Development and Family Science	3
SOCI 303	Methods and Logic of Inquiry	3
or PSYC 301	Research Methods in Psychology	
Select one from the following:		3
PSYC 415	Psychological Factors in Aging	
HHS 432	Healthy Aging	

SOCI 341	Sociology of Aging	
Total Credits		33

¹ Fulfills writing intensive requirement.

Concentration in Adolescent Development and Services (ADS)

Select 15 credits from the following or in consultation with your advisor: ¹ 15

ANTH 315	Socialization Processes: Family, Childhood, Personality in Cross-Cultural Perspective	
COMM 334	Family and Health Communication	
CRIM 302	Delinquency	
CRIM 405	Law and Justice around the World (Mason Core)	
EDEP 402	Brain, Behavior, and Neuroimaging in Children	
EDEP 405	The Neuroscience of Learning and Cognition	
EDRD 301	Facilitating Literacy in School or Community Settings	
HDFS 301	The Hospitalized Child and Family	
INTS 312	Images and Experiences of Childhood: Social Construct, Literature, and Film	
INTS 314	Conflict, Trauma and Healing	
INTS 316	Introduction to Childhood Studies	
INTS 317	Issues in Family Relationships	
INTS 319	Contemporary Youth Studies	
INTS 436	Social Justice Education	
PSYC 211	Developmental Psychology (Mason Core)	
PSYC 304	Principles of Learning	
PSYC 314	Adolescent Development	
PSYC 379	Applied Cross-Cultural Psychology (Mason Core)	
PSYC 466	Psychology of Intimate Relationships	
SOCI 300	Social Control and Freedom	
SOCI 302	Sociology of Delinquency	
SOCI 308	Race and Ethnicity in a Changing World	
SOCI 309	Marriage, Families, and Intimate Life	
SOCI 310	Sociology of Deviance	
SOCI 360	Youth Culture and Society	
SOCW 415	Child and Family Welfare	
WMST 303	Psychology of Women	
WMST 308	Introduction to Lesbian, Gay, Bisexual, Transgender, Transsexual, and Queer Studies	
Total Credits		15

¹ Other courses of interest may be approved by the program coordinator.

Concentration in Adult Development and Aging (ADA)

Select 15 credits from the following or in consultation with your advisor: ¹ 15

COMM 334	Family and Health Communication	
COMM 399	Special Topics in Communication	
EDUC 203	Disability in American Culture (Mason Core)	
GCH 480	Health Maintenance and Health Aspects of Aging	
HAP 301	Health Care Delivery in the United States	
HAP 403	Assisted Living/Senior Housing Management and Philosophy	
HAP 445	Introduction to Health Services Research	
HAP 463	Aging and Health Care Policy	
HEAL 220	Dimensions of Mental Health	
HEAL 310	Drugs and Health	
HEAL 327	Women's Health	
HEAL 331	Men's Health	
HEAL 351	Relationship Health	
HEAL 372	Health Communication	
HHS 432	Healthy Aging	
INTS 310	Violence and Gender	
INTS 314	Conflict, Trauma and Healing	
INTS 317	Issues in Family Relationships	
INTS 405	Women and Leadership	
INTS 410	Contemporary Health Issues	
INTS 440	Death, Dying, and Decision Making	
PSYC 362	Psychology of Gender	
PSYC 379	Applied Cross-Cultural Psychology (Mason Core)	
PSYC 415	Psychological Factors in Aging	
PSYC 418	Death, Dying, and Grieving	
PSYC 466	Psychology of Intimate Relationships	
SOCI 308	Race and Ethnicity in a Changing World	
SOCI 309	Marriage, Families, and Intimate Life	
SOCI 315	Contemporary Gender Relations	
SOCI 341	Sociology of Aging	
SOCI 390	Sociology of Health, Illness, and Disability	
SOCW 435	Introduction to Gerontology	
WMST 300	Current Issues in Women and Gender Studies	
WMST 307	Women and Work	
WMST 308	Introduction to Lesbian, Gay, Bisexual, Transgender, Transsexual, and Queer Studies	
Total Credits		15

¹ Other courses of interest may be approved by the program coordinator.

Concentration in Child Development, Education, and Services (CDES)

Select 15 credits from the following or in consultation with your advisor: ¹ 15

ANTH 315	Socialization Processes: Family, Childhood, Personality in Cross-Cultural Perspective	
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COMM 334	Family and Health Communication
ECED 402	Foundations of Language and Literacy for Diverse Prekindergarten and Kindergarten Learners
ECED 403	Inclusive Curriculum for Young Learners: Planning Instruction and Guidance
ECED 405	Introduction to Early Childhood Special Education
ECED 406	Medical and Developmental Aspects of Disabilities of Diverse Young Learners
ECED 422	Developing Language, Literacy, and Communication of Diverse Infants and Toddlers
ECED 423	Early Intervention for Infants Toddlers with Disabilities: Collaborative Consultative Approaches
EDEP 402	Brain, Behavior, and Neuroimaging in Children
EDEP 405	The Neuroscience of Learning and Cognition
EDRD 301	Facilitating Literacy in School or Community Settings
HDFS 301	The Hospitalized Child and Family
INTS 312	Images and Experiences of Childhood: Social Construct, Literature, and Film
INTS 314	Conflict, Trauma and Healing
INTS 316	Introduction to Childhood Studies
INTS 317	Issues in Family Relationships
INTS 319	Contemporary Youth Studies
PHED 201	Developmental Motor Patterns
PSYC 231	Social Psychology (Mason Core)
PSYC 304	Principles of Learning
PSYC 317	Cognitive Psychology
PSYC 379	Applied Cross-Cultural Psychology (Mason Core)
PSYC 414	Behavior Disorders of Childhood
SOCI 302	Sociology of Delinquency
SOCI 309	Marriage, Families, and Intimate Life
SOCI 360	Youth Culture and Society
SOCW 415	Child and Family Welfare
Total Credits	15

¹ Other courses of interest may be approved by the program coordinator.

Concentration in Family Health and Well-Being (FHW)

Select 15 credits from the following or in consultation with your advisor: ¹ 15

COMM 334	Family and Health Communication
EDUC 203	Disability in American Culture (Mason Core)
GCH 300	Introduction to Public Health
GCH 310	Health Behavior Theories
GCH 332	Health and Disease
GCH 350	Health Promotion and Education

GCH 445	Social Determinants of Health
HAP 301	Health Care Delivery in the United States
HAP 445	Introduction to Health Services Research
HEAL 110	Personal Health
HEAL 220	Dimensions of Mental Health
HEAL 230	Introduction to Health Behavior (Mason Core)
HEAL 310	Drugs and Health
HEAL 325	Health Aspects of Human Sexuality
HEAL 327	Women's Health
HEAL 331	Men's Health
HEAL 351	Relationship Health
HEAL 372	Health Communication
INTS 314	Conflict, Trauma and Healing
INTS 317	Issues in Family Relationships
INTS 410	Contemporary Health Issues
INTS 440	Death, Dying, and Decision Making
NUTR 422	Nutrition throughout the Life Cycle
PSYC 379	Applied Cross-Cultural Psychology (Mason Core)
PSYC 418	Death, Dying, and Grieving
PSYC 466	Psychology of Intimate Relationships
SOCI 308	Race and Ethnicity in a Changing World
SOCI 309	Marriage, Families, and Intimate Life
SOCI 355	Social Inequality (Mason Core)
SOCI 390	Sociology of Health, Illness, and Disability
WMST 300	Current Issues in Women and Gender Studies
WMST 303	Psychology of Women
WMST 308	Introduction to Lesbian, Gay, Bisexual, Transgender, Transsexual, and Queer Studies
Total Credits	15

¹ Other courses of interest may be approved by the program coordinator.

Concentration in Family Research, Policy, and Advocacy (FRPA)

Select 15 credits from the following or in consultation with your advisor: ¹ 15

CRIM 220	Introduction to Law and Society
CRIM 405	Law and Justice around the World (Mason Core)
GCH 376	Health Ethics, Leadership, and Advocacy
GOVT 301	Public Law and the Judicial Process
GOVT 318	Interest Groups, Lobbying, and the Political Process
GOVT 353	Social Entrepreneurship
GOVT 364	Public Policy Making
GOVT 366	Public Policy Analysis
GOVT 407	Law and Society
GOVT 414	Politics of Race and Gender
GOVT 427	Feminist Political Thought

GOVT 445	Human Rights	
HAP 301	Health Care Delivery in the United States	
HAP 312	Healthcare Law	
HAP 442	Introduction to Health Care Politics and Policy	
HAP 445	Introduction to Health Services Research	
INTS 302	Argument and Advocacy	
INTS 317	Issues in Family Relationships	
INTS 337	Social Justice Consciousness and Personal Transformation	
INTS 362	Social Justice and Human Rights	
INTS 405	Women and Leadership	
PSYC 362	Psychology of Gender	
PSYC 379	Applied Cross-Cultural Psychology (Mason Core)	
PSYC 466	Psychology of Intimate Relationships	
SOCI 308	Race and Ethnicity in a Changing World	
SOCI 309	Marriage, Families, and Intimate Life	
SOCI 312	Qualitative Research Methods	
SOCI 315	Contemporary Gender Relations	
SOCI 355	Social Inequality (Mason Core)	
SOCW 380	Changing Social Policies and Systems	
SOCW 400	Legal and Ethical Issues in Human Services	
STAT 250	Introductory Statistics I (Mason Core)	
STAT 350	Introductory Statistics II	
Total Credits		15

¹ Other courses of interest may be approved by the program coordinator.

Electives

Select 14-23 credits of electives	14-23
Total Credits	14-23