

**Bachelor of Arts in Human Development and Family Science
Adult Development and Aging (ADA) Concentration**

A joint interdisciplinary degree program with the College of Humanities and Social Sciences



For advising, contact Bethany Letiecq at bletiecq@gmu.edu, visit us at hdfs.gmu.edu

❖ **Mason Core, 41 credits:** For current list of approved courses: <http://provost.gmu.edu/gened/approved-course-listing/>

- Oral Communication - 3 credits
- Written Communication (Lower Level) - 3 Credits (**ENGH 101**)
- Written Communication (Upper Level) - 3 Credits (**ENGH 302**)
- Information Technology and Ethics - 3 Credits
- Quantitative Reasoning - 3 Credits
- Arts - 3 Credits
- Global Understanding - 3 Credits (**PSYC 379**)
- Literature - 3 Credits
- Natural Science - 8 Credits
- Social and Behavioral Sciences - 3 Credits (**PSYC 100**)
- Western Civilization - 3 Credits
- Synthesis – 3 credits (**HDFS 400**)

❖ **College-Level Requirements, 9-18 credits** (follow CHSS college-level requirements)

- Philosophy or Religion - 3 credits
- Non-Western Culture - 3 credits (must be different from the course used to fulfill Global Understanding)
- Social and Behavioral Sciences - 3 credits (**SOCI 101 or 102**) (this is in addition to university wide requirement in social and behavioral sciences for a total of 6 credits)
- Foreign Language – 0-9 credits (must achieve proficiency in a foreign language through the intermediate level (through coursework or testing to determin proficiency)

❖ **HDFS major coursework, 43 credits**

- HDFS 200: Individual and Family Development
- HDFS 250: Family Finance and Resource Management
- HDFS 300: Individual and Family Services Delivery
- HDFS 400: Advanced Family Processes
- HDFS 401: Family Law & Public Policy (**Writing Intensive**)
- HDFS 498: Internship
- HDFS 499: Advanced Internship
- ECED 401: Develop Pathways of Diverse Learners, Birth-Adolescence **OR**
- PSYC 313: Child Development
- ECED 404: Engaging Families of Diverse Young Learners **OR**
- NCLC 321: Parent-Child Relations
- HEAL 325: Health Aspects of Human Sexuality
- PSYC 330: Psychology of Adjustment
- PSYC 415: Psychological Factors in Aging
- SOCI 303: Methods and Logic of Inquiry **OR**
- PSYC 301: Research Methods in Psychology
- SOCI 308: Race and Ethnicity in a Changing World

❖ **Adult Development and Aging Concentration Electives, 12 credits** (Choose 12 from the list below or in consultation with your advisor*)

- COMM 334: Family and Health Communication
- COMM 399: Mother-Daughter Rels and Communication
- EDUC 203: Human Disabilities in American Culture
- GCH 480: Health Maintenance and Health Aspects of Aging
- HAP 403: Asst Living/Senior Housing Mngt and Philosophy
- HEAL 110: Personal Health
- HEAL 220: Dimensions of Mental Health
- HEAL 230: Intro to Health Behavior
- 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
- NCLC 310: Violence and Gender
- NCLC 314: Conflict, Trauma and Healing
- NCLC 317: Issues in Family Relationships
- NCLC 405: Women and Leadership
- NCLC 410: Contemporary Health Issues
- NCLC 440: Death, Dying, and Decision Making
- NUTR 422: Nutrition throughout the Life Cycle
- PSYC 231: Social Psychology
- PSYC 362: Psychology of Gender
- PSYC 379: Applied Cross-Cultural Psychology
- PSYC 415: Psychological Factors in Aging
- PSYC 418: Death, Dying and Grieving
- PSYC 466: Psychology of Intimate Relationships
- SOCI 309: Marriage, Families, and Intimate Life
- SOCI 310: Sociology of Deviance
- SOCI 315: Contemporary Gender Relations
- SOCI 355: Social Inequality
- SOCI 390: Sociology of Health, Illness, and Disability
- SOCW 435: Intro to Gerontology
- WMST 307: Women and Work

*Other courses of interest may be approved by the program coordinator

❖ **Electives, 6-15 credits**

Total: 120 Credits

Academic Requirements: 120 total credits; 45 Upper Level Credit Hours; 30 Hours (12 upper level) for GMU Residency Requirement; Completion of Mason Core courses; GPA of at least 2.0

Freshman Suggested Academic Plan (to be supplemented by Mason Core and Electives)

Semester	Course	Credits	Prerequisites
1 st Year Fall	HDFS 200: Individual and Family Development	3	
1 st Year Spring	HDFS 250: Family Finance and Resource Management	3	
2 nd Year Fall	HEAL 325: Health Aspects of Human Sexuality	3	
2 nd Year Spring	ADA Concentration Elective #1	3	
	PSYC 466: Psychology of Intimate Relationships	3	<i>PSYC 100 and 231</i>
3 rd Year Fall	SOCI 308: Race and Ethnicity in a Changing World	3	
	ADA Concentration Elective #2	3	
	ECED 401: Developmental Pathways of Diverse Learners	3	
	ECED 404: Engaging Families of Diverse Young Learners	3	
	SOCI 303: Sociological Research Methodology	4	<i>SOCI 101 or 102</i>
3 rd Year Spring	ADA Concentration Elective #3	3	
	HDFS 300: Individual and Family Services Delivery	3	<i>HDFS 200</i>
	PSYC 415: Psychological Factors in Aging	3	<i>PSYC 100</i>
4 th Year Fall	HDFS 498: Internship	3	<i>HDFS 300</i>
	ADA Concentration Elective #4	3	
	HDFS 400: Advanced Family Processes	3	<i>HDFS 200</i>
4 th Year Spring	HDFS 401: Family Law and Public Policy	3	<i>HDFS 200</i>
	HDFS 499: Advanced Internship	3	<i>HDFS 498</i>

Transfer Suggested Academic Plan (assumes all Mason Core requirements and electives have been met)

Semester	Course	Credits	Prerequisites
1 st Year Fall	HDFS 200: Individual and Family Development	3	
	HDFS 250: Family Finance and Resource Management	3	
	HEAL 325: Health Aspects of Human Sexuality	3	
	SOCI 303: Sociological Research Methodology	4	<i>SOCI 101 or 102</i>
1 st Year Spring	HDFS 300: Individual and Family Services Delivery	3	<i>HDFS 200</i>
	ADA Concentration Elective #1	3	
	PSYC 466: Psychology of Intimate Relationships	3	<i>PSYC 100 and 231</i>
	SOCI 308: Race and Ethnicity in a Changing World	3	
2 nd Year Fall	ADA Concentration Elective #2	3	
	HDFS 400: Advanced Family Processes	3	<i>HDFS 200</i>
	ECED 401: Developmental Pathways of Diverse Learners	3	
	ECED 404: Engaging Families of Diverse Young Learners	3	
	HDFS 498: Internship	3	<i>HDFS 300</i>
2 nd Year Spring	ADA Concentration Elective #3	3	
	HDFS 401: Family Law and Public Policy	3	<i>HDFS 200</i>
	PSYC 415: Psychological Factors in Aging	3	<i>PSYC 100</i>
	ADA Concentration Elective #4	3	
	HDFS 499: Advanced Internship	3	<i>HDFS 498</i>