

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, 40 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 - 7 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 determine proficiency)

❖ **HDFS major coursework, 33-34 credits**

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| ▪ HDFS 200: Individual and Family Development | ▪ Policy (Writing Intensive) | |
| ▪ HDFS 250: Family Finance and Resource Management | ▪ HDFS 498: Internship | ▪ PSYC 415: Psychological Factors in Aging OR SOCI 341: Sociology of Aging |
| ▪ HDFS 300: Individual and Family Services Delivery | ▪ HDFS 499: Advanced Internship | OR HHS 432: Healthy Aging |
| ▪ HDFS 400: Advanced Family Processes | ▪ ECED 401: Develop Pathways of Diverse Learners, Birth-Adolescence OR | ▪ SOCI 303: Methods and Logic of Inquiry OR PSYC 301: Research Methods in Psychology |
| ▪ HDFS 401: Family Law & Public | PSYC 313: Child Development | |
| | ▪ INTS 321: Parent-Child Relations OR | |
| | ECED 404: Engaging Families of Diverse Young Learners | |

❖ **Adult Development and Aging Concentration (ADA) Electives, 15 credits** (Choose 15 credits from the list below or in consultation with your advisor*): This concentration prepares students for graduate education and careers working with older adults and their families (e.g., adult services).

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| ▪ COMM 334: Family and Health Communication | ▪ PSYC 362: Psychology of Gender |
| ▪ COMM 399: Mother-Daughter Rels and Communication | ▪ PSYC 379: Applied Cross-Cultural Psychology |
| ▪ EDUC 203: Human Disabilities in American Culture | ▪ PSYC 415: Psychological Factors in Aging |
| ▪ GCH 480: Health Maintenance and Health Aspects of Aging | ▪ PSYC 418: Death, Dying and Grieving |
| ▪ HAP 301: Healthcare Delivery in the US | ▪ PSYC 379: Applied Cross-Cultural Psychology |
| ▪ HAP 403: Asst Living/Senior Housing Mngt and Philosophy | ▪ PSYC 466: Psychology of Intimate Relationships |
| ▪ HAP 445: Intro to Health Services Research | ▪ SOCI 308: Race and Ethnicity in a Changing World |
| ▪ HAP 463: Aging and Health Care Policy | ▪ SOCI 309: Marriage, Families, and Intimate Life |
| ▪ HEAL 220: Dimensions of Mental Health | ▪ SOCI 315: Contemporary Gender Relations |
| ▪ HEAL 310: Drugs and Health | ▪ SOCI 341: Sociology of Aging |
| ▪ HEAL 327: Women's Health | ▪ SOCI 390: Sociology of Health, Illness, and Disability |
| ▪ HEAL 331: Men's Health | ▪ SOCW 435: Intro to Gerontology |
| ▪ HEAL 351: Relationship Health | ▪ WMST 300: Current Issues in Women and Gender Studies |
| ▪ HEAL 372: Health Communication | ▪ WMST 302: Cultural Constructions of Sexualities |
| ▪ HHS 432: Healthy Aging | ▪ WMST 307: Women and Work |
| ▪ INTS 310: Violence and Gender | ▪ WMST 308: Intro to Lesbian, Gay, Bisexual, Transgender, Transsexual and Queer Studies |
| ▪ 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 | |

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

❖ **Electives, 13-23 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

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	ADA Concentration Elective #1	3	
2 nd Year Spring	HDFS 300: Individual and Family Services Delivery	3	<i>HDFS 200</i>
	ADA Concentration Elective #2	3	
3 rd Year Fall	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	PSYC 415: Psychological Factors in Aging	3	<i>PSYC 100</i>
	ADA Concentration Elective #3	3	
	ADA Concentration Elective #4	3	
4 th Year Fall	HDFS 498: Internship	3	<i>HDFS 300</i>
	ADA Concentration Elective #5	3	
	HDFS 400: Advanced Family Processes	3	HDFS 200
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>