

HUMAN DEVELOPMENT AND FAMILY STUDIES, B.S.

- Major Overview (p. 1)
- Certified Family Life Educator (CFLE) (p. 1)
- Infant Mental Health (IMH) (p. 1)

The undergraduate major in human development and family studies (HDFS) offers specialized courses in human development from infancy through old age, couples and family relationships, research methods, policymaking, parent-child relations, family health and well-being, parent education and support, and ethnic and cultural diversity in families. In addition to coursework, all students engage in a 150-hour, semester-long internship or high-impact learning experience in a professional setting related to their major and career goals. These settings include community mental health programs, early childhood education, legislative offices, health care agencies, research labs, criminal justice systems, child and family life education, and community-based social justice programs.

The major prepares students for careers in human and family service organizations and for graduate or professional school in a variety of fields including health care, education, family law, counseling, occupational therapy, program evaluation, physical therapy, case management, and the child life profession.

CERTIFIED FAMILY LIFE EDUCATOR (CFLE)

The National Council on Family Relations (NCFR) provides the Certified Family Life Educator (CFLE) credential, which is recognized in the U.S. and Canada for Family Life Education professions.

The program encourages applications from professionals who have preparation and experience in Family Life Education settings, including formal teaching, research/scholarship, community education, public information and education, curriculum and resource development, health care, military family support, and ministry. CFLEs have a minimum of a bachelor's degree, and many have advanced degrees.

Certification (<https://www.ncfr.org/cfle-certification/become-certified/>) must include graduating from HDFS, which is a CFLE-approved program here at UW-Madison.

Students seeking this designation must complete the following courses: HDFS 262, 263, 425, 471, 474, 501: Skills for Helping Professions, 516, 517, 535, 601, 650, CNSR SCI 273, PSYCH/SOC 453 OR GEN&WS 103.

For additional information, please contact SoHE's Advising & Career Center (<https://sohe.wisc.edu/students/advising/>) or Polina Levchenko (<https://humanecology.wisc.edu/staff/levchenko-polina/>), HDFS Faculty Associate.

INFANT MENTAL HEALTH (IMH)

The HDFS course concentration in IMH focuses on promoting the social emotional development of children age 0-6 years within the family and community context. It is designed to be compatible with IMH Endorsement by the Wisconsin Alliance for Infant Mental Health (WI-AIMH)—entry level Infant Family Associate Endorsement (<https://wiaimh.org/endorsement/>).

Please note that one must be a member of the organization and apply for endorsement with references in addition to completing the B.S. in HDFS with course requirements and guidelines (<https://www.allianceaimh.org/endorsement-requirements-guidelines/>) specified below.

Competency areas:

1. Theoretical foundations
 - Any course in HDFS Learning Outcome 1 AND
 - HDFS 471 in Learning Outcome 3 AND
 - HDFS 663 OR HDFS 650 in Learning Outcome 5
2. Law, regulation, and agency policy
 - HDFS 535 in Learning Outcome 4
3. Systems expertise
 - HDFS 469 in Learning Outcome 4 OR
 - HDFS 516 AND 517 in Learning Outcome
4. Direct service skill
 - HDFS 663 in Learning Outcome 5 AND
 - Relevant internship (HDFS 601) and HDFS Professional Development sequence
5. Working with others
 - Any course in Learning Outcome 2 AND
 - HDFS 601
6. Communicating
 - Comm A and Comm B requirements for HDFS major
7. Thinking
 - Any Research Methods Course in Learning Outcome 6 AND
 - Quant A and Quant B requirements for HDFS major AND
 - HDFS 663 in Learning Outcome 5

For additional information, please contact SoHE's Advising & Career Center (<https://sohe.wisc.edu/students/advising/>) or Julie Poehlmann-Tynan (<https://humanecology.wisc.edu/staff/poehlmann-tynan-julie/>), Professor in HDFS.

HOW TO GET IN

PROSPECTIVE UW-MADISON STUDENTS

All prospective UW-Madison students must apply through the central Office of Admissions and Recruitment (<https://www.admissions.wisc.edu/>).

Students who indicate an interest in human development and family studies (HDFS) on their UW-Madison application will be admitted to the program upon admittance to the university. In addition, students may indicate interest the HDFS major when registering for Student Orientation, Advising, and Registration (SOAR).

CURRENT UW-MADISON STUDENTS

Declaration

- First-semester students may declare SoHE majors.
- All students with fewer than 60 GPA credits, a minimal 2.75 cumulative GPA, and not on probation in their current school/college may declare SoHE majors.

Application

- All other students must apply through a competitive application process.

The best way for interested students to learn more about declaring or applying to a major is to visit SoHE's advising webpage (<https://advising.humanecology.wisc.edu/academics/apply/>). Additional questions may be addressed by scheduling to meet with an academic advisor (<https://advising.humanecology.wisc.edu/>).

REQUIREMENTS

UNIVERSITY GENERAL EDUCATION REQUIREMENTS

All undergraduate students at the University of Wisconsin–Madison are required to fulfill a minimum set of common university general education requirements to ensure that every graduate acquires the essential core of an undergraduate education. This core establishes a foundation for living a productive life, being a citizen of the world, appreciating aesthetic values, and engaging in lifelong learning in a continually changing world. Various schools and colleges will have requirements in addition to the requirements listed below. Consult your advisor for assistance, as needed. For additional information, see the university Undergraduate General Education Requirements (<http://guide.wisc.edu/undergraduate/#requirementsforundergraduatestudytext>) section of the *Guide*.

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| General Education | <ul style="list-style-type: none"> Breadth–Humanities/Literature/Arts: 6 credits Breadth–Natural Science: 4 to 6 credits, consisting of one 4- or 5-credit course with a laboratory component; or two courses providing a total of 6 credits Breadth–Social Studies: 3 credits Communication Part A & Part B * Ethnic Studies * Quantitative Reasoning Part A & Part B * |
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* The mortarboard symbol appears before the title of any course that fulfills one of the Communication Part A or Part B, Ethnic Studies, or Quantitative Reasoning Part A or Part B requirements.

SCHOOL OF HUMAN ECOLOGY REQUIREMENTS

Code	Title	Credits
<i>Arts and Humanities</i>		
Literature		3
Humanities		6
<i>Social Science</i>		
PSYCH 202	Introduction to Psychology	3-4
Select 6 credits designated Social Science breadth		
<i>Physical, Biological and Natural Science</i>		
<i>Human Ecology Breadth</i>		
Select a Human Ecology course from CNSR SCI, CSCS, DS, or INTER-HE		
Total Credits		30-31

HUMAN DEVELOPMENT AND FAMILY STUDIES REQUIREMENTS

A complete list of requirements is below. Students should follow the curriculum requirements in place at the time they entered the major. This requirement list should be used in combination with a DARS report.

Code	Title	Credits
Learning Outcome 1: Lifespan Human Development		
<i>Earlier Lifespan</i>		
Select one of the following:		3
HDFS 262	Development of the Young Child	
ED PSYCH 320	Human Development in Infancy and Childhood	
PSYCH 460	Child Development	
<i>Later Lifespan</i>		
HDFS 263	Development from Adolescence to Old Age	3
Learning Outcome 2: Family and Community Diversity		
Select one of the following:		3
HDFS 174	Introduction into Cultural Diversity of Families	
HDFS/ CNSR SCI 465	Families & Poverty	
HDFS 474	Racial Ethnic Families in the U.S.	
Learning Outcome 3: Internal Family Processes		
Select one of the following:		3
HDFS 471	Parent - Child Relations	
HDFS 516	Stress and Resilience in Families Across the Lifespan	
HDFS 517	Couple Relationships	
Learning Outcome 4: Social Institution Influences		
Select one of the following:		3
HDFS 462	Infant/Toddler Development & Group Care	
HDFS 464	Play-Development and Role Across the Lifespan	
HDFS 469	Family and Community Influences on the Young Child	
HDFS 535	A Family Perspective in Policymaking	
Learning Outcome 5: Assessment, Prevention, Intervention, and Outreach		
Select one of the following:		3
HDFS 650	Parent Education and Support Programs	
HDFS 663	Developmental and Family Assessment	
Learning Outcome 6: Understanding Social Science Research		
<i>Statistics</i>		
Select one of the following:		3-4
SOC/ C&E SOC 360	Statistics for Sociologists I	

STAT 301	Introduction to Statistical Methods	
STAT 371	Introductory Applied Statistics for the Life Sciences	
PSYCH 210	Basic Statistics for Psychology	
<i>Research Methods</i>		
Select one of the following:		3
HDFS 425	Research Methods in Human Development and Family Studies	
PSYCH 225	Research Methods	
SOC/ C&E SOC 357	Methods of Sociological Inquiry	
Professional Development		
HDFS 253	Human Development & Family Studies Leadership Symposium	1
INTER-HE 202	SoHE Career & Leadership Development	1
HDFS 601	Internship	3
Additional high-impact practice course to be approved by the student's SoHE academic advisor ¹		3
Electives		
Select courses to bring degree credit total to 120		
Total Credits		32-33

¹ Examples include service learning course, second internship or research experience, study abroad experience, select upper-level HDFS courses, or undergraduate teaching assistantship experience.

UNIVERSITY DEGREE REQUIREMENTS

Total Degree	To receive a bachelor's degree from UW-Madison, students must earn a minimum of 120 degree credits. The requirements for some programs may exceed 120 degree credits. Students should consult with their college or department advisor for information on specific credit requirements.
Residency	Degree candidates are required to earn a minimum of 30 credits in residence at UW-Madison. "In residence" means on the UW-Madison campus with an undergraduate degree classification. "In residence" credit also includes UW-Madison courses offered in distance or online formats and credits earned in UW-Madison Study Abroad/Study Away programs.
Quality of Work	Undergraduate students must maintain the minimum grade point average specified by the school, college, or academic program to remain in good academic standing. Students whose academic performance drops below these minimum thresholds will be placed on academic probation.

LEARNING OUTCOMES

1. Knowledge of lifespan human development (including cognitive, social, and emotional development and individual differences) in social and ecological contexts.
2. Knowledge of family and community diversity.

3. Knowledge of internal family processes, including parenting and parent-child relations, couples, and family relationships across generations and family health and wellbeing.
4. Ability to consider and evaluate how children, adults, and individual families affect and are affected by policies, media, or other social institutions.
5. Knowledge about the effective and ethical practice of assessment, prevention, intervention, or outreach for individuals and families.
6. Ability to understand, evaluate, and ethically conduct social science research.

FOUR-YEAR PLAN

This is a sample four-year plan for Human Development and Family Studies. We encourage all students to consult with their academic advisor to develop an individualized plan that meets their specific needs.

Freshman					
Fall	Credits	Spring	Credits		
Communications A	3	Communications B	3-4		
Ethnic Studies	3	PSYCH 202	3-4		
Quantitative Reasoning A	3	Humanities	3		
Science	3	Science	3		
Elective	3	SoHE Breadth	3		
15		15-16			
Sophomore					
Fall	Credits	Spring	Credits		
HDFS 253	1	INTER-HE 202	1		
HDFS 262, PSYCH 460, or ED PSYCH 320	3	HDFS 263	3		
Social Science	3	Literature	3		
Humanities	3	Science	3		
Elective	3	Social Science	3		
		Elective	2		
13		15			
Junior					
Fall	Credits	Spring	Credits	Summer	Credits
HDFS 174, 465, or 474	3	HDFS 425, PSYCH 225, or SOC 357	3	HDFS 601	3
Elective	3-4	HDFS 471, 516, or 517	3		
Elective	3	Elective	3		
Elective	3	Elective	3		
STAT 301, 371, PSYCH 210, or SOC 360 (Statistics (Quantitative Reasoning B)	3	Elective	3		
15		15		3	

Senior

Fall	Credits	Spring	Credits
HDFS 535, 469, 464, or 462	3	HDFS 650 or 663	3
High Impact Practice-Based Course	3	Elective	3
Elective	3	Elective	3
Elective	3	Elective	3
Elective	3	Elective	3
15		15	

Total Credits 121-122**ADVISING AND CAREERS****ADVISING & CAREER CENTER**

The Advising & Career Center (ACC) fosters undergraduate students' personal, academic, and professional development. Through advising, academic planning, and career education, we support students as they navigate the college experience—from exploring our majors as prospective students to becoming SoHE alumni.

ACADEMIC ADVISING

Each SoHE student is assigned to an academic advisor in the Advising & Career Center. SoHE academic advisors support academic and personal success by partnering with current and prospective SoHE students as they identify and clarify their educational goals, develop meaningful academic plans, and pursue their own Wisconsin Experience.

To explore academic advising resources or schedule an appointment with a SoHE academic advisor, visit Advising in SoHE (<https://advising.humanecology.wisc.edu/academics/apply/>).

CAREER DEVELOPMENT

Active engagement in the career development process is a vital component of a student's personal growth in college and future success as a lifelong learner, professional, and global citizen. SoHE career advisors help prepare students for life post-graduation through individual and group advising and integration of career readiness throughout our curriculum.

To explore career development resources or schedule an appointment with a SoHE career advisor, visit Career Development (<https://advising.humanecology.wisc.edu/careers/scheduling/>).

PEOPLE

For more information, visit the School of Human Ecology Human Development and Family Studies faculty and staff directory. (https://humanecology.wisc.edu/staff/uw_staff_type/faculty-staff/sohe-department/hdfs/)

WISCONSIN EXPERIENCE**INTERNSHIPS**

Internships are a vital part of student career development and a highly valued component of the undergraduate curriculum in the School of Human Ecology. High-quality internships foster student development by bringing theories and classroom-based learning to life in real-world settings. In addition, internships give students the opportunity to explore careers related to their major, gain relevant experience in their field(s) of interest, and develop a better understanding of what is expected in a workplace by performing the tasks of a professional in that field.

For SoHE majors, internships are a requirement of our undergraduate curriculum. Students must have at least a junior standing (54+ credits) in order to pursue a 3-credit internship and must complete a minimum of 150 hours at the internship site. To be eligible, an internship must be educational in nature, directly relate to a student's major and career goals, and be approved by the Advising & Career Center (https://go.wisc.edu/acc_office/).

For some SoHE majors, additional course prerequisites may be required. For more information, visit SoHE Internships (<https://advising.humanecology.wisc.edu/careers/internship-requirement/>).

STUDENT ORGANIZATIONS

School of Human Ecology student organizations include:

- Apparel and Textile Association (ATA)
- BadgerSense Financial Life Skills
- Community & Nonprofit Leaders (CNPL) of UW–Madison
- Financial Occupations Club for University Students (FOCUS)
- Interior Design Organization (IDO)
- Phi Upsilon Omicron (National Honor Society in Family and Consumer Sciences)
- Student Retail Association (SRA)

For more information about registering as a SoHE student organization, please visit SoHE Student Organizations (<https://go.wisc.edu/sohestudentorganizations/>).

Learn more about UW–Madison registered student organizations through the Wisconsin Involvement Network (<https://win.wisc.edu/>).

RESOURCES AND SCHOLARSHIPS**ADVISING & CAREER CENTER**

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SCHOLARSHIPS AND OTHER FINANCIAL RESOURCES

The School of Human Ecology awards many merit and need-based scholarships each year. The deadline to apply for scholarships is typically late January. To be eligible for these awards, scholarship recipients must be registered as full-time SoHE students.

Students who experience emergency financial situations may inquire about the availability of short-term loans through the SoHE Advising & Career Center. In addition, university scholarships, loans, and employment are available through the Office of Student Financial Aid (<https://financialaid.wisc.edu/>) (333 East Campus Mall; 608-262-3060).