

HUMAN DEVELOPMENT AND FAMILY SCIENCE

Our Website (<http://www.hdfs.vt.edu>)

Overview

The Department of Human Development and Family Science offers an undergraduate degree in Human Development. To earn this degree, students can major in Human Development or Early Childhood Development and Education (formerly Childhood Pre-Education). Human Development focuses on family relationships and human development across the lifespan, human service skills, and public policies and issues that impact individuals and families. Early Childhood Development and Education (formerly Childhood Pre-Education) helps students prepare for careers involving young children. The department's mission is to understand and improve the lives of people of all ages in relationships, families, organizations, and communities.

The program participates in the University Honors Program.

The department offers graduate programs leading to an M.S. or Ph.D. with content options related to adult development and aging, child and adolescent development, family studies, and marriage and family therapy. Graduate students can earn the Graduate Certificate in Gerontology along with their degree or as Commonwealth Campus students (for more information, contact the Center for Gerontology, 237 Wallace Hall, (540) 231-7657). Graduate students can also earn the Graduate Certificate in Human Sexuality Studies along with their degree or as Commonwealth Campus students (for more information, contact the HDFS Department, 366 Wallace Hall, (540) 231-4794). (See the Graduate Catalog)

Human Development and Family Science

The degree in human development is for students interested in a wide variety of careers and graduate school programs. The option provides undergraduate majors with a theoretical and experiential grounding in child and adult development and in family and relational dynamics. Course work includes emphases on how individuals and families develop over the life cycle, on the critical issues and events that influence families, and on family transitions and dynamics. The curriculum also focuses on family diversity and social and public policies that affect individuals and their families. Through course work and field placement experiences, human development and family science students develop and practice skills and communication techniques for working with individuals, families and groups. In addition to course work within the Department of Human Development and Family Science, students take courses in related fields in order to gain a broad perspective on issues that affect human development and families. Students may tailor their studies to their particular professional goals and interests through the use of free electives. The experiential field study requirement, which integrates theory, research, and practice, is pivotal to students' career development. It increases students' professional communication and human service practice skills and helps narrow career interests.

Careers open to human development and family science graduates include: early childhood education, employment and job training services, health and wellness programs, housing services, income programs, mental health services, nutrition and meals programs, protective services, recreation programs, respite services, social services, substance use disorder programs, volunteer programs, and child care services. Graduate and professional options that human development and family science

graduates may consider include business, community health and public health, law, education, family studies, gerontology, marriage and family therapy, medicine and nursing, occupational therapy, physical therapy, psychology and sociology, public administration, rehabilitation, speech therapy, and social work.

Free Electives (Select 33–35 Credits)

Students are encouraged to consider the wide array of courses across the university curriculum as potential choices for electives to support their major. In consultation with an academic advisor, each student should confirm that prerequisite requirements have been met before enrolling in elective courses.

Satisfactory Progress

A student will be considered to have made satisfactory progress toward the degree when he/she has successfully completed the Pathways General Education requirements for Concepts 1F, 4, and one course for Concept 5F as well as HD 1004 Childhood and Adolescence, by the time the student has attempted 72 semester credits.

- Early Childhood Development and Education Major (<https://catalog.vt.edu/undergraduate/liberal-arts-human-sciences/human-development-family-science/early-childhood-dvlp-educ-bs/>)
- Human Development Major (<https://catalog.vt.edu/undergraduate/liberal-arts-human-sciences/human-development-family-science/human-development-bs/>)

Department Head: Paul Springer

Alumni Distinguished Professor: R. Blieszner

Professors: M. Dolbin-McNab, B. Katz, K. A. Roberto, L. Sands, T. Savla, C. L. Smith, and P. Teaster

Associate Professors: E. Gafsky, B. Howell, K.J. Kim, and J.M. Russon

Assistant Professors: K. Choi, C. B. Hornburg, T. Rice, C. Sanner, and R. Wesche

Associate Clinical Professor: J. Case Pease

Research Scientist: I. Bradburn

Senior Instructor: K. Gallagher and A. Gardner

Advanced Instructor: J. Culligan, M. Komelski, V. Lael, and I. Schepisi

Undergraduate Academic Coordinator: A. Lemon

Graduate Academic Coordinator: M. Wyatt

CLAHS Academic Advisor for HD majors: C. Ballard

CLAHS Academic Advisor for CPED and ECDE majors: S. Jarrett

Undergraduate Course Descriptions (HD)

HD 1004 - Childhood and Adolescence (3 credits)

Basic concepts related to human development. Emphasis on developmental theories and principles of physical, cognitive, social, and emotional growth, development, and behavior of children, individually and within families and cultures, from conception through adolescence. Designed as a general survey course for majors and non-majors.

Pathway Concept Area(s): 3 Reasoning in Social Sciences, 10 Ethical Reasoning

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 1014 - Introduction to Human Development & Family Science First Year Experience (1 credit)

Introduction to the Human Development and Family Science Department: majors, minors, and curriculum requirements and options. Introduction to academic skills and career exploration. Exploration of University programs and services that support students and promote student development.

Instructional Contact Hours: (1 Lec, 1 Crd)

HD 1034 - The Connection Project (1 credit)

Discussion of key components of making meaningful connections. Engagement in activities and dialogue that highlight what brings people together, what keeps people apart, and how these things manifest in VT's social culture. Focus on current research on the social, biological, emotional, and cognitive impacts of human connection. Apply various communication styles and conflict resolution strategies, and further consider how variations in communication can impact social interactions, connection, and sense of self.

Instructional Contact Hours: (1 Lec, 1 Crd)

HD 1134 - Introduction to Disability Studies (3 credits)

Introduction to concepts related to physical, intellectual, cognitive, and emotional disability, with a focus on disability as a social construct and lived experiences of people with disabilities across the lifespan. Exploration of texts, videos, and other created artifacts to evaluate concepts and models of disability. Attention to policy, culture, and ethical issues.

Pathway Concept Area(s): 2 Critical Thinking Humanities, 7 Identity & Equity in U.S., 10 Ethical Reasoning

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 1984 - Special Study (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 1984C - Special Study (1-19 credits)

Pathway Concept Area(s): 3 Reasoning in Social Sciences

Instructional Contact Hours: Variable credit course

HD 2004 - Adulthood and Aging (3 credits)

Introduction to adult development and aging (gerontology). Basic concepts, principles, theories, research methods and social issues of development from emerging adulthood through the end of life. Biopsychosocial analysis of issues affecting aging processes, including family dynamics. Consideration of social, economic, political and ethical issues in aging. Attention to multicultural perspectives and significant global challenges and opportunities related to aging around the world.

Pathway Concept Area(s): 3 Reasoning in Social Sciences, 11 Intercultural&Global Aware.

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 2014 - Integrative Practices for Health, Wellbeing, and Resilience (3 credits)

Theories of integrative (mind-body) health and wellbeing. Examination of multidimensional factors, including stress, personality, relationships, and social environment, as well as issues of identity and equity that influence health across the lifespan. Engagement in contemplative and evidence-based integrative health practices used for promoting health, wellbeing, and resilience. Attention given to ethical use and teaching of practice methods.

Pathway Concept Area(s): 3 Reasoning in Social Sciences, 7 Identity & Equity in U.S., 10 Ethical Reasoning

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 2104 - Quantitative Approaches to Community Research (3 credits)

Computational methods and ethical issues in the collection, transformation, consumption, and use of quantitative data in the design and evaluation of community programs. Consideration of effective data visualization and communication of findings. Emphasis on evaluating the reliability and accuracy of data used to frame decisions about community-related policies and service-oriented programs.

Pathway Concept Area(s): 5F Quant & Comp Thnk Found., 10 Ethical Reasoning

Instructional Contact Hours: (3 Lec, 3 Crd)

Course Crosslist: SOC 2104

HD 2304 - Family Relationships (3 credits)

Overview of basic concepts, principles, theories, and issues of development and change in family relationships. Topics include families in historical and contextual perspective, structural and relational diversity in families, and processes of relational development, maintenance, and dissolution in families.

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 2314 - Human Sexuality (3 credits)

Explores the diversity of human sexuality using global perspectives. Biological, historical, developmental, psychological, sociological and self-reflexive approaches. Interdisciplinary examination of the social constructions of sexuality and gender; the historical and contemporary theoretical perspectives and research on sex; the interactions of race, ethnicity, class, gender, sexual orientation, religion, ability, and nationality in shaping sexuality and family formation; the international commercialization of sex; the impact of violence and sexual coercion; the debates surrounding sexual ethics, unintended pregnancy, sex education, and biotechnology; the application of the scientific method, study designs, and methods of observation; the promotion of sexual and reproductive health across the lifespan; and the development of sexual practices, rituals, mythologies, belief systems and other cultural contexts for sexuality across time and around the world.

Pathway Concept Area(s): 3 Reasoning in Social Sciences, 11 Intercultural&Global Aware.

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 2335 - Principles of Human Services (3 credits)

2335: Basic concepts, techniques, and structure of the human services profession. Survey of client/family assessment and problem management. 2336: Advanced topics in human services focusing on: case management, crisis intervention, program administration, specialized interventions, ethics, and professional development.

Corequisite(s): 1004 or Pre: 1004.

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 2336 - Principles of Human Services (3 credits)

2335: Basic concepts, techniques, and structure of the human services profession. Survey of client/family assessment and problem management. 2336: Advanced topics in human services focusing on: case management, crisis intervention, program administration, specialized interventions, ethics, and professional development.

Prerequisite(s): HD 2335

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 2964 - Field Study (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 2974 - Independent Study (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 2974H - Independent Study (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 2984 - Special Study (1-19 credits)**Instructional Contact Hours:** Variable credit course**HD 3014 - Research Methods in Human Development (3 credits)**

Critical thinking and problem-solving involved in applying methods of scientific inquiry to the field of human development and family science. Analysis of individuals, families, and groups. Topics include method of data collection, basic methods for displaying and analyzing data, and writing reports.

Prerequisite(s): HD 2004 and HD 2304 and (STAT 2004 or STAT 3005 or STAT 3615 or STAT 3604)**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 3024 - Community Analytics (3 credits)**

Application of data analytics concepts to community issues at local and global levels. Data sources, data quality, data representation and data ethics. Statistical analysis to improve community livability. Communication of data and statistics for community stakeholders. Evaluation of reports that use data. Sophomore standing or higher.

Pathway Concept Area(s): 5A Quant & Comp Thnk Adv., 10 Ethical Reasoning**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 3114 - Issues in Aging (3 credits)**

Investigates selected contemporary issues and measures potential solutions in adulthood and old age; family and friend relationships; work and retirement; political, legal, and economic issues; vulnerability related to gender.

Instructional Contact Hours: (3 Lec, 3 Crd)**HD 3144 - Education of Exceptional Learners (3 credits)**

Introduction to the historical, ethical, legal, and economic models relevant to understanding students with disabilities and meeting their needs to increase their potential for success throughout their lives. Addresses research in early intervention, K-12 instruction, post-secondary education, and transition into work settings.

Pathway Concept Area(s): 3 Reasoning in Social Sciences, 10 Ethical Reasoning**Instructional Contact Hours:** (3 Lec, 3 Crd)**Course Crosslist:** EDCI 3144**HD 3214 - Infancy and Early Childhood (3 credits)**

Theories, principles, and patterns of physical, cognitive, social and emotional development from conception to the early school years. Micro and macro environmental influences on development, including families and culture, are considered as they interact with genetic/biological determinants of development.

Prerequisite(s): HD 1004**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 3224 - Middle Childhood and Adolescence (3 credits)**

Theories, principles, and patterns of physical, cognitive, social and emotional development from middle childhood to adolescence. Micro and macro environmental influences, including families and culture, on development as they interact with genetic/biological determinants of development.

Prerequisite(s): HD 1004**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 3234 - Lifespan Community Services (3 credits)**

Health and human service programs serving children, youth, and families to address life course development issues in the changing American family. Overview of child/youth care issues in areas such as poverty, health and healthcare, day-care services, school-based services, court services, child abuse and neglect, and children in residential settings. Methods of determining service eligibility, needs assessment techniques, translation of client data into a plan for community-based programs and services, and procedures for maintaining quality assurance.

Prerequisite(s): HD 1004 and HD 2304 and HD 2004**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 3254 - Curriculum in Early Childhood (3 credits)**

Supervised experience in planning and implementing emergent, play-based learning experiences for young children; examination of the role of the teacher; exploration of early childhood curricular design and materials suitable for addressing milestones of child development based on theory and research; utilization of approaches related to sharing child-specific information with families.

Prerequisite(s): HD 1004 and HD 3214**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 3304 - Advanced Helping Skills (3 credits)**

Helping skills used in human services settings. Case management, evaluating crisis situations, and approaches to individual and family assessment.

Prerequisite(s): HD 2335 and HD 2336**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 3900 - Bridge Experience (0 credits)**

Application of academic knowledge and skills to in a work-based experience aligned with post-graduation goals using research-based learning processes. Satisfactory completion of work-based experience often in the form of internship, undergraduate research, co-op, or study abroad; self-evaluation; reflection; and showcase of learning. Pre: Departmental approval of 3900 plan.

Instructional Contact Hours: (0 Crd)**HD 3954 - Study Abroad (1-9 credits)****Instructional Contact Hours:** (1-9 Lec, 1-9 Crd)**HD 3954C - Study Abroad (1-19 credits)****Pathway Concept Area(s):** 3 Reasoning in Social Sciences**Instructional Contact Hours:** Variable credit course**HD 3954G - Study Abroad (1-19 credits)****Pathway Concept Area(s):** 7 Identity & Equity in U.S.**Instructional Contact Hours:** Variable credit course**HD 3964 - Field Study (1-19 credits)****Instructional Contact Hours:** Variable credit course**HD 3984 - Special Study (1-19 credits)****Instructional Contact Hours:** Variable credit course**HD 4304 - Human Services Administration (3 credits)**

Issues, functions, and responsibilities involved in developing, implementing, and evaluating family and human services programs.

Prerequisite(s): HD 3234 or HD 3114**Instructional Contact Hours:** (3 Lec, 3 Crd)**HD 4324 - Advanced Family Relationships (3 credits)**

Investigation of challenges, stresses, and crises experienced by diverse, complex families over the life course; protective factors and resilience; coping strategies; prevention and intervention; public policies. Pre: Junior standing.

Prerequisite(s): HD 2304**Instructional Contact Hours:** (3 Lec, 3 Crd)

HD 4324H - Advanced Family Relationships (3 credits)

Investigation of challenges, stresses, and crises experienced by individuals and families; protective factors and resilience; coping strategies; prevention and intervention; public policies.

Prerequisite(s): HD 2304

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 4334 - Perspectives On Addiction and Family Systems (3 credits)

Intra-personal and inter-personal dimensions of compulsive- addictive patterns manifested in the context of the family system. Reciprocal interaction between families and other systems. Junior standing required.

Prerequisite(s): HD 2304 or HD 2314

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 4354 - Family, Law, and Public Policy (3 credits)

Theoretical and substantive issues that relate to the development and implementation of family policies. Implications of political culture and family legislation for the well-being of children and their families.

Prerequisite(s): HD 1004 and HD 2335 and HD 2336 and HD 2004 and HD 2304

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 4354H - Family, Law, and Public Policy (3 credits)

Theoretical and substantive issues that relate to the development and implementation of family policies. Implications of political culture and family legislation for the well-being of children and their families.

Prerequisite(s): HD 1004 and HD 2335 and HD 2336 and HD 2004 and HD 2304

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 4364 - Gender And Family Diversity (3 credits)

Examination of the changing character of individual and family diversity, as related to the intersections among gender, race, class, sexuality, age, and ability. Junior standing required

Prerequisite(s): HD 2304

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 4714 - Senior Capstone Seminar (3 credits)

Intensive learning experiences in critical thinking and analysis of human development and family science. Opportunities to demonstrate breadth of learning while developing leadership skills and honing professional competencies. Topics include leadership and team development, problem solving, grant writing, program evaluation, and electronic portfolios. Pre: Senior standing.

Instructional Contact Hours: (3 Lec, 3 Crd)

HD 4964 - Field Study (1-19 credits)

Prerequisite(s): HD 1004 and HD 2004 and HD 2335 and HD 2336

Instructional Contact Hours: Variable credit course

HD 4974 - Independent Study (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 4974H - Independent Study (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 4984 - Special Study (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 4994 - Undergraduate Research (1-19 credits)

Instructional Contact Hours: Variable credit course

HD 4994H - Undergraduate Research (1-19 credits)

Instructional Contact Hours: Variable credit course