

# Human Development & Education, General (HD&E)

---

**HD&E 189. Skills for Academic Success. 1 Credit.**

This course is designed to ease the transition for new students at NDSU. Students will learn skills and techniques used by successful college students. In addition to introducing the students to campus resources and governance, topics will include study techniques, time management, test taking, note taking, goal setting, wellness, stress management, and career orientation. Cross-listed with ABEN 189, AGRI 189, BUSN 189, ME 189 and UNIV 189. F, S.

**HD&E 191. Seminar. 1-5 Credits.****HD&E 194. Individual Study. 1-3 Credits.****HD&E 196. Field Experience. 1-15 Credits.****HD&E 199. Special Topics. 1-5 Credits.****HD&E 291. Seminar. 1-3 Credits.****HD&E 292. Study Abroad. 1-15 Credits.****HD&E 294. Individual Study. 1-5 Credits.****HD&E 299. Special Topics. 1-5 Credits.****HD&E 320. Professional Issues. 1 Credit.**

Analysis and integration of professional perspectives and trends; life career development skills (self-assessment, resume writing, interviewing, and correspondence.) 1 lecture. Prereq: Junior standing.

**HD&E 379. Study Tour Abroad. 1-6 Credits.****HD&E 391. Seminar. 1-5 Credits.****HD&E 392. Study Abroad. 1-15 Credits.****HD&E 394. Individual Study. 1-5 Credits.****HD&E 396. Field Experience. 1-15 Credits.****HD&E 399. Special Topics. 1-5 Credits.****HD&E 491. Seminar. 1-5 Credits.****HD&E 492. Study Abroad. 1-15 Credits.****HD&E 494. Individual Study. 1-5 Credits.****HD&E 496. Field Experience. 1-15 Credits.****HD&E 499. Special Topics. 1-5 Credits.****HD&E 690. Graduate Seminar. 1-5 Credits.****HD&E 696. Special Topics. 1-5 Credits.****HD&E 777. Advanced Stress Management. 3 Credits.**

The dynamics of stress, sources and symptoms of stress, and stress management techniques will be presented. Research in stress from the interdisciplinary perspectives of wellness, applied gerontology, and counseling.

**HD&E 790. Graduate Seminar. 1-5 Credits.****HD&E 793. Individual Study. 1-5 Credits.****HD&E 794. Practicum/Internship. 1-8 Credits.**