

# Human Development & Family Science (HDFS)

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## **HDFS 140. Navigating Technology and Family Life. 3 Credits.**

Examination of the use and impact of information and communications technologies on families. Emphasis on the intentional use of technologies to support family well-being.

## **HDFS 186. Smart Spending and Saving. 3 Credits.**

A foundation for managing financial resources effectively for life-long financial wellbeing. Focus is on the skills and tools needed to organize and manage personal finances with an emphasis on consumer decision making.

## **HDFS 194. Individual Study. 1-5 Credits.**

## **HDFS 196. Field Experience. 1-15 Credits.**

## **HDFS 199. Special Topics. 1-5 Credits.**

## **HDFS 230. Life Span Development. 3 Credits.**

Study of human growth and development throughout the life span.

## **HDFS 242. Couples, Marriages and Families. 3 Credits.**

Study of the formation of relationships in varied contexts: examines the diversity of couples, marriages, and families that exists in our contemporary society. Emphasis will be on relationship health as well as barriers to relationship wellness.

## **HDFS 250. Introduction to Research Methods in Human Development and Family Sciences. 3 Credits.**

Undergraduate orientation to research methods in human development and marital/family relationships; students will explore the scientific method as applied to HDFS, methods/issues related to data collection, and methods of data analysis.

## **HDFS 275. Diversity and Multiculturalism in Individual and Family Life. 3 Credits.**

This course includes the study of developmental and family issues as viewed from a perspective of diversity and multiculturalism. Emphasis will be placed on understanding the role of factors such as race, ethnicity, social class, religion, sexual orientation, gender identity, and disability in developmental and family processes.

## **HDFS 291. Seminar. 1-5 Credits.**

## **HDFS 320. Prenatal, Infant and Toddler Development. 3 Credits.**

Study of growth and development of the child from conception to age 3. Prereq: HDFS 230.

## **HDFS 330. Child Development. 3 Credits.**

Study of children, three years through middle childhood. Emphasis on social, cognitive, physical, and emotional development. Prereq: HDFS 230.

## **HDFS 340. Adolescent Development. 3 Credits.**

Study of physical, social, cognitive, and emotional development of adolescents. Includes examination of contemporary issues related to this age group. Prereq: HDFS 230.

## **HDFS 341. Parent-Child Relations. 3 Credits.**

Contemporary parenting principles and strategies. Emphasis on application in the home and professional settings. Prereq: HDFS 230 or HDFS 242.

## **HDFS 350. Fundamentals of Hospital Child Life. 3 Credits.**

Introduction to the child life profession through exploring the needs of hospitalized children. Child development theories will be used to understand coping and intervention techniques for the hospitalized child. Prereq: HDFS 230. Co-req: HDFS 250.

## **HDFS 353. Children, Families and Public Policy. 3 Credits.**

Interaction of the national economy and the family economy with regard to the public programs affecting well-being of families. Emphasis on philosophies of service delivery and policy alternatives. Prereq: HDFS 230 and HDFS 242.

## **HDFS 357. Personal and Family Finance. 3 Credits.**

Factors influencing decisions on acquiring and using financial resources and budgeting to achieve goals. Overview of credit, taxation, savings, insurance, and investments.

## **HDFS 360. Adult Development and Aging. 3 Credits.**

Study of development during adulthood and later life. Emphasis on perceptual-motor and cognitive functioning, personality, adjustment, social, familial, and cultural aspects of adulthood. Prereq: HDFS 230 or enrolled in the Aging Studies certificate or Gerontology minor.

## **HDFS 380. Introduction to Mental Health Professions. 3 Credits.**

This course is designed as an introduction to the mental health field. Through class assignments and discussions, students will be able to make a more informed decision about which type of mental health profession (e.g., Mental Health Counseling, Professional Counseling, Couple and Family Therapy, Clinical Social Work, Counseling Psychology, Clinical Psychology, etc.) holds potential for them in their own professional pursuits. Further, students will be exposed to several clinical settings and begin preparing application materials for graduate programs. Students who successfully complete this course should be well versed in the basics of counseling and psychotherapy including interviewing, professional ethics, multicultural awareness and relationship building with clients. Prereq or Coreq: Junior standing or higher to enroll.

**HDFS 389. Pre-Field Experience. 2 Credits.**

In this course, HDFS majors will prepare for field experience and engage in career exploration. Students will undertake the process of selecting a field experience site, setting goals for internship, and completing training requirements needed prior to field experience. Additionally, students will be introduced to various career options in HDFS, explore personal career interests, and plan for the career launching process. Prereq: 6 credits of HDFS 300-400 level courses. Restrictions: HDFS Major/Minor or instructor permission.

**HDFS 390. Career Development. 1 Credit.**

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

**HDFS 394. Individual Study. 1-5 Credits.****HDFS 397. Fe/Coop Ed/Internship. 1-4 Credits.****HDFS 430. Topics in Cognitive Development. 3 Credits.**

Understanding the fundamentals of cognitive development in children, adolescents and/or adults. Topics vary each time the course is offered and may include cognition, perception, concepts, reasoning, memory, and language. May be repeated for credit with change in subtopic. Prereq: 6 credits of HDFS 300-400 level coursework.

**HDFS 435. Topics in Socioemotional Development. 3 Credits.**

Understanding the fundamentals of socio-emotional development in children, adolescents and/or adults. Topics vary each time the course is offered and may include temperament, peer relations, moral development, emotional development, gender development, or development of self-concept. May be repeated for credit with change in subtopic. Prereq: 6 credits of HDFS 300-400 level coursework.

**HDFS 445. Topics in Family Science: (sub-topic). 3 Credits.**

Advanced study of specific topic areas in Family Science. Topics vary each time the course is offered and may include mate selection, divorce, step-families, poverty, etc. May be repeated for credit with change in subtopic. Prereq: 6 credits of HDFS 300-400 level coursework and students must be a major with junior or senior standing in HDFS, WGS or FACS.

**HDFS 448. Issues In Sexuality. 3 Credits.**

Study of personal, interpersonal, and societal meanings of human sexuality. Decision making relevant to sexual behavior. Prereq: HDFS 230 and HDFS 242.

**HDFS 462. Methods of Family Life Education. 3 Credits.**

Introduces students to the study of various family issues including crisis, stress, diversity and change and the role of family life education as a method of preventing or mediating family distress. Prereq: 6 credits of HDFS 300-400 level coursework.

**HDFS 468. Families and Work. 3 Credits.**

Issues, opportunities and problems related to the interface of work and family. Topics include household division of labor, trends in the labor market, and work-family policy. Prereq: HDFS 242 and HDFS 250 and junior or senior standing. {Also offered for graduate credit - see HDFS 668.}.

**HDFS 477. Financial Counseling. 3 Credits.**

Advanced analysis of family financial issues. Evaluation of alternative financial programs. Prereq: HDFS 357. {Also offered for graduate credit - see HDFS 677.}.

**HDFS 480. Community Resources of Later Life. 3 Credits.**

This course will expose students to the various policies and programs focused on providing services to older adults. Additionally, this course will emphasize the theoretical knowledge that underscores an understanding of the social and psychological dynamics of help seeking behavior in later life. Prereq: HDFS 230 or enrolled in the Aging Studies certificate or Gerontology minor.

**HDFS 482. Family Dynamics of Aging. 3 Credits.**

Examination of issues related to family life in the later years from the perspectives of aging individuals and their families. Prereq: HDFS 242 or enrolled in the Aging Studies certificate or Gerontology minor.

**HDFS 483. Best Practices, Play and Activities from Birth Through Adolescence. 3 Credits.**

This course will provide students with an in-depth understanding of play at various ages, as well as provide guidance in planning and understanding the use of developmentally appropriate practices, activities and materials from infancy through adolescence. A strong emphasis on play as an essential element of development, theories of play, guided play and play development will be incorporated into this course. Prereq: HDFS 320 and HDFS 330. Co-req: HDFS 340.

**HDFS 491. Seminar. 1-5 Credits.****HDFS 493. Undergraduate Research. 1-5 Credits.****HDFS 494. Individual Study. 1-5 Credits.****HDFS 496. Field Experience. 1-15 Credits.****HDFS 499. Special Topics. 1-5 Credits.****HDFS 677. Financial Counseling. 3 Credits.**

Advanced analysis of family financial issues. Evaluation of alternative financial programs. {Also offered for undergraduate credit - see HDFS 477.}.

**HDFS 692. Global Practicum: Study Abroad. 1-15 Credits.**

Pre-Arranged study at accredited foreign institutions (study abroad), domestic institutions (National Student Exchange) or on approved study abroad programs. Pre-requisite: Sophomore standing and prior approval by International Student and Study Abroad Services and major department. Graded 'P' or 'F' (Undergraduate), or 'S' or 'U' (Graduate).

**HDFS 696. Special Topics. 1-5 Credits.****HDFS 705. Quantitative Methods in Developmental Science. 3 Credits.**

This course is an introduction to quantitative analyses commonly used in developmental science. Special emphasis will be placed on statistical concepts and applying and interpreting tests of statistical inference that are associated with the field.

**HDFS 710. Foundations of Youth Development. 3 Credits.**

This course provides an introduction to the field of positive youth development (PYD) including an overview of key theory and practice principles that enhance the profession of youth work. This course is designed to provide a foundation of basic knowledge and skills that students will need to be successful in any course in the Great Plains-IDEA Youth Development programs.

**HDFS 711. Youth Development. 3 Credits.**

An introduction to the developmental period of adolescence through the lens of theory and research in positive youth development. The course emphasizes how the developmental tasks of this life stage are influenced by (and influence) family and home, school, peers, and other contextual forces. Students critically examine theoretical and research literature and become familiar with major issues and transitions adolescents face.

**HDFS 712. Positive Youth Development in Community Settings. 3 Credits.**

This course uses a strengths-based or asset-based approach to community youth development and encompasses individual development (i.e. positive youth development) and adolescents' interrelationships with their environments. Emphasis is placed on research, theory, and practice applied to communities throughout the U.S. Students will explore existing models, read theoretical and applied literature, and examine current community efforts as a basis for understanding community youth development.

**HDFS 713. Adolescents and Their Families. 3 Credits.**

This course explores adolescent development in the context of the family. The bi-directional influences between adolescents and their families will be examined. Implications for professionals working with youth and families will be explored and highlighted.

**HDFS 714. Contemporary Youth Issues. 3 Credits.**

This course presents issues faced by youth today and associated risk and resiliency factors. A different topic is presented each year. Past topics have included Youth Violence, Youth and Appearance, and Volunteerism. The course may be taken more than once, as long as the topic areas are different each time.

**HDFS 715. Youth Culture. 3 Credits.**

This course examines youth as a culture, and youth culture within multiple contexts (education, peers, work, sports, family, technology, music, media, politics, and activism). Students will think critically about how society supports and restricts youth culture, and gain further knowledge of how ethnic groups fit historically into society and how history has shaped current youth culture. Students will address biases and myths about youth and explore the social and educational processes experienced by youth through in-depth reading, writing, discussion, critical listening, viewing of contemporary videos, and informal interviews with youth.

**HDFS 716. Youth Professionals as Consumers of Research. 3 Credits.**

Students will learn the basics of quantitative and qualitative research approaches that will enable them to understand, evaluate, and critique research articles. Students will be able to judge the validity and usefulness of research articles in order to guide their educational or therapeutic interventions or public policy decisions.

**HDFS 717. Design and Evaluation of Youth Programs. 3 Credits.**

This course focuses on the principles and methods of the design and evaluation of youth programs. Students will learn about hands-on tools for conducting evidence-based planning and evaluating the performance and delivery of a program. Students will develop knowledge through participating in a community-based project involving the practical application of program design and evaluation methods. The goal is to prepare students for research supported planning and evaluation of programs that aim at positive youth development.

**HDFS 718. Youth Development Personnel and Program Management. 3 Credits.**

This course introduces students to the development, administration, and management of youth programs and youth-serving organizations with special focus being on the roles and responsibilities of administrators and managers.

**HDFS 719. Youth Policy. 3 Credits.**

This course examines various federal and state policies that affect developmental opportunities for youth. Students will examine how and why such policies are constructed. We will explore how various policies contribute to or undermine positive youth development outcomes.

**HDFS 721. Contemporary Perspectives on Adult Development and Aging. 3 Credits.**

The course covers physical, cognitive, social, and personal dimensions of adult development from a lifespan developmental perspective. This course takes an integrative perspective on aging that (a) considers the impact of prior development and socio-historical influences on late life development (b) emphasizes aging processes across diverse groups and contexts, and (c) identifies pathways to optimal functioning.

**HDFS 722. Applied Research Methods and Evaluation of Aging Programs. 3 Credits.**

This course will familiarize students to applied research methods as they apply to aging programs, such as: needs assessment, formative research, process evaluation, and impact assessment. Students will learn theories and concepts of evidence-informed practice and program evaluation, perform the skills to conduct methodologically sound program evaluation research, and gain practical experience and strategies for application.

**HDFS 723. Foundations in Integrative Aging Studies. 3 Credits.**

This course introduces foundational concepts to the interdisciplinary field of gerontology and aging studies, including: core theories of aging, how to be critical consumers of aging research, developing writing and other professional skills, and exploring career options in aging.

**HDFS 725. Socioemotional and Cognitive Well-being throughout Adulthood. 3 Credits.**

This course addresses cognitive, social, and emotional health in adulthood and later life including typical and atypical changes such as wisdom, dementia, coping, and depression. Contrasting theoretical frameworks and considering positions of access and resilience, students will examine personality, mental health, and cognitive and brain functioning during adulthood and review methods to enhance psychological health.

**HDFS 726. Family Relationships and Aging. 3 Credits.**

Examination of research and theories on family dynamics and transitions in mid-to-late life, how they impact adults and their family relationships, and the practices and professional ethics of working with diverse older adults and their families. Prereq: 6 credits social science.

**HDFS 730. Youth-Adult Relationships. 3 Credits.**

This course examines the role of caring adults in promoting the positive development of youth. Students will explore the spectrum of adult attitudes toward youth as well as activities that invite youth to engage and develop agency. The course will include examination of the research and practice of mentorship, youth-adult partnerships, and youth leadership.

**HDFS 740. Theories & Research in Family Financial Planning I. 3 Credits.**

Introduction to the social science of family financial planning: Theories of family functioning, microeconomic theory related to family resource allocation decisions, the family as an economic unit, and interaction of the family and the economy.

**HDFS 741. Theories & Research in Family Financial Planning II. 3 Credits.**

Macroeconomic theory as it relates to family resource allocation decisions, theories of household behavior, lifecycle hypothesis, behavioral economics, behavioral finance, theories of behavioral change, and psychological theories of family well-being. Focus on empirical research investigating household financial decision-making. Prereq: HDFS 740.

**HDFS 760. Aging Policy and Advocacy. 3 Credits.**

This course covers the formation, implementation, and impact of various policies and programs focused on providing services and supports for the social, financial, and physical well-being of aging persons within their communities. A primary focus is placed on addressing challenges and gaps in policies, as well as issues of unmet needs and inequity through advocacy and policy-making.

**HDFS 761. Implementation of Community Programs for Older Adults. 3 Credits.**

This course addresses theoretical and practical aspects of community-based efforts to influence the well-being of older adults. Examines literature from gerontological, prevention science, human sciences, and community health approaches. Provides an overview of the program development, implementation, evaluation, and management of aging-related programs.

**HDFS 762. Retirement Planning, Employee Benefits and the Family. 3 Credits.**

Critical examination of micro and macro considerations in retirement planning for individuals and families.

**HDFS 763. Personal Income Taxation. 3 Credits.**

Study of principles and concepts of personal income tax planning as they relate to families.

**HDFS 765. Insurance Planning for Families. 3 Credits.**

An in-depth study of risk management concepts, tools, and strategies for individuals and families.

**HDFS 766. Estate Planning for Families. 3 Credits.**

Study of principles and concepts of estate planning as they relate to families.

**HDFS 767. Professional Practices in Family Financial Planning. 3 Credits.**

Study of strategies and methods for managing private family financial planning practices including ethics, compensation, client-centered marketing and practice management.

**HDFS 768. Housing/Real Estate. 3 Credits.**

Overview of the role of housing and real estate in the family financial planning process including taxation, law, mortgages, ethics and financial calculations.

**HDFS 769. Financial Planning Case Studies. 3 Credits.**

Examines professional issues in family financial planning including ethics, regulation on certification, communication, and professional responsibility. Emphasis on personal finance case studies and investment policy.

**HDFS 770. Fundamentals of Financial Planning. 3 Credits.**

Survey of personal/family financial planning including process, time value of money, cash management, credit, taxation, insurance, housing, investments, retirement, and estate planning.

**HDFS 771. Investing for the Family's Future. 3 Credits.**

Study of the concepts of time and risk value of money in evaluating investment markets.

**HDFS 772. Military Personal Financial Readiness. 3 Credits.**

Preparation of Financial Counselors and Planners regarding the unique needs and resources of military service members and their families. Focus on mission readiness and overall financial well-being.

**HDFS 790. Graduate Seminar. 1-3 Credits.****HDFS 791. Temporary/Trial Topics. 1-5 Credits.****HDFS 793. Individual Study/Tutorial. 1-5 Credits.****HDFS 794. Practicum/Internship. 1-8 Credits.****HDFS 795. Field Experience. 1-15 Credits.****HDFS 796. Special Topics. 1-5 Credits.****HDFS 797S. Comprehensive Project. 1-6 Credits.****HDFS 797. Master's Paper. 1-3 Credits.****HDFS 798. Master's Thesis. 1-10 Credits.****HDFS 801. Graduate Orientation Seminar. 1 Credit.**

Introduction to graduate program, faculty, policies and procedures.

**HDFS 802. Teaching and Learning in the Human Sciences. 3 Credits.**

Introduction to research and theory on college teaching, including course preparation, grading, and classroom management. Emphasis on acquiring skills related to teaching in the human sciences.

**HDFS 805. Research Methods and Scholar Development in Human Sciences. 3 Credits.**

This course is an introduction to research methods commonly used in human sciences, including activities for students to develop as scholars. Areas covered will include sampling, survey and experimental research designs, and writing and speaking about research in multiple formats.

**HDFS 811. Developmental Concepts and Theories. 3 Credits.**

This course is an advanced study of the theories and concepts of development throughout the lifespan. Students will be introduced to relevant historical and current theoretical work on biological, cognitive, and socio-emotional human development. Using interdisciplinary lifespan perspectives, we will explore conceptualizations of developmental change and examine implications for research and applications.

**HDFS 813. Social and Emotional Development Across the Lifespan. 3 Credits.**

This course is an advanced study of the concepts and research of social and emotional development throughout the lifespan. Students will critically evaluate historical, recent, and current empirical research on social and emotional development in the field of developmental science, and explore applications across the lifespan. Restrictions: HDFS Doctoral Student, or Instructor Permission.

**HDFS 815. Physical and Cognitive Development Across the Lifespan. 3 Credits.**

Critical examination of physical and cognitive change in human development across the lifespan, including major theories and key research in the area. Emphasis will be on the interplay of genetic/physical and contextual factors on development. Restrictions: HDFS doctoral student or Instructor Permission.

**HDFS 817. Prevention Science. 3 Credits.**

This course examines the field of prevention science and intervention programs in the context of human development, relationships and well-being across the lifespan. Restrictions: Human Development and Family Science doctoral student, or instructor permission.

**HDFS 824. Advanced Topics in Socioemotional Development. 3 Credits.**

Critical examination of socio-emotional development. Topics vary each time the course is offered and may include temperament, peer relations, moral development, emotional development, gender development, or development of self-concept. May be repeated for credit with change in subtopic.

**HDFS 825. Advanced Topics in Cognitive Development. 3 Credits.**

Critical examination of cognitive development. Topics vary each time the course is offered and may include cognition, perception, concepts, reasoning, memory, and language. May be repeated for credit with change in subtopic.

**HDFS 830. Issues and Theories in Family Science. 3 Credits.**

Exploration of foundational and contemporary theories that form the basis of the family science discipline. Examination of the complexities of family relationships and issues in a variety of contexts and life stages.

**HDFS 854. Advanced Quantitative Methods in Developmental Science. 3 Credits.**

Survey of advanced quantitative methods typically used in research in Developmental Science. Areas covered will include mid-level and advanced multivariate analyses, including use of SPSS software, interpretation of results, and use in current literature. Prereq: HDFS 705.

**HDFS 856. Longitudinal Research Methods and Analysis. 3 Credits.**

The primary focus will be on multilevel models (general linear mixed models or hierarchical linear models) as applied to studies in human development. Topics will include the measurement of change over time and the modeling of individual differences in growth trajectories by the inclusion of both time invariant and time varying covariates. Prereq: HDFS 705.

**HDFS 874. Contemporary Grant Writing. 3 Credits.**

This course covers all aspects of contemporary grant writing in the fields of human development and family science and couple and family therapy. Course topics include grant planning and development, writing successful proposals, budgeting, and grant management. Restrictions: Students must be enrolled in a PhD program in Couple and Family Therapy or Developmental Science or receive permission from the instructor.

**HDFS 890. Graduate Seminar. 1-5 Credits.**

**HDFS 892. Graduate Teaching Experience. 1-6 Credits.**

**HDFS 893. Individual Study/Tutorial. 1-5 Credits.**

**HDFS 894. Practicum/Internship. 1-8 Credits.**

**HDFS 898. Continuing Enrollment. 1-9 Credits.**

For graduate students who have completed all necessary credits of course work including thesis (798) and dissertation (899) on their approved Plan of Study, but who have not yet completed and submitted their thesis or dissertation. This course does not count towards the credit requirements for the degree and is not financial aid eligible. Department consent required to enroll.

**HDFS 899. Doctoral Dissertation. 1-15 Credits.**