

# HUMAN DEVELOPMENT AND FAMILY SCIENCE

## LIST OF HDFS CLASSES WITH DESCRIPTIONS

### HDFS Lower Division Courses

#### **HDFS 101: Sexuality Across the Lifespan**

Despite being a fundamental aspect of the human experience, many remain uninformed about important topics concerning human sexuality. This course utilizes a social science perspective to examine the development of sexuality at each stage of the lifespan. Historical, cultural, and societal influences on sexual values, norms, and behaviors are additionally examined for the relevant context they provide to enhancing our understanding.

#### **HDFS 195: Introduction to the Human Development & Family Science Program**

The focus of this 1-unit workshop is to help students successfully transition into the Human Development & Family Science (HDFS) major. Topics include: student success and time management, exploration of campus resources, professionalism, HDFS academic advising and graduation planning, academic writing, and personal exploration of careers and internships related to HDFS. This class combines activities, discussions, and guest speakers to help students explore interests, develop goals, and create meaningful experiences.

#### **HDFS 117: Lifespan Human Development**

Behavioral science approach to human development through the lifespan

#### **HDFS 237: Love, Intimacy, and Relationships**

Behavioral science approach to close relationship development

#### **HDFS 257: Contemporary Families**

Family relationships can be rewarding, challenging, complicated, and more. This course overviews research from the family science field covering topics related to contemporary family life including gender roles, work/family balance, marriage, parenthood, divorce, blended families, family violence, and related topics.

### HDFS Upper Division Courses

#### **HDFS 323: Infancy/Child Development**

Growth, development, and socialization of the child within the family setting, from conception to the middle school years; observations of infants and preschoolers

#### **HDFS 377: Adolescence**

This course is designed to provide you with an in-depth understanding of adolescent development, including the relationships between theory, research, and practice. We will examine various aspects of adolescent development, focusing on the major developmental milestones (such as identity, intimacy, and sexuality), transitions, strengths, and challenges of adolescents, as well as the contexts in which these occur. Additionally, this course will introduce you to the practice of working with adolescents and their caregivers, and provide opportunities for you to apply research and theory to specific issues of adolescent development (such as best practices for structuring out of school programs).

#### **HDFS 384: Leadership, Ethics, and Professional Practices**

Theories and applications of leadership and communication applied to professional decision-making, planning and control in the workplace. Examination of personal and professional qualities essential for successful internship and career planning. Roles, responsibilities, and ethical standards for professionals will be examined

#### **HDFS 413: Issues in Aging**

This course is designed to address major issues facing older adults and their families, society, and how earlier life experiences influence our older adult years. This class will tackle questions such as: What opportunities and challenges do adults face as they age? What resources and barriers shape their lives? How do physiological, psychological, interpersonal/family, economic, and socio-historical factors affect the experience of aging? How do gender, social-class, and ethnicity influence the experience of aging? And how do government policies, community services, the healthcare system, and health interventions affect the lives and well-being of older adults?

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### **HDFS 447A: Sociocultural Context of Development**

In-depth examination of human development from a sociocultural perspective; focus on socialization processes in childhood and adolescence and the role of the social and cultural context in those processes

### **HDFS 447C: Biosocial Development**

This course addresses topics in human development (e.g., family relationships, sexual development, competitive behavior, sex differences, the adolescent brain) from evolutionary and biosocial perspectives

### **HDFS 487: Theories of Interpersonal & Family Relationships**

Critical analysis of selected studies and current research in family relations

### **HDFS 401: Basic Skills in Counseling**

This active, skills-based course helps students learn and practice counseling skills for a variety of professions in human services. Learn how to be a better listener, respond to people empathically, ask effective questions, provide feedback, and more important social skills for working with people in counseling and other helping professions. This course also reviews healthy practices for counseling and human service professionals including self-care strategies, setting professional boundaries, navigating ethical issues, and responding to individuals in crisis. Practice these skills during class and put them to use as a professional.

### **HDFS 405: Theories of Counseling**

Techniques for the study of human behavior; implications for improving adult-child relationships, applying various theories of counseling

### **HDFS 408: Program Planning & Evaluation**

The overall objective of this course is to guide and assist students as they conduct a thorough case study of an existing or proposed social service, educational or community program / agency. The course is designed to provide students with applied knowledge of program planning components as well as program evaluation techniques.

### **HDFS 427A: Mental Health and the Family: Adulthood**

This course overviews a variety of mental illnesses and relationship problems in adulthood, with specific focus on how those issues impact individuals and their family systems. Prevention and treatment approaches for these issues are discussed, including research-supported therapeutic approaches and family-based strategies.

### **HDFS 427C: Mental Health and the Family: Childhood & Adolescence**

This course overviews intellectual disability, learning disabilities, and a variety of mental illnesses in childhood and adolescence, with specific focus on how those issues impact individuals and their family systems. Prevention and treatment approaches for these issues are discussed, including play-based and other therapeutic interventions, family-based methods, and school and community strategies.

### **HDFS 450: Human Sexuality**

Overview of human sexuality from development and interpersonal perspectives, topics to include reproductive physiology and health, sexual function and dysfunction, educational and intervention strategies.

### **HDFS 496Z: Topics in HDFS**

In-depth coverage of special topics in Human Development and Family Science (rotating topics)

## **HDFS Applied Skills**

### **HDFS 491 (Preceptorship)** - <https://norton.arizona.edu/advising/human-development-family-science/forms-applications>

Supervised teaching and mentoring experience alongside an HDFS faculty member. Preceptors are part of a teaching team and help facilitate learning in HDFS classes they have previously completed and passed successfully

### **HDFS 493 (Internship - Fall & Spring) and HDFS 494 (Practicum - Summer)** <https://norton.arizona.edu/hdfs/internships>

Supervised, experiential, and professional work related to HDFS

### **HDFS 492 (Research)** - <https://norton.arizona.edu/advising/human-development-family-science/forms-applications>

Supervised work alongside a faculty member, participating in academic research related to HDFS