### Name: ________________________________

### Advisor: ________________________________

### Date: ________________________________

#### GENERAL EDUCATION REQUIREMENTS (GER)

The requirements in this section apply to students who first enrolled in college after May 20, 1996.

A course taken to satisfy a requirement in the GER section of the checksheet may also be used to satisfy one, but only one, requirement in another section of the curriculum. All other required courses may only be used in the major once.

**Example:** Psych 210, Soc 360, Stat 301 or 371 may simultaneously be used to satisfy the GER Quantitative Reasoning B requirement AND the HDFS statistics requirement.

With proper planning, you may be able to fulfill many of the GER through courses that are required or allowed in other sections of the curriculum. Although it is possible that other combinations exist, specific courses or categories are listed below to provide you with some guidance in your planning.

<table>
<thead>
<tr>
<th>Category</th>
<th>Credits</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication A</td>
<td>0-3</td>
<td>Choose any designated Communication A course</td>
</tr>
<tr>
<td>Communication B</td>
<td>3-4</td>
<td>Choose any designated Communication B course</td>
</tr>
<tr>
<td>Quantitative Reasoning A (QR-A)</td>
<td>0-3</td>
<td>Choose any designated Quantitative Reasoning A course</td>
</tr>
<tr>
<td>Quantitative Reasoning B (QR-B)</td>
<td>3-5</td>
<td>Choose any designated Quantitative Reasoning B course, completion of one of the statistics courses in this major will satisfy the QR-B requirement</td>
</tr>
<tr>
<td>Ethnic Studies</td>
<td>3</td>
<td>Choose any designated Ethnic Studies course, completion of HDFS 474, an option in HDFS Learning Outcome 2, will satisfy the Ethnic Studies requirement.</td>
</tr>
<tr>
<td>HUMAN ECOLOGY BREADTH</td>
<td>3 credits</td>
<td>Choose any 3 credits of Human Ecology courses outside of department from Civil Society and Community Studies (CSCS), Consumer Science (CNSR SCI), Design Studies (DS), or Interdisciplinary Studies in Human Ecology (INTER-HE).</td>
</tr>
<tr>
<td>ARTS &amp; HUMANITIES</td>
<td>9 credits</td>
<td>Choose any designated Literature breadth course, from any designated Humanities breadth courses or foreign language, music, art or art history to bring total credits to 9</td>
</tr>
<tr>
<td>SOCIAL SCIENCE</td>
<td>9 credits</td>
<td>Choose any designated Social Science breadth courses to bring total credits to 9</td>
</tr>
<tr>
<td>PHYSICAL, BIOLOGICAL &amp; NATURAL SCIENCE</td>
<td>9 credits</td>
<td>Choose any designated Physical, Biological or Natural Science breadth courses to bring total credits to 9</td>
</tr>
</tbody>
</table>

For the most accurate degree planning, this curriculum checksheet should be used in conjunction with a DARS report. A 2.0 is required for graduation. A minimum of 120 credits is required for graduation.
LEARNING OUTCOME 1: 6 credits
LIFESPAN HUMAN DEVELOPMENT
Knowledge of lifespan human development (including cognitive, social, and emotional development and individual differences) in social and ecological contexts

1HDFS 362 Development of the Young Child
OR
ED PSYCH 320 Human Dev in Infancy & Early Childhood
OR
PSYCH 460 Child Psychology

AND

1HDFS 363 Development from Adolescence to Old Age

LEARNING OUTCOME 2: 3 credits
FAMILY AND COMMUNITY DIVERSITY
Knowledge of family and community diversity

1HDFS 474 Racial Ethnic Families in the U.S.
OR
HDFS 465 Families and Poverty

LEARNING OUTCOME 3: 3 credits
INTERNAL FAMILY PROCESSES
Knowledge of internal family processes, including parenting and parent-child relations, couples and family relationships across generations and family health and well-being

2HDFS 471 Parent/Child Relations
OR
1HDFS 516 Family Stress and Resilience
OR
1HDFS 517 Couple Relationships

LEARNING OUTCOME 4: 3 credits
SOCIAL INSTITUTION INFLUENCES
Ability to consider and evaluate how children, adults, individual families and family as an institution affect and are affected by policies, media or other social institutions

1HDFS 535 Family Perspective in Policymaking
OR
HDFS 469 Family & Community Influences on the Young Child
OR
HDFS 616 Mass Media and Youth

FOOTNOTES
1. Students seeking Certified Family Life Educator (CFLE) Certification must take these courses, plus complete the following: PSYCH 160/SOC 160 or GEN&WS 103; CNSR SCI 275; PHILOS 241 or PHILOS 341 (preferred); CSCS 427 or CSCS 428.
2. Students seeking CFLE Certification must take one of these two courses: HDFS 471 or HDFS 650

LEARNING OUTCOME 5: 3 credits
ASSESSMENT, PREVENTION, INTERVENTION AND OUTREACH
Knowledge about the effective and ethical practice of assessment, prevention, intervention or outreach for individual and families

2HDFS 650 Parent Education & Support Programs
OR
HDFS 663 Developmental & Family Assessment

LEARNING OUTCOME 6: 6 credits
UNDERSTANDING SOCIAL SCIENCE RESEARCH
Ability to understand, evaluate, and ethically conduct social science research

STATISTICS
PSYCH 210 Basic Statistics for Psychology
OR
SOC 360 Statistics for Sociologists
OR
STAT 301 Introduction to Statistical Methods
OR
STAT 371 Intro Applied Stats – Life Science

RESEARCH METHODS
1HDFS 425 Research Methods in HDFS
OR
PSYCH 225 Experimental Psychology
OR
SOC 357 Methods of Sociological Inquiry

PROFESSIONAL DEVELOPMENT 8 credits
INTER-HE 202 SoHE Career & Leadership Development
AND
HDFS 253 HDFS Leadership Symposium
AND
HDFS 601 Internship
AND
HIGH IMPACT PRACTICE-BASED COURSE TO BE APPROVED BY YOUR SOHE ACADEMIC ADVISOR

Service learning course OR Research experience OR Second internship OR Study abroad experience OR Behavior skill training course OR Undergraduate teaching assistantship experience OR Other high-impact course.

View possible ways of meeting this requirement on page 3 (“High Impact Practice-Based Courses”).
### HIGH IMPACT PRACTICE-BASED COURSES

These credits cannot be used to simultaneously fulfill another HDFS major requirement.

These credits can be obtained from ANY department across campus.

<table>
<thead>
<tr>
<th>Example</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Service Learning Course</strong></td>
<td>Any course listed in the course guide as a Service Learning or Community-Based Learning course</td>
</tr>
<tr>
<td></td>
<td>To find service learning courses, check Schedule of Classes course descriptions or the Morgridge Center web site: <a href="http://www.morgridge.wisc.edu/programs/servicelearning/List.html">http://www.morgridge.wisc.edu/programs/servicelearning/List.html</a></td>
</tr>
<tr>
<td><strong>Research Experience</strong></td>
<td>Includes supervised work on a faculty member’s research project or an independent research project (e.g. HDFS 592, HDFS 699, honors thesis, Hilldale Fellowship Project)</td>
</tr>
<tr>
<td></td>
<td>May be announced by faculty member during a class meeting, initiated by student, or by email announcement sent to HDFS majors</td>
</tr>
<tr>
<td><strong>HDFS 601: Internship</strong></td>
<td>A second semester of internship, in either the same or a new placement</td>
</tr>
<tr>
<td><strong>Study Abroad Experience</strong></td>
<td>Any 3-credit course taken as part of a study abroad experience</td>
</tr>
<tr>
<td><strong>Additional courses with strong components of learning-by-doing or behavioral skills training</strong></td>
<td>For example, Inter-HE 201 (first-year only), HDFS 650, or HDFS 663 -OR- Additional statistics course beyond the 3-cr requirement -OR- Additional research methods course beyond the 3-cr requirement</td>
</tr>
<tr>
<td><strong>Undergraduate Teaching Assistant or Course Mentor or Community-Based Learning Fellow</strong></td>
<td>Typically an invited position for a course already completed at a high level of mastery</td>
</tr>
<tr>
<td></td>
<td>It should be performed under a 3-credit course number (for example as an independent study or a topics course)</td>
</tr>
<tr>
<td><strong>Graduate Level Course</strong></td>
<td>To request permission to register for a graduate level course, write directly to the instructor indicating your preparation and reason for requesting their specific course. Please note that not all faculty will allow undergraduates students to enroll in graduate level courses</td>
</tr>
<tr>
<td></td>
<td>(In the HDFS department, there are courses numbered 700 and higher; in other departments, any course listed in the course catalog as graduate level)</td>
</tr>
<tr>
<td><strong>Courses You Can Justify</strong></td>
<td>You may petition your SoHE academic advisor to approve any course as meeting this requirement. Your written justification should focus on (a) the professional skills training provided by the course, and/or (b) the high-impact nature of the teaching/learning situation (as in internships, skill training courses, and other learning-by-doing situations). This includes independent study credits (HDFS 299 or 501) for such activities as conducting a community service project related to the HDFS field of study. (Any independent study should be proposed by the student and approved by a faculty sponsor during the prior semester.)</td>
</tr>
</tbody>
</table>
Complementing Your Human Development & Family Studies Degree

All degrees require a minimum of 120 credits for graduation. The HDFS degree requirements do not equal 120 credits, so elective courses will be necessary. This worksheet includes several ways to frame your elective credits to complement your HDFS degree.

SoHE students may complete any additional major through the College of Letters & Science, excluding Social Work, Journalism and Music. Additional majors are typically around 30 credits, but may include additional prerequisites.

Examples include:
- Psychology
- Sociology
- Social Welfare
- Communication Arts
- Gender & Women’s Studies
- Foreign Language

SoHE students may complete any campus certificate program, provided they meet the admission/declaration requirements. Campus certificates are typically around 15-18 credits.

Examples include:
- Criminal Justice Certificate
- Asian American Studies Certificate
- Chicano/a and Latina/o Studies Certificate
- Gender & Women’s Studies Certificate
- Global Health Certificate
- Health and the Humanities
- Educational Policy Certificate
- Education and Educational Services Certificate
- Specialist in Gerontology Certificate

Non-Transcripted Concentrations

Select courses from one of the concentrations below. A concentration will not appear on your transcript.

Aging and Families
- HDFS 763 Aging and the Family
- ISYE 662 Design and Human Disability and Aging
- PSYCH 564 Adult Development and Aging
- SOC WORK 422/SOC 422 The Social Problems of Aging and Old Age
- SOC 575 Sociological Perspectives on the Life Course and Aging

Child Development
- HDFS 464 Play Development and Role Across the Lifespan
- CS&D 440 Child Language Disorders, Assessment and Intervention
- ED POL 478 Comparative History of Childhood and Adolescence
- SOC WORK 646 Child Abuse and Neglect
- SOC WORK 462 Child Welfare
- CURRIC 660 Early Childhood Education
- SOC 446 Juvenile Delinquency
- PSYCH 503 Social Development
- RP&SE 300 Individuals with Disabilities
Families, Culture, and Race/Ethnicity

HDFS 474 Racial Ethnic Families in the U.S.
HDFS 478 Development of Black Children and Their Families
HDFS 521 African American Families
HDFS 522 American Indian Families
ANTHRO 104 Cultural Anthropology and Human Diversity
ASIAN AM 240 Hmong Experiences in the U.S.
CHICLA 201 Introduction to Chicana/o and Latina/o Studies
GEN & WS 101 Gender, Women, and Cultural Representation
GEN & WS 200 Introduction to Lesbian, Gay, Bisexual, & Transgender Studies
GEN & WS 323 Gender, Race, and Class: Women in U.S. History
GEN & WS 420 Women in Cross-Societal Perspective
SOC 134 Problems of American Racial and Ethnic Minorities
SOC 578/C & E SOC 578 Rural Minority Groups and Poverty in the U.S.
SOC 640 Sociology of the Family
Select courses from any of the following departments: ANTHRO, AMER IN, AFRA AMER, CHICLA, ASIAN AMER, JEWISH, AFRICAN, EAST ASIAN

Health

ANTHRO 365 Medical Anthropology
GEN & WS 103 Women and Their Bodies in Health and Disease
GEN & WS 533 Special Topics in Women & Health
MED HIST 212 The Physician in History
MED HIST 504 Society and Health Care in American History
MED HIST 508 Health, Disease and Healing II
MED HIST 509 The Development of Public Health in America
MED HIST 523 Race, American Medicine and Public Health
MED HIST 531 Women and Health in American History
NUTR SCI 132 Nutrition Today
NUTR SCI 350 World Hunger and Malnutrition
POP HLTH 553 International Health and Global Society
SOC WORK 105 Health Care Systems; Interdisciplinary Approach
SOC 533/C & E SOC 533 Public Health in Rural & Urban Communities

Relationships Science

HDFS 471 Parent-Child Relations
HDFS 517 Couple Relationships
HDFS 592 A Lab-Based Research Course that Focuses on Relationships
COM ARTS 272 Introduction to Interpersonal Communication
PSYCH 160/SOC 160 Human Sexuality: Social and Psychological Issues
SOC WORK 523 Family Violence
SOC 120 Marriage and Family

Students may also choose to complete prerequisite courses for Pre-Med, Pre-OT, Pre-PT, Pre-PA, etc.