

MAJOR IN FAMILY AND HUMAN SERVICES

Requirements

The Family and Human Services major requires 12-13 units of prerequisite courses and 45-46 units in the major.

| Code | Title | Units |
|--|---|--------------|
| Prerequisites for Upper-Level Major Courses | | |
| ENGL 102 or ENGL 190 | WRITING FOR A LIBERAL EDUCATION HONORS WRITING SEMINAR | 3 |
| FMST 201 | FAMILY RESOURCES | 3 |
| PSYC 101 | INTRODUCTION TO PSYCHOLOGY | 3 |
| Basic Statistics Requirement | | |
| Select one of the following: | | 3-4 |
| MATH 231 | BASIC STATISTICS | |
| MATH 237 | ELEMENTARY BIostatISTICS | |
| ECON 205 | STATISTICS FOR BUSINESS AND ECONOMICS I | |
| FMST 285 | STATISTICS FOR FAMILY SCIENCE AND HUMAN SERVICE | |
| PSYC 212 | BEHAVIORAL STATISTICS | |
| SOCI 212 | SOCIAL STATISTICS | |
| Total Units | | 12-13 |

| Code | Title | Units |
|--|---|-------|
| Foundational Family Science Courses | | |
| FMST 101 or FMST 102 | INTRODUCTION TO FAMILY STUDIES HONORS INTRODUCTION TO FAMILY STUDIES | 3 |
| FMST 301 | FAMILY RELATIONSHIPS | 3 |
| FMST 302 | FAMILY THEORIES | 3 |
| FMST 303 | CONTEMPORARY TRENDS IN FAMILY POLICY | 3 |
| FMST 305 | PARENT-CHILD RELATIONSHIPS ACROSS THE LIFESPAN | 3 |
| FMST 325 | ETHICS IN HUMAN SERVICES | 3 |
| FMST 485 | RESEARCH METHODS IN FAMILY STUDIES | 3 |
| Human Development | | |
| PSYC 203 | HUMAN DEVELOPMENT | 3 |
| Select one from the following: | | 3 |
| ECED 201 | EARLY CHILDHOOD DEVELOPMENT AND INTERVENTION | |
| ECED 315 | INFANCY AND TODDLERHOOD DEVELOPMENT AND INTERVENTION | |
| GERO 367 | DEATH, DYING AND BEREAVEMENT | |
| PSYC 403 | INFANT AND CHILD DEVELOPMENT | |
| PSYC 404 | ADOLESCENT PSYCHOLOGY | |
| PSYC 405 | PSYCHOLOGY OF AGING | |
| PSYC 467 | MIDLIFE DEVELOPMENT | |
| Diversity | | |
| Select one from the following: | | 3 |
| FMST 210 | FAMILIES IN GLOBAL PERSPECTIVE | |

| | |
|----------|--|
| FMST 307 | FAMILY HEALTH ISSUES |
| FMST 310 | LESBIAN, GAY, BISEXUAL, AND TRANSGENDER FAMILIES |
| FMST 311 | AFRICAN AMERICAN FAMILIES |
| FMST 360 | DIVERSITY, CULTURE, AND TEAM DYNAMICS |
| FMST 430 | CASE MANAGEMENT FOR FAMILY AND HUMAN SERVICES |
| FMST 465 | JEWISH FAMILIES UNDER NAZI RULE AND BEYOND |

| Pre-Intervention | | |
|--|---|---|
| Select one from the following: | | 3 |
| FMST 430 | CASE MANAGEMENT FOR FAMILY AND HUMAN SERVICES | |
| FMST 460 | INTRODUCTION TO FAMILY THERAPY | |
| FMST 490 | FAMILY LIFE EDUCATION METHODOLOGY | |
| Experiential Component | | |
| Select one of the following sequences: | | 6 |
| FMST 297 | PREPARING HUMAN SERVICE WORKERS: PRE-INTERNSHIP | |
| FMST 397 | INTERNSHIP IN FAMILY AND HUMAN SERVICES | |
| Nonprofit and Community Services | | |
| FMST 250 | INTRODUCTION TO THE NONPROFIT SECTOR | |
| FMST 387 | COMMUNITY SERVICES FOR FAMILIES | |

| Electives | | |
|--|--|--------------|
| Select any two upper-level Family Science (FMST) courses not already used to fulfill a requirement | | 6-7 |
| Total Units | | 45-46 |

Students who choose the Family and Human Services major also have the option to declare the Introduction to Child Life track. The optional track is intended for students who are interested in pursuing a career in child life. Additional information and requirements for the track can be found on the Introduction to Child Life track page in this catalog.

Community Experience

Civic Engagement/Service Learning

Internships and service learning are critical components of the Family and Human Services major. A continuum of field experiences offered throughout the program provides opportunities for students to enhance their understanding of course content, develop professional skills, and apply knowledge in the field.

The Department of Family Studies and Community Development offers a choice of two experiential components within the Family and Human Services major. The first option is FMST 250 paired with FMST 387. FMST 387 focuses on service learning through program development. Students participate directly with community organizations and agencies.

The second option is FMST 297 paired with FMST 397. In FMST 397, Family and Human Services interns work in a variety of settings depending on their interests. Internships occur in off-campus public and private agencies, including but not limited to, preschools, day-care centers for children or adults, child abuse and domestic violence

centers, family support centers, agencies for the disabled, and various mental health and health care facilities.

Four-Year Plan of Study

Family & Human Services Sample Four-Year Plan

The selected course sequence below is an example of the simplest path to degree completion. Based on course schedules, student needs, and student choice, individual plans may vary. Students should consult with their adviser to make the most appropriate elective choices and to ensure that they have completed the required number of units (120) to graduate.

Freshman

| Term 1 | Units Term 2 | Units |
|--------------------|----------------------|-----------|
| FMST 101 or 102 | 3 FMST 201 | 3 |
| PSYC 101 (Core 6) | 3 FMST 325 (Core 14) | 3 |
| Core 1 (or Core 2) | 3 Core 2 (or Core 1) | 3 |
| Core 3 | 3 Core 5 | 3 |
| Core 4 | 3 Core 10 | 3 |
| | 15 | 15 |

Sophomore

| Term 1 | Units Term 2 | Units |
|---------------------------------------|------------------------------|-----------|
| Basics Statistics Course ¹ | 3-4 Human Development Course | 3 |
| PSYC 203 | 3 Core 8 | 4 |
| Core 7 | 4 Core 12 | 3 |
| Core 11 | 3 Core 13 | 3 |
| Elective | 3 Elective | 3 |
| | 16-17 | 16 |

Junior

| Term 1 | Units Term 2 | Units |
|-----------------------|--------------------|--------------|
| FMST 302 | 3 FMST 301 | 3 |
| FMST 305 | 3 FMST 303 | 3 |
| FMST Diversity Course | 3 FMST UL Elective | 3-4 |
| FMST UL Elective | 3-4 Elective | 3 |
| Elective | 3 Elective | 3 |
| | 15-16 | 15-16 |

Senior

| Term 1 | Units Term 2 | Units |
|-------------------|------------------------------------|-----------|
| FMST 250 or 297 | 3 FMST 387 or 397 | 3 |
| FMST 485 (Core 9) | 3 Pre-Intervention | 3 |
| Elective | 3 Elective | 3 |
| Elective | 3 Elective | 3 |
| Elective | 3 Elective (optional) ² | 1 |
| | 15 | 13 |

Total Units 120-123

¹ Must be taken prior to FMST 485.

² This elective is optional and only necessary if the student is not on target to earn 120 units by the end of their final term.

- Students will use knowledge acquired in family studies and human services courses in field experiences (community service and internship placements) and capstone courses.
- Students will demonstrate comprehensive research skills related to the discipline. Students will demonstrate informational literacy and technological competency.

Learning Outcomes

- Students will demonstrate competency in written communication and oral communication.