

## *Marriage & Family Therapy*

### **Recommended Courses for HDFS Majors**

HDFS students planning to apply to a marriage and family therapy program after earning their B.S. in HDFS should elect the Family Studies concentration. They should also study the entry requirements of a range of MFT and related programs (for example, social work) and complete elective courses that will meet those requirements and enhance their professional skills. The following courses can be good preparation for a professional program in marriage and family therapy:

<b>HDFS 225</b>	Close Relationships
<b>HDFS 310</b>	Adult Development
<b>HDFS 340</b>	Gender, Relationships, and Society
<b>HDFS 420</b>	Inequality, Public Policy, US Families
<b>HDFS 425</b>	Family Stress and Change
<b>HDFS 426</b>	Family Conflict Management
<b>HDFS 444</b>	LGBT Individ, Family, and Community
<b>PSYC 201</b>	Social Psychology
<b>PSYC 238</b>	Psychopathology and Problems in Living
<b>CMN 230</b>	Intro to Interpersonal Communication
<b>CMN 336</b>	Family Communication
<b>CMN 368</b>	Sexual Communication

### ***Sample Four-Year Plan for Family Studies Concentration***

[for students starting the HDFS major in or after Fall 2019]

The four-year plan below shows how to prepare for entering a marriage and family therapy program while meeting graduation requirements in the HDFS family studies concentration. Use this plan only as a guide. Consult your academic advisor for suggestions for open electives suited for your career plans, and as you develop, modify and move through your own plan.

#### **Year 1**

<b>Fall Semester</b>	<b>hours</b>
ACES 101 – Contemporary Issues in ACES	2
HDFS 101 – Issues & Careers in HDFS	1
HDFS 105 – Intro to Human Development	3
HDFS 120 – Intro to Family Studies	3
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 111 – Oral & Written Comm I	3-4
PSYC 100 – Intro Psych	4
<b>Spring Semester</b>	<b>hours</b>
ACE 161 – Microcomputer Applications	3
FSHN 120 – Contemporary Nutrition, or CHLH 100 – Contemporary Health	3
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 112 – Oral & Written Comm II	3-4
Natural Science (General Education)	3
<b>HDFS 225 – Close Relationships</b>	<b>3</b>

## Year 2

<b>Fall Semester</b>	<b>hours</b>
STAT 100 – Intro to Statistics	3
Humanities (General Education)	3
<b>PSYC 201 – Social Psychology</b>	<b>3</b>
<b>CMN 230 – Intro to Interpersonal Comm</b>	<b>3</b>
HDFS 220 – Families in Global Perspective	3

<b>Spring Semester</b>	<b>hours</b>
HDFS 290 – Intro to Research Methods	3
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	4
Quant II (General Education)	3
	3

## Year 3

<b>Fall Semester</b>	<b>hours</b>
<b>HDFS 425 – Family Stress and Change</b>	<b>4</b>
<b>HDFS 340 – Gender, Relationships, and Society</b>	<b>3</b>
HDFS Applied Course	3-4
Open Elective	3

<b>Spring Semester</b>	<b>hours</b>
<b>HDFS 420 – Family Diversity in the US</b>	<b>3</b>
<b>PSYC 238 – Psychopathology and Problems in Living</b>	<b>3</b>
<b>CMN 336 – Family Communication</b>	<b>3</b>
Humanities (General Education)	3
Elective	3

## Year 4

<b>Fall Semester</b>	<b>hours</b>
<b>CMN 368 – Sexual Communication</b>	<b>3</b>
Western Cultural Studies (General Education)	3
Open electives	11

<b>Spring Semester</b>	<b>hours</b>
<b>HDFS 426 – Family Conflict Management</b>	<b>3</b>
<b>HDFS 310 – Adult Development</b>	<b>3</b>
<b>HDFS 444 – LGBT Indiv, Family, and Community</b>	<b>3</b>
Open electives	6