

## ***Substance Abuse & Behavioral Disorder Counseling Recommended Courses for HDFS Majors***

HDFS students preparing for a career in substance abuse or behavioral disorder counseling after earning their B.S. in HDFS may elect either the Child and Adolescent Development concentration or the Family Studies concentration, depending on their interests. They should also complete elective courses that will meet those requirements and enhance their professional skills. The following courses can help you prepare:

<b>CHLH 200</b>	Mental Health
<b>CHLH 243</b>	Drug Use and Abuse
<b>CHLH 304</b>	Foundations of Health Behavior
<b>EPSY 201</b>	Educational Psychology
<b>HDFS 426</b>	Family Conflict Management
<b>PSYC 201</b>	Intro to Social Psychology
<b>PSYC 238</b>	Psychopathology and Problems of Living
<b>PSYC 239</b>	Community Psychology
<b>SOCW 420</b>	Substance Use in Social Context

### ***Sample Four-Year Plan for Child & Adolescent Development Concentration***

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

The four-year plan below shows how to prepare for entry-level positions in substance abuse or behavioral disorder counseling while meeting graduation requirements in the HDFS child and adolescent development 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
CHLH 100 – Contemporary Health	3
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<b>Spring Semester</b>	<b>hours</b>
ACE 161 – Microcomputer Applications	3
PSYC 100 – Intro Psych	4
STAT 100 – Intro Stats	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

## Year 2

<b>Fall Semester</b>	<b>hours</b>
HDFS 220 – Families in Global Perspective	3
CHLH 244 – Applied Health Statistics	3
<b>PSYC 201 – Intro to Social Psychology</b>	<b>3</b>
Humanities (General Education)	3
U.S. Minority (General Education)	3
<b>Spring Semester</b>	<b>hours</b>
HDFS 290 – Intro to Research Methods	4
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	3
<b>PSYC 238 – Psychopathology and Problems of Living</b>	<b>3</b>
Natural Science (General Education)	3

## Year 3

<b>Fall Semester</b>	<b>hours</b>
HDFS 301 – Infancy & Early Childhood	4
Western Cultural Studies (General Education)	3
Humanities (General Education)	3
<b>CHLH 200 – Mental Health</b>	<b>2</b>
Elective	3
<b>Spring Semester</b>	<b>hours</b>
HDFS 405 – Adolescent Development	3
<b>EPSY 201 – Educational Psychology</b>	<b>3</b>
<b>PSYC 239 – Community Psychology</b>	<b>3</b>
<b>CHLH 243 – Drug Use and Abuse</b>	<b>2</b>
HDFS Diversity Course	3
Elective	3

## Year 4

<b>Fall Semester</b>	<b>hours</b>
HDFS 401 – Socialization and Development	4
HDFS 425 – Family Stress and Change	4
<b>CHLH 304 – Foundations of Health Behavior</b>	<b>4</b>
HDFS Applied Course	3-4
<b>Spring Semester</b>	<b>hours</b>
HDFS 310 – Adult Development	3
<b>HDFS 426 – Family Conflict Management</b>	<b>3</b>
<b>SOCW 420 – Substance Use in Social Context</b>	<b>3</b>
Open electives	6

### ***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 entry-level positions in substance abuse or behavioral disorder counseling 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
CHLH 100 – Contemporary Health	3
<b>Spring Semester</b>	<b>hours</b>
ACE 161 – Microcomputer Applications	3
PSYC 100 – Intro Psych	4
STAT 100 – Intro Stats	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

## Year 2

<b>Fall Semester</b>	<b>hours</b>
HDFS 220 – Families in Global Perspective	3
CHLH 244 – Applied Health Statistics	3
<b>PSYC 201 – Intro to Social Psychology</b>	<b>3</b>
Humanities (General Education)	3
U.S. Minority (General Education)	3
<b>Spring Semester</b>	<b>hours</b>
HDFS 290 – Intro to Research Methods	4
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	3
<b>PSYC 238 – Psychopathology and Problems of Living</b>	<b>3</b>
Natural Science (General Education)	3

## Year 3

<b>Fall Semester</b>	<b>hours</b>
HDFS 425 – Family Stress and Change	4
Western Cultural Studies (General Education)	3
Humanities (General Education)	3
<b>CHLH 200 – Mental Health</b>	<b>2</b>
Elective	3
<b>Spring Semester</b>	<b>hours</b>
HDFS 405 – Adolescent Development	3
HDFS 426 – Family Conflict Management	3
<b>PSYC 239 – Community Psychology</b>	<b>3</b>
<b>CHLH 243 – Drug Use and Abuse</b>	<b>2</b>
HDFS Diversity Course	3
Elective	3

## Year 4

### Fall Semester

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	hours
<b>EPSY 201 – Educational Psychology</b>	<b>3</b>
<b>CHLH 304 – Foundations of Health Behavior</b>	<b>4</b>
HDFS Applied Course	3-4
Electives	5

### Spring Semester

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	hours
HDFS 420 – Inequality, Public Policy, U.S. Families	3
<b>SOCW 420 – Substance Use in Social Context</b>	<b>3</b>
Open electives	9