

Mental Health Counseling

Recommended Courses for HDFS Majors

HDFS students planning to apply to a counseling psychology program 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 study the entry requirements of a range of graduate counseling programs and complete elective courses that will meet those requirements and enhance their professional skills. The following courses can help you prepare for a professional program in counseling:

HDFS 208	Children and Families with Special Needs
HDFS 225	Close Relationships
HDFS 420	Inequality, Public Policy, US Families
HDFS 425	Family Stress and Change
HDFS 426	Family Conflict Management
PSYC 201	Social Psychology
PSYC 238	Psychopathology and Problems in Living
PSYC 250	Psychology of Personality
EPSY 201	Educational Psychology
CHLH 200	Mental Health

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 entering a counseling psychology program 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

Fall Semester	hours
ACES 101 – Contemporary Issues in ACES	2
HDFS 101 – Issues & Careers in HDFS	1
HDFS 105 – Intro to Human Development	3
Natural Science (General Education)	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
Spring Semester	hours
ACE 161 – Microcomputer Applications	3
FSHN 120 – Contemporary Nutrition, or CHLH 100 – Contemporary Health	3
HDFS 120 – Intro to Family Studies	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

Fall Semester	hours
STAT 100 – Intro to Statistics	3
Quant II (General Education)	3
PSYC 201 – Social Psychology	3
Humanities (General Education)	3
HDFS 225 – Close Relationships	3
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Spring Semester	hours
HDFS 220 – Families in Global Perspective	3
HDFS 290 – Intro to Research Methods	4
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	3
PSYC 238 – Psychopathology and Problems of Living	3

Year 3

Fall Semester	hours
HDFS Child & Adolescent Development elective	3-4
HDFS 208 – Children and Families with Special Needs	3
HDFS Applied Course	3-4
Humanities (General Education)	3
CHLH 200 – Mental Health	2
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Spring Semester	hours
HDFS Child & Adolescent Development elective	3
EPSY 201 – Educational Psychology	3
PSYC 250 – Psychology of Personality	3
HDFS 420 – Inequality, Public Policy, US Families	3
Open electives	3

Year 4

Fall Semester	hours
HDFS 401 – Socialization and Development	4
Western Cultural Studies (General Education)	3
HDFS 425 – Critical Family Transitions	4
Open electives	6
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Spring Semester	hours
HDFS Child & Adolescent Development elective	3
HDFS 426 – Family Conflict Management	3
US Minority Cultural Studies (General Education)	3
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 entering a counseling psychology 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

Fall Semester	hours
ACES 101 – Contemporary Issues in ACES	2
HDFS 101 – Issues & Careers in HDFS	1
HDFS 105 – Intro to Human Development	3
Natural Science (General Education)	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

Spring Semester	hours
ACE 161 – Microcomputer Applications	3
FSHN 120 – Contemporary Nutrition, or CHLH 100 – Contemporary Health	3
HDFS 120 – Intro to Family Studies	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

Fall Semester	hours
STAT 100 – Intro to Statistics	3
Quant II (General Education)	3
PSYC 201 – Social Psychology	3
Humanities (General Education)	3
HDFS 225 – Close Relationships	3

Spring Semester	hours
HDFS 220 – Families in Global Perspective	3
HDFS 290 – Intro to Research Methods	4
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	3
PSYC 238 – Psychopathology and Problems of Living	3

Year 3

Fall Semester	hours
HDFS 208 – Children and Families with Special Needs	3
HDFS Applied Course	3-4
Humanities (General Education)	3
CHLH 200 – Mental Health	2
Elective	3

Spring Semester	hours
EPSY 201 – Educational Psychology	3
PSYC 250 – Psychology of Personality	3
HDFS 420 – Inequality, Public Policy, US Families	3
Open electives	6

Year 4

Fall Semester	hours
HDFS Development elective	3-4
Western Cultural Studies (General Education)	3
HDFS 425 – Critical Family Transitions	4
Open electives	6

Spring Semester	hours
HDFS Child & Adolescent Development elective	3
HDFS 426 – Family Conflict Management	3
US Minority Cultural Studies (General Education)	3
Electives	6