

MAJOR IN HUMAN DEVELOPMENT AND FAMILY STUDIES, BEHAVIORAL AND MENTAL HEALTH PROGRAMS CONCENTRATION

The Behavioral and Mental Health Programs Concentration is designed for students who are preparing for careers in the helping and human services professions such as therapists, counselors, case managers, educators, behavior technicians, student affairs professionals, public health and social service providers, as well as for students seeking a research career in human development and family studies or a related field. This concentration offers students specialized training in

prevention and intervention programming related to promoting individual, family, and community health and wellness throughout the lifespan. This concentration is an excellent choice for students interested in helping careers requiring a bachelor's degree or additional credentials. Coursework emphasizes evidence-based programs, and students will learn how to design and implement community-based prevention and intervention programs for youth, adults, and families. Students can focus on a specific aspect of the lifespan or choose courses across the lifespan. The course work also serves as an excellent second concentration to students focusing on early childhood, pre-health professions, or leadership and advocacy professions.

Learn more about the Human Development and Family Studies major on the Department of Human Development and Family Studies website. (<https://www.chhs.colostate.edu/hdfs/programs-and-degrees/b-s-in-human-development-and-family-studies/>)

Requirements

Effective Fall 2025

Students must earn a cumulative 2.0 GPA in all AUCC courses and a minimum grade of a C (2.000) in HDFS core and concentration courses, including courses used as substitutions. Additionally, a maximum of 6 credits of required courses may also count toward department certificates (Youth Mentoring with Campus Connections, Disability & Neurodiversity, and Infant and Early Childhood Mental Health) and the Gerontology Interdisciplinary Minor. Concentration courses may not double count for more than one HDFS concentration or as the required Diversity Equity, Inclusion & Justice Course. Students double majoring must have a minimum of 27 credits that are unique to the second major.

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
HDFS 101	Lifespan Development (GT-SS3)	3C	3
HDFS 277	Introductory Seminar in HDFS		1
Select one course from the following:			3-4
ANTH 274	Human Diversity (GT-SC2)	3A	
BZ 101	Humans and Other Animals (GT-SC2)	3A	
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Select two courses from the following:			6
PSY 100	General Psychology (GT-SS3)	3C	
SOC 100	Introduction to Sociology (GT-SS3)	3C	
SPCM 200	Public Speaking		
1B (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#aucc)		1B	3
1C (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#aucc)		1C	3
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)		3B	6
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)		3D	3

Total Credits

31-32

Sophomore

HDFS 250	Introduction to Research Methods		3
HDFS 310	Infant and Child Development in Context		3
HDFS 311	Adolescent and Emerging Adult Development		3
HDFS 312	Adult Development-Middle Age and Aging		3
HDFS 334	Family and Parenthood Across the Lifespan		3
Select one course from the following:			3
CO 300	Writing Arguments (GT-CO3)	2	

CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)	2	
Concentration Course (See list below)			3
Biological and Physical Sciences (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences)			3-4
Electives			6
Total Credits			30-31
Junior			
HDFS 350	Applied Research Methods	4A	3
HDFS 375	Lifespan Intervention and Prevention Science		3
HDFS 402	Couple and Family Dynamics		3
Select one course from the following: ¹			1
HDFS 477A	Professional Preparation: Local Internship Placements		
HDFS 477B	Professional Preparation: Distance Internship Placements		
HDFS 478	HDFS Professional Development		
Concentration Courses (See list below)			6
Diversity, Equity, Inclusion & Justice Course (See list below) ²			3
Electives			11
Total Credits			30
Senior			
HDFS 434	Risk and Resilience Across the Lifespan	4B	3
HDFS 488D ¹	Internship: Prevention/Intervention Science		4-6
HDFS 492	Capstone—Evidence-Based Program Proposals	4C	3
Concentration Courses (See list below)			6
Electives ³			10-12
Total Credits			28
Program Total Credits:			120

Behavioral and Mental Health Programs Concentration Courses

Of the 15 credits of concentration courses, a minimum of 9 credits must be HDFS courses and a minimum of 9 credits must be upper-division (300- to 400-level). Courses may not double-count for more than one HDFS concentration or as the required Diversity Equity, Inclusion & Justice Course.

Code	Title	Credits
Select 9-15 credits from the following courses:		
HDFS 201	Perspectives in Gerontology	3
HDFS 275	Foundational Helping Skills	3
HDFS 286D	Practicum: Prevention and Intervention Sciences	3
HDFS 315	Disability Across the Lifespan and Culture	3
HDFS 317	Disabilities in Early Childhood Education	3
HDFS 332	Death, Dying, and Grief	3
HDFS 372/AGED 372	Inclusive Mentoring for Neurodiverse Peers	3
HDFS 403	Families in the Legal Environment	3
HDFS 404	Child Life Theory and Practice	3
HDFS 475	Leadership and Advocacy in Human Services	3
Two courses from the following may count:		
HDFS 410	Wonder Years-Socioemotional Journey Ages 3-8	
HDFS 411	Developmental Transitions in Adolescence	
HDFS 412	Mental and Physical Health in Adulthood	
Six credits from the following may count:		
HDFS 360	Leadership Through Peer Mentoring I	
HDFS 370	Leadership Through Peer Mentoring II	

HDFS 470A	Campus Connections: Youth Mentor	
HDFS 470B	Campus Connections: Mentor Coach	
HDFS 470C	Campus Connections: Program Administration	
HDFS 497A	Group Study: Peer Advising	
HDFS 497B	Group Study: Undergraduate Outreach and Leadership	
HDFS 497C	Group Study: Student Respect/Wellness Education	
HDFS 497D	Group Study: Asian/Pacific American Cultural Center	
HDFS 497E	Group Study: Rites of Passage Mentoring Program	
HDFS 497G	Group Study: Human Development ⁴	
Select 0-6 credits from the following courses:		
ANTH 317	Anthropology of Human Rights	3
ETST 305	Ethnicity, Class, and Gender in the U.S.	3
FACS 320	Finance-Personal and Family	3
HES 419	Life, Society, and Drugs	3
IE 470	Women and Development	3
MU 241	Introduction to Music Therapy	3
OT 355	The Disability Experience in Society	2
PBHL 200	Introduction to Public Health (GT-SS3)	3
POLS 460	Public Policy Process	3
PSY 252	Mind, Brain, and Behavior	3
PSY 300	Positive Psychology	3
PSY 310	Basic Counseling Skills	3
PSY 325	Psychology of Personality	3
PSY 327	Psychology of Women	3
PSY 328	Psychology of Human Sexuality	3
PSY 330	Clinical and Counseling Psychology	3
PSY 335	Forensic Psychology	3
PSY 437	Psychology of Gender	3
PSY 452	Cognitive Psychology	3
PSY 460	Child Exceptionality and Psychopathology	3
PSY 492A	Seminar: Applied Social Psychology	1-3
PSY 492B	Seminar: Cognitive Psychology	1-3
PSY 492C	Seminar: Counseling/Clinical Psychology	1-3
PSY 492D	Seminar: Industrial/Organizational Psychology	1-3
PSY 492E	Seminar: Perceptual and Brain Sciences	1-3
PSY 492F	Seminar: Special Topics in Psychology	1-3
SOC 253	Intro to Criminology and Criminal Justice	3
SOC 324	Food Justice	3
SOC 333	Gender and Society	3
SOC 334	Sociology of Intersectionality	3
SOC 344	Health, Medicine, and Society	3
SOC 357	Women, Crime, and Victimization	3
SOWK 370	Addictions - A Social Work Perspective	3
SOWK 371A	Fields of Practice: Child Protection	3
SOWK 371B	Fields of Practice: Juvenile Justice	3
SOWK 371C	Fields of Practice: Criminal Justice	3
SOWK 371E	Fields of Practice: Social Gerontology	3
SPCM 320	Communication and Human Trafficking	3
SPCM 436	Conflict Management and Communication	3
WS 397	Group Study	3

Diversity, Equity, Inclusion, & Justice Courses²

Select 3 upper-division credits from the following list. Selected course may not double-count as a concentration course.

Code	Title	Credits
ANTH 317	Anthropology of Human Rights	3
ANTH 333	Anthropology of Sex and Reproduction	3
ANTH 338	Gender and Anthropology	3
ANTH 416	Gender, Culture, and Health	3
ANTH 423	Cultural Psychiatry	3
ANTH 472	Human Biology	3
ANTH 479/IE 479	International Development Theory and Practice	3
E 352	Study Abroad: Reading and Writing the Zambia Experience	3
ETST 300	Queer Studies and Women of Color	3
ETST 310	African American Studies	3
ETST 320	Ethnicity and Film—Asian-American Experience	3
ETST 332	Contemporary Chicana Issues	3
ETST 342	Queer Indigenous Studies	3
ETST 354	Black Cinema and Media	3
ETST 362/WS 362	Indigenous Consciousness and Gender	3
ETST 365	Global Environmental Justice Movements	3
ETST 438/E 438	Native American Literature	3
HDFS 315	Disability Across the Lifespan and Culture	3
HDFS 317	Disabilities in Early Childhood Education	3
IE 470	Women and Development	3
PHIL 350	Social and Political Philosophy	3
PHIL 353	Feminist Philosophies	3
PSY 437	Psychology of Gender	3
SOC 330	Social Inequality	3
SOC 333	Gender and Society	3
SOC 334	Sociology of Intersectionality	3
SOC 357	Women, Crime, and Victimization	3
SPCM 334	Communication Across Difference	3
SPCM 335	Gender and Communication	3
SPCM 357	Film and Social Change	3
SPCM 401	Rhetoric in Social Movements	3
SPCM 434	International and Intercultural Communication	3
WS 340	Race and Sexuality	3
WS 375	Intersectionality—Theory, Method, Practice	3

¹ Students with substantial concentration-specific work experience may petition the Director of Undergraduate Advising in HDFS to replace HDFS 488D with additional coursework and complete HDFS 478 instead of HDFS 477A or HDFS 477B.

² Other 300 and 400 level courses related to Diversity, Equity, Inclusion, and Justice are subject to advisor approval.

³ Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).

⁴ Participation in the Campus Connections Learning Community is required for registration in HDFS 497G.

Major Completion Map

Distinctive Requirements for Degree Program:

Human Development and Family Studies is an open-entry major for freshmen. For sophomores and above, students must complete and/or be enrolled in HDFS 101, PSY 100 or SOC 100 in order to declare HDFS. HDFS subject code courses must be completed with a grade of C (2.000) or higher.

Background check required prior to participating in the internship course (HDFS 488D) during the senior year. Students will complete a graduation contract with an HDFS Academic Advisor during the first two weeks of the semester in which they are graduating.

Freshman

Semester 1		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)	X		1A	3
HDFS 101	Lifespan Development (GT-SS3)	X		3C	3
HDFS 277	Introductory Seminar in HDFS	X			1
1B	(http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#aucc)		X	1B	3
Arts and Humanities	(http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)		X	3B	3
Historical Perspectives	(http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)		X	3D	3
Total Credits					16

Semester 2		Critical	Recommended	AUCC	Credits
Select one course from the following:		X			3-4
ANTH 274	Human Diversity (GT-SC2)			3A	
BZ 101	Humans and Other Animals (GT-SC2)			3A	
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	
Select two courses from the following:		X			6
PSY 100	General Psychology (GT-SS3)			3C	
SOC 100	Introduction to Sociology (GT-SS3)			3C	
SPCM 200	Public Speaking				
1C	(http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#aucc)		X	1C	3
Arts and Humanities	(http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)		X	3B	3
CO 150 and HDFS 277 must be completed by the end of Semester 2.		X			
Total Credits					15-16

Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
HDFS 250	Introduction to Research Methods	X			3
HDFS 310	Infant and Child Development in Context	X			3
HDFS 334	Family and Parenthood Across the Lifespan	X			3
Biological and Physical Sciences	(http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences)		X	3A	3-4
Elective			X		3
Total Credits					15-16

Semester 4		Critical	Recommended	AUCC	Credits
HDFS 311	Adolescent and Emerging Adult Development	X			3
HDFS 312	Adult Development-Middle Age and Aging	X			3
Select one course from the following:		X			3
CO 300	Writing Arguments (GT-CO3)			2	
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)			2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)			2	
Concentration Course (See Department List on Concentration Requirements tab)			X		3
Elective			X		3
Total Credits					15

Junior

Semester 5		Critical	Recommended	AUCC	Credits
HDFS 350	Applied Research Methods	X		4A	3

HDFS 375	Lifespan Intervention and Prevention Science	X			3
Concentration Course (See Department List on Concentration Requirements tab)			X		3
Electives			X		5
Total Credits					14
Semester 6		Critical	Recommended	AUCC	Credits
HDFS 402	Couple and Family Dynamics	X			3
Select one course from the following:		X			1
HDFS 477A	Professional Preparation: Local Internship Placements				
HDFS 477B	Professional Preparation: Distance Internship Placements				
HDFS 478	HDFS Professional Development				
Diversity, Equity, Inclusion & Justice Course (See Department List on Concentration Requirements tab)			X		3
Concentration Course (See Department List on Concentration Requirements tab)			X		3
Electives			X		6
Total Credits					16
Senior					
Semester 7		Critical	Recommended	AUCC	Credits
HDFS 434	Risk and Resilience Across the Lifespan	X		4B	3
HDFS 488D	Internship: Prevention/Intervention Science	X			4-6
Concentration Course (See Department List on Concentration Requirements tab)			X		3
Electives			X		4-6
HDFS 350 must be completed by the end of Semester 7.		X			
Total Credits					16
Semester 8		Critical	Recommended	AUCC	Credits
HDFS 492	Capstone–Evidence-Based Program Proposals	X		4C	3
Concentration Course (See Department List on Concentration Requirements tab)		X			3
Electives		X			6
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					12
Program Total Credits:					120