### General Studies (42-43 Hours)

**Communications (8-9 hours)**
- ENGL 100 (3) Expos Writing I
- ENGL 200 (3) Expos Writing II

**One of the following two courses**
- COMM 105 (2) Public Speaking IA
- OR
- COMM 106 (3) Public Speaking 1

**Social Science (12 hours)**
- PSYCH 110 (3) Gen Psychology
- SOCIO 211 (3) Intro Sociology

**Two of the following courses**
- AMETH 160 (3) Intro Amer Ethnic Studies
- ANTH 204 (3) Gen Ed Intro Cultural Anth
- ECON 110 (3) Prin of Macroecon
- ECON 120 (3) Prin of Microecon
- GWSS 105 (3) Intro GWSS
- KIN 110 (3) Intro Public Health
- POLSC 110 (3) Intro Political Science
- POLSC 115 (3) U.S. Politics

**Humanities (6 hours)**

**Sciences (7 hours)**
- At least two courses; one must include lab or lab pair.

**Quantitative Studies (6 hours)**
- MATH 100 (3) College Algebra
- STAT 325 (3) Intro to Statistics

**Integrative Health & Human Sciences Core (3 hours)**
- HHS 101 (0.5) Intro to Well-being
- HHS 201 (0.5) Commun Well-being
- HHS 202 (0.5) Social Well-being
- HHS 203 (0.5) Finan Well-being
- HHS 204 (0.5) Phys Well-being
- HHS 301 (0.5) Career Well-being

### Professional Studies (63 Hours)

**HDFS Core Courses (45 hours)**
- ECED 310 (3) Early Childhood
- HDFS 110 (3) Intro to Human Dev
- HDFS 301 (3) Interpersonal Skills
- HDFS 302 (3) Intro to Hum Sexuality
- HDFS 350 (3) Interpersonal & Fam Rel
- HDFS 375 (3) Intro Res Meth HDFS
- HDFS 460 (3) Family Policy
- HDFS 506 (3) Adolsc/Emerging Adult Dev
- HDFS 510 (3) Midlife/Late Adult Dev
- HDFS 550 (3) App Theories in HDFS
- HDFS 552 (3) Social Justice/Fam Context
- HDFS 570 (3) Prog Dev/Implmnt

**Two of the following courses**
- HDFS 305 (3) Family Violence Across Lifespans
- HDFS 525 (3) Commun Mental/Relat Hlth
- CNRES 530 (3) Coping w/ Life Crisis

Choose one of the following:
- PFP 105 (3) Intro PFP
- PFP 315 (3) Love and Money

### Unrestricted Electives (14-15 Hours)

**Additional URE Available**

### Minor, Certificate, Concentration/Career (18 hours)

In consultation with advisor, select 18 hours related to academic and professional goals. At least 9 hours must be at the 300-level or above. Students are encouraged to consider minors, certificates, and career track options identified by the HDFS faculty.

**Optional courses**
- 300 level and above (9 hours)
- 100-699 level (9 hours)

### 120 Hours Required for Graduation

>Grades of C or higher are required.

**K-State 8 Requirements Met**

Gr Chk Initial Fall 2022