

ADULT DEVELOPMENT MINOR

for the Undergraduate minor in Adult Development

The Adult Development minor combines theoretical and practical approaches to understanding issues faced by adults as individuals, partners, family members, learners, caregivers, and clients of social agencies. Course work examines adults from age 25 to 90+ in the contexts of evolving family roles, health issues, and social service needs. Students anticipating careers in social or health-related services will find an understanding of adult development and its attendant issues a valuable complement to other professional skills.

The minor requires a minimum of 18 hours. Students may count three hours earned in a community-based practicum or research project related to adult development toward the minor.

Please see the Minor Add Form (<https://aces.illinois.edu/academics/current-students/forms/#minorforms>) to add the Adult Development minor to your degree program.

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Minimum required hours and supporting course work: At least six hours of advanced coursework must be distinct from credit earned for the student's major or another minor. Courses in the minor may not be taken Credit/No Credit. Students may count three hours earned in a community-based practicum or research project related to adult development toward the minor.

Minimum hours for minor: 18 hours.

Code	Title	Hours
Foundation courses		9
HDFS 105	Intro to Human Development	
HDFS 120	Intro to Family Studies	
HDFS 310	Adult Development	
One course selected from:		
Adult roles in the family context		3-4
HDFS 225	Close Relationships	
HDFS 425	Family Stress and Change	
HDFS 426	Family Conflict Management	
Adult choices/challenges		6
Choose at least 6 hours from:		
HDFS 207	Self in Context	
HDFS 445	Substance Use and Family Health	
CMN 336	Communicating in Families	
CMN 368	Sexual Communication	
EPSY 407	Adult Learning and Development	
HK 404	Gerontology	
PSYC 361	The Psychology of Aging	
RST 316	Human Development and Recreation, Sport and Tourism	
SOCW 240	Death & Dying	

SOCW 315 Social Work Services for Older Adults

Total Hours 18

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Upon successful completion of a minor in Adult development, students will:

1. Demonstrate a strong foundation in theories and empirical knowledge associated with human development and family studies (i.e., developmental periods and domains; socialization contexts; diversity among families and children; research methods; family dynamics, transitions, and resilience; and family policy).
2. Exhibit the skills necessary to effectively apply knowledge and generate new ideas to solve real world issues.
3. Demonstrate a critical and reflexive orientation toward and sensitivity to issues of diversity and inclusion.
4. Develop professional competence skills and establish well-informed career and professional goals.

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Human Development & Family Studies

Human Development & Family Studies Website (<https://hdfs.illinois.edu/>)

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College of Agricultural, Consumer & Environmental Sciences

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