

BACHELOR OF SCIENCE IN FAMILY STUDIES (MENTAL HEALTH)

Web Site: <https://twu.edu/human-sciences/undergraduate-programs/family-studies/>

The B.S. in Family Studies with Mental Health Emphasis is a broad human services degree that may lead to employment working with families in social service agencies ranging from child/geriatric services to church/family planning agencies. It is also an appropriate major for those interested in graduate degrees leading to careers in family therapy, family life education, and counseling and development.

The Family Studies curriculum has been approved by the National Council on Family Relations (NCFR) as meeting the Standards and Criteria required for the Provisional Certified Family Life Educator (CFLE) designation. Relevant coursework for each of the ten family life substance areas needed for the Provisional Certified Family Life Educator designation is included in the degree program. Courses noted with an asterisk (*) must be completed to qualify for the abbreviated CFLE application process.

Marketable Skills

Marketable skills prepare students for success in a variety of professional settings. Developed through academic coursework, co-curricular engagement, and extracurricular involvement, these skills include communication, critical thinking, teamwork, ethical reasoning, adaptability, and digital literacy. Whether directly related to a student's major or serving as complementary strengths, marketable skills enhance career readiness and reflect TWU's commitment to producing graduates who are prepared to thrive in today's dynamic workforce.

1. Deliver family services to individuals, families, and communities.
2. Written communication skills.
3. Interpersonal skills.
4. Leadership skills.

Admissions

All applicants must meet the general undergraduate admission requirements (<https://catalog.twu.edu/undergraduate/admission-information/>).

Degree Requirements

Total Semester Credit Hours (SCH): 120

Major: 67 SCH

Program Code: FAMLYSTUD.BS.METHL ; **CIP Code:** 19.0701.00

Texas Core Curriculum

Code	Title	SCHs
ENG 1013	Composition I (10)	3
ENG 1023	Composition II (10)	3
Mathematics (20)		3
Life & Physical Sciences (30)		6
Language, Philosophy, & Culture (40)		3

Creative Arts (50)		3
HIST 1013	History of the United States, 1492-1865 (60)	3
HIST 1023	History of the United States, 1865 to the Present (60)	3
POLS 2013	U.S. National Government (70)	3
POLS 2023	Texas Government (70)	3
Social & Behavioral Sciences (80)		3
CAO: Multicultural-Women's Studies (90)		3
CAO: First Year Seminar, Wellness or Mathematics (91)		3
Total SCHs		42

Courses Required for Major

Code	Title	SCHs
HDFS 1001	Seminar in Family Sciences	1
HDFS 1513	Human Development (*)	3
HDFS 1603	Child in the Family and Community	3
HDFS 2003	Diversity in Contemporary Families: A Global Perspective (*)	3
HDFS 3323	Separation and Loss	3
HDFS 3513	Childhood and Adolescence	3
or HDFS 2503	Development of Infants and Toddlers	
HDFS 3533	Research Methods in Family Sciences	3
HDFS 3613	Crisis in the American Family (*)	3
HDFS 4013	Development of Psychopathology	3
COUN 4003	Foundations of Clinical Mental Health Counseling	3
MFT 4023	Foundations of Marriage and Family Therapy	3
HDFS 4523	Family Development (*)	3
HDFS 4533	Communication and the Family (*)	3
HDFS 4543	Developmental Sexuality (*)	3
HDFS 4583	Parenting Issues and Education (*)	3
HDFS 4803	Public Policy: Family Sciences Perspectives (*)	3
HDFS 4923	Professional Development in Family Sciences (Grade of B or higher required)	3
HDFS 4943	Practicum in Family Sciences (*) (Grade of B or higher required)	3

HDFS Electives

Choose 15 SCH from HDFS courses	15
Students wishing to obtain CFLE certification must take HDFS 3733, HDFS 4603, and HDFS 4773	

Total SCHs 67

The Family Studies curriculum has been approved by the National Council on Family Relations (NCFR) as meeting the Standards and Criteria required for the Provisional Certified Family Life Educator (CFLE) designation. Relevant coursework for each of the 10 family life substance areas needed for the Provisional Certified Family Life Educator designation is included in the degree program. Courses noted with an asterisk (*) must be completed in order to qualify for the abbreviated CFLE application process.

Electives

Code	Title	SCHs
Electives		11
Total SCHs		11

Plan of Study

First Year

Fall		TCCN	SCHs
UNIV 1231	Learning Frameworks: First-Year Seminar	EDUC 1100, EDUC 1200, EDUC 1300	1
ENG 1013	Composition I	ENGL 1301	3
HDFS 1513	Human Development		3
HIST 1013	History of the United States, 1492-1865	HIST 1301	3
Mathematics Core			3
Elective			2

SCHs	15
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Spring		TCCN	SCHs
HDFS 1001	Seminar in Family Sciences (Must take during 1st or 2nd semester)		1
ENG 1023	Composition II	ENGL 1302	3
HIST 1023	History of the United States, 1865 to the Present	HIST 1302	3
Creative Arts Core			3
Social & Behavioral Sciences Core (PSY 1013 recommended)			3
CAO: Wellness or Mathematics			2

SCHs	15
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Second Year

Fall		TCCN	SCHs
HDFS 1603	Child in the Family and Community	TECA 1303	3
POLS 2013	U.S. National Government	GOVT 2305	3
Language, Philosophy, & Culture Core			3
Life & Physical Sciences Core			3
HDFS Elective			3

SCHs	15
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Spring		TCCN	SCHs
HDFS 2003	Diversity in Contemporary Families: A Global Perspective		3
HDFS 3513 or 2503	Childhood and Adolescence or Development of Infants and Toddlers		3
POLS 2023	Texas Government	GOVT 2306	3
Life & Physical Sciences Core			3
HDFS Elective			3

SCHs	15
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Third Year

Fall		TCCN	SCHs
Multicultural Women's Studies Core			3
HDFS 3613	Crisis in the American Family		3
HDFS 4523	Family Development		3
HDFS Eelective			3

Elective	3
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SCHs	15
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Spring		TCCN	SCHs
HDFS 3323	Separation and Loss		3
HDFS 3533	Research Methods in Family Sciences		3
HDFS 4533	Communication and the Family		3
HDFS 4543	Developmental Sexuality		3
COUN 4003	Foundations of Clinical Mental Health Counseling		3

SCHs	15
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Fourth Year

Fall		TCCN	SCHs
HDFS 4013	Development of Psychopathology		3
HDFS 4923	Professional Development in Family Sciences		3
HDFS 4803	Public Policy: Family Sciences Perspectives		3
HDFS Elective			3
Elective			3

SCHs	15
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Spring		TCCN	SCHs
MFT 4023	Foundations of Marriage and Family Therapy		3
HDFS 4583	Parenting Issues and Education		3
HDFS 4943	Practicum in Family Sciences		3
HDFS Elective			3
Elective			3

SCHs	15
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Total SCHs:	120
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