

# 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         |
| <b>Total SCHs</b>                                     |                                                        | <b>42</b> |

### 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 |
|------|----|

| 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 |
|------|----|

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 |
|------|----|

| 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 |
|------|----|

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 |
|----------|---|

|      |    |
|------|----|
| SCHs | 15 |
|------|----|

| 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    |

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|------|----|
| SCHs | 15 |
|------|----|

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 |
|------|----|

| 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 |
|------|----|

|             |     |
|-------------|-----|
| Total SCHs: | 120 |
|-------------|-----|