# White stacked Sacramento State logo on the rightA green square at the top of the page contains a white stacked Sacramento State logo on the right Description automatically generated with low confidenceFAMILY STUDIES & HUMAN DEVELOPMENT (FSHD)

## Catalog 2024-2025

Please use this advising sheet in conjunction with professional advising. Advisors can help identify your correct catalog rights, and courses that complete multiple requirements (overlap) & provide requirement updates

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| Advisors: | |
| Ann Moylan, PhD  Email: moylan@skymail.csus.edu | Henry Gonzalez, PhD  Email: [henry.gonzalez@csus.edu](mailto:henry.gonzalez@csus.edu) |

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| --- | --- |
| First Name: | Last Name: |
| Sac State ID: | Sac State Email: |

| A. Required Lower Division Courses (12 units) | Prerequisites | CSUS term | Transfer | Grade | Equivalent/Substitution Courses (Institution, course code & #) |
| --- | --- | --- | --- | --- | --- |
| NUFD 10 Nutrition and Wellness (3) (GE E) |  |  |  |  |  |
| FSHD 50 The Family and Social Issues (3) (GE D+) |  |  |  |  |  |
| FSHD 52 The Child in the Family (3) (GE E)\*\* |  |  |  |  |  |
| SOC 8 Sense and Nonsense in Social Research (3) (GE A3)  **Or** |  |  |  |  |  |
| STAT 1 Introduction to Statistics (3) (GE B4)\* | ALEKS PPL Score > 51 or MATH 10 |  |  |  |  |
| B. Required Upper Division Courses (39 units) | Prerequisites | CSUSterm | Transfer | Grade | Equivalent/Substitute Courses (campus, course, code & #) |
| FACS 100 Research methods and Application in FACS (3) | 6 units in the major |  |  |  |  |
| FACS 140 Family Resource Management (3) |  |  |  |  |  |
| FACS 141 Family Finance (3) |  |  |  |  |  |
| FACS 168 Senior Seminar (3) | Graduating Senior with 21 units in FSHD |  |  |  |  |
| FSHD 108 Family Communication (3) Fall only | COMS 8 **or** FSHD 50 **or** SOC 166 **or** Instructor Permission |  |  |  |  |
| FSHD 150 Family Stress and Coping: Multicultural Focus (3) (GE D+)^ | Passing score on WPJ or ENGL 109M or ENGL 109W |  |  |  |  |
| FSHD 152 Adolescent Development (3) | FSHD 52, CHAD 30 **or** CHAD 35 |  |  |  |  |

*+ Race & Ethnicity*

*\* Can be substituted with STAT 10B*

*\*\*Not open for credit to students who have taken CHAD 138, PSYC 148, or PSYC 149*

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## All students should meet with their faculty advisor at least once per academic year.

| B. Continued Required Upper Division Courses | Prerequisites | CSUSterm | Transfer | Grade | Equivalent/Substitute Courses (campus, course, code & #) |
| --- | --- | --- | --- | --- | --- |
| FSHD 154 Issues in Parenting (3) | FSHD 52, CHAD 30 **or** CHAD 35 |  |  |  |  |
| FSHD 155 Family Life Education (3) Fall only | FSHD 50; and FACS 100 (C- or better required) **or** CHAD 133; **and** Senior standing |  |  |  |  |
| FSHD 159 Adulthood and Aging in Human Development (3) |  |  |  |  |  |
| FSHD 162 Family Support Services (3) Service Learning Fieldwork Course | A minimum of 12 units in upper division FSHD courses |  |  |  |  |
| PUBH 134 Understanding Human Sexuality (3) (GE D)  **OR** |  |  |  |  |  |
| NURS 160 Human Sexuality (3) (GE D)  **OR** |  |  |  |  |  |
| PSYC 134 Psychology of Human Sexuality (3) (GE D) | PSYC 2 |  |  |  |  |
| FSHD Elective: choose one or seek advisor approval |  |  |  |  |  |
| CHAD 157 Infant and Toddler: Development and Care (3) |  |  |  |  |  |
| FASH 137 Clothing, Society, and Culture (3) (GE D) |  |  |  |  |  |
| FSHD 156 Child Life and Family-Centered Care (3) Spring only**#** | FSHD 52, CHAD 30, CHAD 35 **or** Equivalent |  |  |  |  |
| NUFD 114 Cultural and Social Aspects of Food (3) (GE C) | NUFD 10 |  |  |  |  |
| FACS 195C Internship (1-3) |  |  |  |  |  |
| FSHD 195F Practicum in Family Life Education (3)**##** | GPA 2.5 |  |  |  |  |
| Other | Pre-approval by major advisor only |  |  |  |  |

*+ Race & Ethnicity*

*^ Writing Intensive*

**#**FSHD 156: Child Life and Family-Centered Care is required by the Association of Child Life Association for those pursuing the Certified Child Life Specialist (CCLS). For more information, see [childlife.org](https://www.childlife.org/)

**##**FSHD 195F: Practicum in Family Life Education is required by NCFR for those pursuing the Certified Family Life Educator (CFLE). Enrollment in FACS 195F requires a GPA of 2.5 and must be arranged at least one semester in advance through consultation with an FSHD advisor. For more information, see [ncfr.org](https://www.ncfr.org/)

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| Advisor: | Date: |



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# DEVELOPMENT (FSHD)

| GE Area A. Basic Subjects |  |  |
| --- | --- | --- |
| A1. Oral Communication “C- or better required” |  |  |
| A2. Written Communication “C- or better required” |  |  |
| A3. Critical Thinking “C- or better required” | **Option SOC 8** |  |
| GE Area B. Physical Universe & Its Life Forms |  |  |
| B1. Physical Science |  |  |
| B2. Life Forms |  |  |
| B3. Lab |  |  |
| B4. Math Concepts “C- or better required” | **Option STAT 1 or STAT 10B** |  |
| B5. Additional Course (Upper division 100-199) |  |  |
| GE Area C. Arts & HumanitiesAt least 1 course from area C1 and one from area C2 must be taken |  |  |
| C1. Arts |  |  |
| C2. Humanities |  |  |
| C1/C2. Any Area C Course \*\*\***Note:** recommended (if needed): 6 units of the Foreign Language requirement in C2 which double-counts for the Foreign Language proficiency requirement. |  |  |
| C1/C2. Any Area C Course (Upper Division 100-199) |  |  |
| GE Area D. The Individual & SocietyA minimum of two disciplines (e.g. FASH, FSHD, HIST, POLS, etc.) must be taken in Area D. \*US History or \*\*US Constitution/CA Government can be used, but not both |  |  |
| US History **or** US Constitution and CA Government |  |  |
| Area D Course | **FSHD 50** |  |
| Area D Course (Upper Division 100-199) | **FSHD 150** |  |
| GE Area E. Understanding Personal Development |  |  |
| Any Area E Course | **FSHD 52 or NUFD 10** |  |
| GE Area F. Ethnic Studies |  |  |
| Any Area F Course |  |  |

| Graduation Requirements: | |  |
| --- | --- | --- |
| **Minimum 2.0 GPA required for GE, Overall, Sac State, Major, and upper division in the major** | |  |
| **Graduation Requirements (required by CSU)** | |  |
| American Institutions: U.S. History  \*The following satisfy the U.S History Graduation Requirement: HIST 17A, 17B. 159, 161, 162, 167, 177, 182; ANTH 101 |  |  |
| U.S Constitution & CA Government  \*\*The following satisfy the graduation requirement, Area D: POLS 1, 113, 150 |  |  |
| Writing Intensive (WI) – may satisfy Upper Division GE or Major “C- or better required” | **FSHD 150** |  |
| **Graduation Requirements (required by CA State University, Sacramento)** | |  |
| English Composition II: ENGL 20 “C- or better required” |  |  |
| Race & Ethnicity in American Society (RE) – may double-count for unit requirements in GE Areas C, D, or E | **FSHD 50 or FSHD 150** |  |
| \*\*\*Foreign Language Proficiency Requirement – If not satisfied before entering Sacramento State, it may be satisfied in GE Area C2 (Humanities) “C- or better required”. The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here:  [https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html.](%20https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html.) | |  |



# FAMILY STUDIES & HUMAN

# DEVELOPMENT (FSHD)

## Chart your 2 or 4-year plan below:

| **FALL:** | **UNITS** | **SPRING:** | **UNITS** | **SUMMER:** | **UNITS** |
| --- | --- | --- | --- | --- | --- |
| 1 |  | 1 |  | 1 |  |
| 2 |  | 2 |  | 2 |  |
| 3 |  | 3 |  | 3 |  |
| 4 |  | 4 |  | 4 |  |
| 5 |  | 5 |  |  |  |
| 6 |  | 6 |  |  |  |
| **Total** |  | **Total** |  | **Total** |  |
| **FALL:** | **UNITS** | **SPRING:** | **UNITS** | **SUMMER:** | **UNITS** |
| 1 |  | 1 |  | 1 |  |
| 2 |  | 2 |  | 2 |  |
| 3 |  | 3 |  | 3 |  |
| 4 |  | 4 |  | 4 |  |
| 5 |  | 5 |  |  |  |
| 6 |  | 6 |  |  |  |
| **Total** |  | **Total** |  | **Total** |  |
| **FALL:** | **UNITS** | **SPRING:** | **UNITS** | **SUMMER:** | **UNITS** |
| 1 |  | 1 |  | 1 |  |
| 2 |  | 2 |  | 2 |  |
| 3 |  | 3 |  | 3 |  |
| 4 |  | 4 |  | 4 |  |
| 5 |  | 5 |  |  |  |
| 6 |  | 6 |  |  |  |
| **Total** |  | **Total** |  | **Total** |  |
| **FALL:** | **UNITS** | **SPRING:** | **UNITS** | **SUMMER:** | **UNITS** |
| 1 |  | 1 |  | 1 |  |
| 2 |  | 2 |  | 2 |  |
| 3 |  | 3 |  | 3 |  |
| 4 |  | 4 |  | 4 |  |
| 5 |  | 5 |  | 5 |  |
| 6 |  | 6 |  | 6 |  |
| Total |  | Total |  | Total |  |

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| --- | --- | --- |
| Advisor: | Date: |  |
| Student: | ID: |  |