Bachelor of Arts in Human Development and Family Science
Adult Development and Aging (ADA) Concentration
A joint interdisciplinary degree program with the College of Humanities and Social Sciences

For advising, contact Monica Mak at hdfs@gmu.edu, visit us at hdfs.gmu.edu

- **Mason Core, 40 credits**: For current list of approved courses: [http://provost.gmu.edu/gened/approved-course-listing/](http://provost.gmu.edu/gened/approved-course-listing/)
  - Oral Communication - 3 credits
  - Written Communication (Lower Level) - 3 Credits (ENGH 101)
  - Written Communication (Upper Level) - 3 Credits (ENGH 302)
  - Information Technology and Ethics - 3 Credits
  - Quantitative Reasoning - 3 Credits
  - Arts - 3 Credits

- **College-Level Requirements, 9-18 credits** (follow CHSS college-level requirements)
  - Philosophy or Religion - 3 credits
  - Non-Western Culture - 3 credits (must be different from the course used to fulfill Global Understanding)
  - Social and Behavioral Sciences - 3 credits (SOCl 101 or 102) (this is in addition to university wide requirement in social and behavioral sciences for a total of 6 credits)
  - Foreign Language – 0-9 credits (must achieve proficiency in a foreign language through the intermediate level (through coursework or testing to determine proficiency)

- **HDFS major coursework, 33-34 credits**
  - HDFS 200: Individual and Family Development
  - HDFS 250: Family Finance and Resource Management
  - HDFS 300: Individual and Family Services Delivery
  - HDFS 400: Advanced Family Processes
  - HDFS 401: Family Law & Public Policy (Writing Intensive)
  - PSYC 100: Psychology of the sciences
  - PSYC 415: Psychological Factors in Aging OR SOCI 341: Sociology of Aging
  - OR HHS 432: Healthy Aging
  - SOCI 303: Methods and Logic of Inquiry OR PSYC 301: Research Methods in Psychology

- **Adult Development and Aging Concentration (ADA) Electives, 15 credits** (Choose 15 credits from the list below or in consultation with your advisor*): This concentration prepares students for graduate education and careers working with older adults and their families (e.g., adult services).
  - COMM 334: Family and Health Communication
  - COMM 399: Mother-Daughter Rels and Communication
  - EDUC 203: Human Disabilities in American Culture
  - GCH 480: Health Maintenance and Health Aspects of Aging
  - HAP 301: Healthcare Delivery in the US
  - HAP 403: Asst Living/Senior Housing Mgmt and Philosophy
  - HAP 445: Intro to Health Services Research
  - HAP 463: Aging and Health Care Policy
  - HEAL 220: Dimensions of Mental Health
  - HEAL 310: Drugs and Health
  - HEAL 327: Women’s Health
  - HEAL 331: Men’s Health
  - HEAL 351: Relationship Health
  - HEAL 372: Health Communication
  - HHS 432: Healthy Aging
  - INTS 310: Violence and Gender
  - INTS 314: Conflict, Trauma and Healing
  - INTS 317: Issues in Family Relationships
  - INTS 405: Women and Leadership
  - INTS 410: Contemporary Health Issues
  - INTS 440: Death, Dying, and Decision Making

- **Electives, 13-23 credits**

**Total: 120 Credits**

**Academic Requirements**: 120 total credits; 45 Upper Level Credit Hours; 30 Hours (12 upper level) for GMU Residency Requirement; Completion of Mason Core courses; GPA of at least 2.0

*Other courses of interest may be approved by the program coordinator*
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<tr>
<th>Semester</th>
<th>Course</th>
<th>Credits</th>
<th>Prerequisites</th>
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<tr>
<td>1st Year Fall</td>
<td>HDFS 200: Individual and Family Development</td>
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<td>1st Year Spring</td>
<td>HDFS 250: Family Finance and Resource Management</td>
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<td>ADA Concentration Elective #1</td>
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<td>2nd Year Spring</td>
<td>HDFS 300: Individual and Family Services Delivery</td>
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<td>HDFS 200</td>
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<td>2nd Year Spring</td>
<td>ADA Concentration Elective #2</td>
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<td>3rd Year Fall</td>
<td>ECED 401: Developmental Pathways of Diverse Learners OR PSYC 313: Child Development</td>
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<td>3rd Year Fall</td>
<td>INTS 321: Parent-Child Relations OR HDFS 404: Engaging Families of Diverse Young Learners</td>
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<td>SOCI 303: Sociological Research Methodology OR PSYC 301: Research Methods in Psychology</td>
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<td>SOCI 101 or 102</td>
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<td>3rd Year Spring</td>
<td>PSYC 415: Psychological Factors in Aging OR SOCI 341: Sociology of Aging OR HHS 432: Healthy Aging</td>
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<td>ADA Concentration Elective #4</td>
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<td>4th Year Fall</td>
<td>HDFS 498: Internship</td>
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<td>ADA Concentration Elective #5</td>
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<td>4th Year Fall</td>
<td>HDFS 400: Advanced Family Processes</td>
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<td>4th Year Spring</td>
<td>HDFS 401: Family Law and Public Policy</td>
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<td>HDFS 200</td>
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<td>4th Year Spring</td>
<td>HDFS 499: Advanced Internship</td>
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Additional information regarding College-Level Requirements:

- One course (3 credits) in philosophy or religious studies: Fulfilled by any course in PHIL or RELI except PHIL 323, 324, 327, 393, 460. PHIL 253 cannot be used to fulfill both the philosophy/religious studies requirement and the Mason Core literature requirement.

- One course (3 credits) in social and behavioral science: 3 credits in addition to the university-wide requirement in social and behavioral science for a total of 6 credits. The two courses used to fulfill the combined college and university requirements must be from different disciplines in the social and behavioral sciences. The courses used to fulfill this requirement must be in addition to the course used to fulfill the university requirement in western civilization/world history. This requirement may be fulfilled by any course in ANTH, CRIM, ECON, GOVT, HIST (except 100 or 125), LING, PSYC, or SOCI and these courses in GGS: 101, 103, 110, 301, 303, 304, 305, 306, 315, 316, 320, 325, 330, 357, 380.

- One course (3 credits) in non-Western culture. For an approved list of courses: [http://chss.gmu.edu/general-education/non-western-culture](http://chss.gmu.edu/general-education/non-western-culture). The same course cannot be used to fulfill this requirement and the Mason Core requirement in global understanding. Students who have attended high school in a non-Western country for four or more years may be eligible for a waiver of this requirement.

- Students can demonstrate language proficiency by completing an approved intermediate-level sequence in one foreign language. George Mason's intermediate-level language sequence is 110 (6 credits) and 210 (3 credits). The Latin sequence is 101, 102, 201, 202 (all 3 credits). The American Sign Language sequence is EDSE 115, 116, and 219 (all 3 credits). Students can demonstrate language proficiency by achieving a satisfactory score on the placement test administered by the Department of Modern and Classical Languages. Students will be granted a waiver of the foreign language requirement if their test score places them beyond a course numbered 210 (202 for Latin). Students who are granted a waiver do not receive credit.