

# School of Education, Health & Society

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## FAMILY STUDIES

### Family Studies and Social Work (FSW)

The Family Studies major leads to a Bachelor of Science in Family Studies. The family studies program explores relationships across the life cycle. Courses focus on dating, marital, parental, and other family relationships. Singlehood, divorce, remarriage, gender roles, widowhood, marital communication, decision making, marital satisfaction, intergenerational relationships, and family life education are some of the topics addressed in this major. Courses combine theory and research in examining how individuals and families relate to each other and to their environments. Analyzing change and searching for practical solutions to problems are central to this area of study. In addition to the major, minors are available in family relationships and child studies. There are also three thematic sequences. NOTE: the minors and thematic sequences offered in FSW are not open to family studies majors.

Interests: A family studies major should possess a desire to understand and critically examine family interaction and relationships. It is important for family studies majors to have an ability to integrate information from various sources, a desire to apply information to solve problems related to families, and good communication skills.

Career Opportunities: The human relations aspect of family studies requires sensitivity to individuals and families, as well as their needs. Family studies majors should be effective communicators, verbally and non-verbally, to help people understand families and how they can be strengthened. These traits and skills can be used to great advantage in a variety of fields. Employment possibilities include working in parenting education, marriage enrichment, adjustment-to-divorce programs, communications training, and other related programs. You might work as a corporate child care director or consultant, in human resources or personnel management, or customer relations. You could work as a stress management specialist, divorce adjustment workshop leader or marriage communicator, family wellness program coordinator, or family life educator. Some graduates find careers in the field of child life. Human service encompasses a broad range of career possibilities. You could work with the YMCA/YWCA or other community organization, retirement home, youth organization, crisis center, or halfway house. You might become a counselor for a family planning organization, welfare program, or social service agency for families or individuals at risk. You might do research as a demographer, public opinion pollster, or policy evaluator for families with special needs.

You will need a graduate degree to become a licensed counselor or therapist, or go into social service agency management and policy making. The FSW faculty is helpful in providing information about your career options and graduate school. They can also help you decide which graduate programs can best meet your needs and assist you in the application process. Recent graduates have enrolled in some of the top graduate schools nationwide in fields such as family therapy, counseling, social work, family studies, human development, school psychology, and education. Other options include business, medical, and law schools.

Family Life Education Certification: A number of the family studies majors are interested in family life education. The only national, professional group to approve the family life education (FLE) curriculum is the National Council on Family Relations (NCFR). Upon completion of the degree, graduates are eligible to apply for provisional certification from NCFR. The certification emphasizes academic preparation and experience to enable the individual to know how to design and implement curricula, workshops and other family life education programs. Family life education substance areas include: families in society, internal family dynamics, life span human growth and development, human sexuality, interpersonal relationships, family resource management, parent education and guidance, family law and public policy, ethics, family life education methodology, and an internship. If you are interested in certification, talk to your advisor about course selection.

# Four-Year Sample Outline for Major in Family Studies

## **First year**

### First Semester

ENG 111, MP I	3
FSW 261 (or SOC 361/FSW 363)	3
ZOO 161, MP IVA	
or ZOO 171, MP IVA	4
Humanities, MP IIB	3
Fine Arts, MP IIA	3

TOTAL: 16

### Second Semester

ENG 112, MP I	3
COM 135, MP IIB	
or COM 136, MP IIC	3
SOC 151, MP IIC	
or SOC 152, MP IIC	4
STA 261, MP V	4
Elective- Student's Choice	3

TOTAL: 17

## **Sophomore**

### First Semester

Physical Sciences, MP IVB	4
FSW 281	4
FSW 295	4
US Cultures IIIA	3-4

TOTAL: 15-16

### Second Semester

World Cultures, MP IIIB	3-4
FSW 361	3
FSW 381	3
Thematic Sequence Course	3
Elective- Student's Choice	3

TOTAL: 15-16

## **Junior**

### First Semester

Electives outside FSW (see list D)	6-7
Thematic Sequence Course	3
FSW Electives (see list C)	6

TOTAL: 15-16

### Second Semester

Electives outside FSW (see list D)	6-7
Thematic Sequence Course	3
FSW Electives (see list C)	6

TOTAL: 15-16

## **Senior**

### First Semester

FSW 494	3*
FSW 475	3
FSW Electives (see list C)	6
Elective-Student's Choice	3-4

TOTAL: 15-16

### Second Semester

FSW 481	3
FSW 466	3
Electives outside FSW (see list D)	6-7
Capstone	3-4

TOTAL: 15-17

### **\*Internship with Families and Children**

An Internship in an applied family studies field (FSW 494) is required for students majoring in family studies. Students are encouraged to complete their internship in the summer. The internship is offered during the regular school year as well.

The purpose of the internship is to offer the opportunity for practical experience in the working world as a part of professional education. Internships may be paid or unpaid. Students are individually responsible for finding and securing their internship placements. Suggestions for past successful placements are available in the FSW main office. Work experience (i.e., paid internships) must include internship experiences in your major area. Experiences might include supervision, writing, working with children, the elderly, or families, or community service (such as domestic violence programs). Your internship plan must be approved by the internship coordinator prior to your work experience.

## Family Studies Major Program Requirements

### **A. Take all of these FSW courses (Total = 29 hours):**

FSW 261: Diverse Family Systems Across the Life Cycle (3) (or SOC 361/FSW 363)  
FSW 281: Child Development in Diverse Families (4)  
FSW 295: Research & Evaluation in Social Work & Family Studies (4) [formerly FSW 395]  
FSW 361: Couple Relationships: Diversity & Change (3)  
FSW 381: Parent-Child Rels in Diverse Families (3)  
FSW/GTY 466: Later Life Families (3)  
FSW 475: Family Theories (3)  
FSW 481: Adolescent Development in Diverse Families (3)  
FSW 494: Internship w/ Families & Children (3)

### **B. Take these required Miami Plan courses (Total = 10 hours):**

COM 136 Introduction to Interpersonal Communication (3) or  
COM 135: Public Expression & Critical Inquiry (3)  
SOC 151: Social Relations (3) or  
SOC 152: Social Relations in the U.S. (3)  
STA 261: Statistics (4)

*You will take an additional 24-28 hours of Miami Plan courses (see the above table on the next page for suggestions)*

### **C. Choose 18 hours from these FSW Elective Courses (9 hours must at the 400-level):**

FSW 201 Introduction to Social Work (3)  
FSW 206: Social Welfare: Impact Diverse Groups (4)  
FSW/KNH 207: Services & Supports for Children, Youth, & Families I (4)  
FSW/KNH 208: Services & Supports for Children, Youth, & Families II (5) - thematic sequence  
FSW 262: Current Controversies (4)  
FSW 309 Social Welfare Policy II (3)  
FSW 312: Human Behavior in the Social Environment (3)  
FSW 362: Families in Poverty (3) \*  
FSW 365: Family Sexuality Education Across Cultures (3) [or SOC/ANT/WMS 221: Human Sexuality (3)]  
FSW 418: Family Life Education Process (3)  
FSW 451: Family Violence (3)  
FSW 461: Marital Distress & Divorce: Implications for Family Life Professionals (3)  
FSW 462: Family Policy, Law & Ethics (3)  
FSW 465: Child Maltreatment (2)  
FSW 485: Social Work in a Diverse World (3)  
FSW/MCP 498: Critical Thinking about Family Relationships (4)  
FSW 491: Seminar. in FSW (3)  
FSW 490: Professional. Issues in Family Science (3)  
FSW 492: Families in Global Contexts (4)  
FSW 493: Qualitative Methods (3)  
FSW 495: Advance Survey of Family Science (3)

**D. Outside Electives (Total = 21 hours):** Choose at least 1 course from each group (Minors and double majors outside FSW may fulfill these electives – see below for suggested minors).

#### *Cultural Diversity*

AMS/REL 241: Religions of the American Peoples (4)  
AMS/REL 242: Religious Pluralism in Modern America (4)  
ATH 185: Cultural Diversity in the U.S. (3)  
BWS 151 Introduction to Black World Studies (4)  
COM 281: Mediated Sexualities: Lesbians, Gays, Bisexuals, & Transgendered Persons & the Electronic Media (3)  
EDP 272 Introduction to Disability Studies (3)  
SOC 141: The Changing Dynamics of U.S. Cultures: Multiculturalism in the U.S. (3)  
SOC 152: Social Relations in U.S. Cultures (4)  
SPA 211: Deaf Culture & Community (3)  
LAS 260: Latin America in the United States (3)

#### *Social Contexts*

AMS/HST/WMS 382: Women in American History (3)  
AMS/HST 392: Sex & Gender in American Culture (3)  
ATH/BSW/LAS/WMS 325: Identity, Race, Gender, & Class (3)  
PHL 103: Society & the Individual (3)  
PHL 105: Theories of Human Nature (3)  
REL 102: Religion & the Modern Culture (3)

REL 103 Religion, History & Society (3)  
 WMS 201: Introduction to Women's Studies (3)

*Human Development*

GYT 154: Aging in American Society (3)  
 KNH 102 Individual & Family Environments: Fundamentals of Nutrition (3)  
 KNH 406: Nutrition Therapy (4)  
 KNH 407: Food & Nutrition for Aging (3)  
 KNH 408 Perinatal & Childhood Nutrition (3)  
 PSY 231: Developmental Psychology (4)  
 ZOO 161 Human Physiology (4), Lab  
 or ZOO 171 Human Anatomy & Phys (4), Lab

**E. Other Hours (Total = 21-27 hours)**

Thematic sequence (9 hours), capstone (3-4 hours), electives of your choice (9-14 hours)

**Minimum Total Hours to Graduate: 128**

Suggested Minors Outside Family Studies (upon approval by the FSW department these, or other, minors may be substituted for the 21 hours of outside electives for the Family Studies major).

BWS – Black World Studies  
 GTY – Gerontology  
 PHL – Ethics  
 KNH – Nutrition

POL – Political Science  
 SOC – Applied Sociological  
 Research  
 SOC – Criminology

SOC – Sociology  
 WMS – Women's Studies

Miami Plan For Liberal Education Requirements (Family Studies)

Foundation Area (min. required hours)	Course #s & Titles
I – English Composition (6 hours)	ENG 111: College Composition, ENG 112: Composition and Literature
IIA – Fine Arts (3 hours)	student's choice
IIB – Humanities (3 hours)	COM 135: Public Expression & Critical Inquiry COM 281: Mediated Sexualities: Lesbians, Gays, Bisexuals, & Transgendered Persons & the Electronic Media (3) PHL 103: Society & the Individual PHL 105: Theories of Human Nature REL 102: Religion & the Modern Culture (H) REL 103 Religion, History & Society (H)
IIC – Social Science (3 hours)	ATH 185: Cultural Diversity in the U.S. BWS 151: Introduction to Black World Studies (H) COM 136: Introduction to Interpersonal Communication FSW 206: Social Welfare: Impact on Diverse Groups SOC 141: The Changing Dynamics of U.S. Cultures: Multiculturalism in the U.S. SOC 151: Social Relations SOC 152: Social Relations in U.S. Cultures SPA 211: Deaf Culture & Community WMS 201: Introduction to Women's Studies GYT 154: Aging in American Society
IIIA – US Cultures (3 hours)	EDP 272: Disability Studies SOC 141: The Changing Dynamics of U.S. Cultures: Multiculturalism in the U.S. SOC 152: Social Relations in U.S. Cultures SPA 211: Deaf Culture & Community WMS 201: Introduction to Women's Studies
IIIB – World Cultures (3 hours)	student's choice
IVA – Biological Science (3 hours)	ZOO 161 w/Lab: Human Physiology ZOO 171 w/ Lab: Human Anatomy & Physiology
IVB - Physical Science (3 hours)	student's choice
V – Mathematics, Formal Reasoning, Technology (3 hours)	<b>STA 261: Statistics</b>

Total 34-38 hours

Notes: Remember historical (H) course. **Bold** indicates courses required for the Family Studies Major. Other suggested courses, with the exception of ENG 111 and ENG 112 may count toward the Miami Plan and the Family Studies major. Courses may only count for one area of the Miami Plan Foundation.