

# CHILD DEVELOPMENT AND FAMILY STUDIES

College of Health and Human Services  
Department of Family and Consumer Sciences

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## Career Possibilities

Preschool Administrator • Family Life Educator • Child Life Specialist • Teen Pregnancy Counselor • Early Care Educator (Infant and Toddler Care, Preschool Teaching, School-Age Programs) • Child Development Consultant • Community Resource and Referral Professional • Parent Educator • Corporate Human Service Consultant • Working with Military Families • Toy Research and Development

A credential or graduate degree would expand employment opportunities to include: Social Worker • Marriage and Family Counselor • Community College Instructor • Highschool Counselor • Teacher (For more information, see [www.careers.csulb.edu](http://www.careers.csulb.edu).)

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## Undergraduate Programs

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### Bachelor of Arts in Family and Consumer Sciences

This degree offers six options:

- Child Development and Family Studies
- Consumer Affairs
- Family and Consumer Sciences Education
- Family Life Education
- Fashion Design
- Fashion Merchandising

Degree and certificate information and requirements are listed under each option alphabetically in this catalog.

### Bachelor of Science in Dietetics and Food Administration

This degree offers two options:

- Nutrition and Dietetics
- Food Science

Degree and certificate information and requirements are listed under each option alphabetically in this catalog.

### Bachelor of Science in Hospitality Management

Degree and certificate information and requirements are listed under each option alphabetically in this catalog.

### Child Development and Family Studies

Child Development and Family Studies (CDFS) strives to improve the lives of children and families. As an integrative and interdisciplinary specialization, CDFS incorporates information from a variety of disciplines to provide a comprehensive academic and professional background for working with children and families. We use primary prevention to empower individuals and families in home and community settings.

### Option in Child Development and Family Studies (120 units)

Take all of the following courses:

PSY 100 General Psychology (3)

Prerequisites/Corequisites: Students who score 147 or above on the English Placement Test or "C" or better in one of the following AFRS 100, ASAM 100, CHLS 104, ENGL 100S or ALI 150 or ALP 150 or equivalent.

CAFF 321 Family and Consumer Resource Management (3)

Prerequisites: GE Foundation requirements, one or more Exploration courses, and upper division standing.

CDFS 111 Preschool Child (3)

Prerequisites: None.

CDFS 211 Guiding Young Children (3)

Prerequisites: A grade of "C" or better in PSY 100 or SOC 100 or CDFS 111.

CDFS 312 Family and Personal Development (3)

Prerequisites: GE Foundation requirements; PSY 100 or SOC 100 or ANTH 120; upper division standing; or consent of instructor.

CDFS 411 Individual Child Study and Guidance (3)

Prerequisites: A grade of "C" or better in CDFS 311 or CDFS 314 or HDEV 307 or PSY 361; upper division standing; or consent of instructor.

CDFS 413 Child and Family in the Community (3)

Prerequisites: A grade of "C" or better in CDFS 312; upper division standing; or consent of instructor.

FCS 299 Intro to Family and Consumer Sciences (1)

Prerequisites: None.

Not open for credit to students with credit in FCSE 299.

FCS 499 Professionalism and Leadership in FCS (1)

Prerequisites: FCS 299, CAFF 321, 12 units of upper division course work in Family and Consumer Sciences. Must be taken in one of the last two semesters prior to graduation.

Not open for credit to students with credit in FCSE 499.

NUTR 132 Introductory Nutrition (3)

Prerequisites: Any GE Foundation course.

Take one of the following courses:

ANTH 120 Introduction to Cultural Anthropology (3)

Prerequisites: Any GE Foundation course.

Another approved Global Issues course (3)

Take one of the following pairs:

CDFS 214 Environments for Preschool Children (3)

Prerequisites: A grade of "C" or better in CDFS 111; or consent of instructor.

CDFS 414 Field Work with Preschool Children (3)

Prerequisites: A grade of "C" or better in CDFS 111, CDFS 211, CDFS 214; or consent of instructor.

or

CDFS 215 Environments for Infants and Toddlers (3)

Prerequisites: A grade of "C" or better in CDFS 111; or consent of instructor.

CDFS 415 Field Work with Infants/Toddlers (3)

Prerequisites: A grade of "C" or better in CDFS 111, CDFS 211, CDFS 215; or consent of instructor.

Take one of the following courses:

CDFS 311 Prenatal Development and Infancy (3)

Prerequisites: A grade of "C" or better in CDFS 111; upper division standing.

CDFS 314 The Older Child (3)

Prerequisites: A grade of "C" or better in CDFS 111; upper division standing; or consent of instructor.

Take one of the following courses:

FCS 392A Field Experience in Child Development and Family Studies (3)

Prerequisites: Upper division standing; major in Family and Consumer Sciences with an Option in Child Development and Family Studies; Consent of Instructor. Not open for credit to students with 6 units of FCSE 392. May not be taken concurrently with CDFS 492 A or CDFS 492B.

CDFS 492A Internship in Child Development and Family Studies (3)

Prerequisites: Student must be a Family and Consumer Sciences: Child Development and Family Studies major; have senior standing; have a 2.5 overall GPA or a 3.0 major GPA; approval of a faculty advisor in Child Development and Family Studies; and CDFS 411, CDFS 413, and CDFS 414 or CDFS 415. Each prerequisite course must be completed with a grade of "C" or better. A course in which a grade lower than "C" is received must be retaken and successfully completed prior to enrolling in any course for which it is a prerequisite. Students receiving a grade lower than a "C" may proceed with other courses with approval of the Area Coordinator. CDFS 492A may not be taken concurrently with CDFS 492B or FCS 392A.

CDFS 414 (2nd semester) Fieldwork with Preschool Children (3)

Prerequisites: A grade of "C" or better in CDFS 111, CDFS 211, CDFS 214; or consent of instructor.

CDFS 415 (2nd semester) Fieldwork with Infants/Toddlers (3)

Prerequisites: A grade of "C" or better in CDFS 111, CDFS 211, CDFS 215; or consent of instructor.

FCS 497 Directed Studies (3)

Prerequisites: Junior standing; consent of instructor. Not open for credit to students with credit in FCSE 497.

Take 9 units of advisor-approved electives. Three of the 9 units must be upper division.

Take 15 units from the following with advisor's approval:

CDFS 319, CDFS 402, CDFS 407, CDFS 408, CDFS 409, CDFS 410, CDFS 412, CDFS 416A, CDFS 416B, CDFS 418, CDFS 419, or CDFS courses not taken above.

Each course on the student's program planner must be

completed with a grade of "C" or higher. In addition, a course in which a grade lower than "C" is received must be retaken and successfully completed prior to enrolling in a course for which it is a prerequisite. A student receiving a grade lower than a "C" may proceed with other courses with the approval of the Child Development and Family Studies Area Coordinator.

This degree option has been deemed "similar" to the Transfer Model Curriculum for Early Childhood Education and for Childhood Adolescent Development under the Student Transfer Agreement Reform Act (SB 1440-Padilla). Students who complete an approved A.A.-T or A.S.-T degree in Early Childhood Education or in Child and Adolescent Development at a California Community College can meet B.A. in FCS: Option in CDFS requirements with no more than 60 additional units. Contact a CDFS faculty advisor for assistance in program planning.

## Minor in Child Development and Family Studies

The Child Development and Family Studies (CDFS) minor offers the opportunity to take a concentration of courses focusing on children and families. By providing students with an aggregate of CDFS courses students will be better prepared careers relating to children and families in an array of settings.

### Requirements

Students seeking a minor in CDFS must meet all prerequisite course requirements. In addition, students must maintain a "C" or better in all courses required for the minor. The minor requires 21 total units.

The minor in Child Development and Family Studies is not available to Child Development and Family Studies majors.

Take 9 units of core courses from the following courses:

CDFS 111 Preschool Child (3)

Prerequisites: None.

CDFS 312 Family and Personal Development (3)

Prerequisites: GE Foundation requirements; PSY 100 or SOC 100 or ANTH 120; upper division standing; or consent of instructor.

CDFS 319 Family Stress and Coping (3)

Prerequisites: GE Foundation requirements; ANTH 120 or PSY 100 or SOC 100 or consent of instructor; students must have scored 11 or higher on the GWAR Placement Examination or completed the necessary portfolio course that is a prerequisite for a GWAR Writing Intensive Capstone.

Take 12 units selected from the following courses:

CDFS 211, CDFS 214, CDFS 215, CDFS 311, CDFS 314, CDFS 409, CDFS 410, CDFS 411, CDFS 412, CDFS 413, CDFS 414, CDFS 415, CDFS 418.

## Family Life Education

This option is available in the Department of Family and Consumer Sciences. It was introduced in response to a certification process developed by the National Council on Family Relations (NCFR). NCFR is the leading national organization for professionals concerned with promoting and enhancing the quality of family life. NCFR sponsors the only national program to certify family life educators.

After completing the recommended preparatory course work in this department, it is possible to get two types of certification

from NCFR:

Provisional Certification from the National Council on Family Relations (NCFR) is available to students who complete the approved courses that correspond to the ten substance areas from an approved program, but without the minimum two years of work experience.

Full Certification from the NCFR is available to students who graduate from an approved academic program and have completed at least two years of work experience as a family life educator. The work experience of the student has to be submitted, reviewed, and approved by an NCFR review committee.

Interested students should contact the Family Life Education Coordinator, Dr. Nilufer P. Medora, Family and Consumer Sciences (562) 985-4488 or at medora@csulb.edu

### **Option in Family Life Education (120 units)**

This option provides an academic and professional background for work with children, adults, couples, and families. It offers an interdisciplinary foundation in several areas that influence and enhance the quality of life of children, adults, couples, and families based on education, enrichment and prevention. Fieldwork opportunities where students have direct experiences with individuals and families in the community are provided for qualified students.

#### **Requirements**

Take all of the following courses:

CDFS 111 Preschool Child (3)  
Prerequisites: None.

CDFS 312 Family and Personal Development (3)  
Prerequisites: GE Foundation requirements; PSY 100 or SOC 100 or ANTH 120; upper division standing; or consent of instructor.

CDFS 319 Family Stress and Coping (3)  
Prerequisites: GE Foundation requirements; ANTH 120 or PSY 100 or SOC 100 or consent of instructor; students must have scored 11 or higher on the GWAR Placement Examination or completed the necessary portfolio course that is a prerequisite for a GWAR Writing Intensive Capstone.

CDFS 402 Child and Family Law (3)  
Prerequisites: A grade of "C" or better in CDFS 312; upper division standing.

CDFS 410 International Families: Families in Cross-Cultural Perspectives (3)  
Prerequisites: A grade of "C" or better in CDFS 312; or consent of instructor.

CDFS 411 Individual Child Study and Guidance (3)  
Prerequisites: A grade of "C" or better in CDFS 311 or CDFS 314 or HDEV 307 or PSY 361; upper division standing; or consent of instructor.

CDFS 413 Child and Family in the Community (3)  
Prerequisites: A grade of "C" or better in CDFS 312; upper division standing; or consent of instructor.

CDFS 418 Parent Education (3)  
Prerequisites: Upper-division standing and at least 6 units of upper division child development and family studies or equivalent courses, or consent of instructor.

CDFS 419 Family Life Education (3)  
Prerequisites: A grade of "C" or better in CDFS 413; upper division standing; or consent of instructor.

CDFS 492B Internship in Family Life Education (3)  
Prerequisites: Student must be a major in Family and Consumer Sciences in the option of Family Life Education; have senior standing; have a 2.5 overall GPA or a 3.0 major GPA; have

approval of a faculty advisor in Child Development and Family Studies; have completed CDFS 413 and CDFS 419 each with a grade of "C" or higher. A course in which a grade lower than "C" is received must be retaken and successfully completed prior to enrolling in any course for which it is a prerequisite. Students receiving a grade lower than a "C" may proceed with other courses with approval of the Area Coordinator. CDFS 492B may not be taken concurrently with CDFS 492A or FCS 392A.

CAFF 321 Family & Consumer Resource Management (3)

Prerequisites: GE Foundation requirements, one or more Exploration courses, and upper division standing.

FCS 299 Introduction to FCS (1)

Prerequisites: None.

Not open for credit to students with credit in FCSE 299.

FCS 499 Professionalism and Leadership in Family and Consumer Sciences (1)

Prerequisites: FCS 299, CAFF 321, 12 units of upper division course work in Family and Consumer Sciences. Must be taken in one of the last two semesters prior to graduation.

Not open for credit to students with credit in FCSE 499.

HSC 425 Human Sexuality and Sex Education (3)

Prerequisites: GE Foundation, one or more Exploration courses, and upper-division standing. Recommended: PSY 100.

NUTR 132 Introductory Nutrition (3)

Prerequisites: Any GE Foundation course.

PSY 100 General Psychology (3)

Prerequisites/Corequisites: Students who score 147 or above on the English Placement Test or "C" or better in one of the following AFRS 100, ASAM 100, CHLS 104, ENGL 100S or ALI 150 or ALP 150 or equivalent.

Take one the following courses:

ANTH 120 Introduction to Cultural Anthropology (3)

Prerequisites: Any GE Foundation course.

Another approved Global Issues course (3)

Take one of the following courses:

GERN 400 Perspectives on Gerontology (3)

Prerequisites: GE Foundation, one or more Exploration courses, and upper-division standing.

HDEV 357 Approaches to Adulthood Through Aging (3)

Prerequisites: GE Foundation requirements, upper-division standing, ANTH 120 or HDEV 180 or PSY 100 or SOC 100 with a "C" or better.

Take one of the following courses:

CDFS 311 Prenatal Development and Infancy (3)

Prerequisites: A grade of "C" or better in CDFS 111, upper division standing.

CDFS 314 The Older Child (3)

Prerequisites: A grade of "C" or better in CDFS 111; upper division standing; or consent of instructor.

Take the following course:

CDFS 412 Family Interaction (3)

Prerequisites: A grade of "C" or better in CDFS 312; upper division standing; or consent of instructor.

Take 9 units of advisor-approved electives. Three of the 9 units must be upper division.

In addition, a course in which a grade lower than "C" is received must be retaken and successfully completed prior to enrolling in a course for which it is a prerequisite. A student receiving a grade lower than a "C", may proceed with other courses with the approval of the Child Development and Family Studies Area Coordinator. Each course on the student's program planner must be completed with a grade of "C" or higher.

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## Child Development and Family Studies Courses (CDFS)

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### LOWER DIVISION

#### 111. Preschool Child (3)

Behavior and development in early childhood, with emphasis on the interaction of parents, children and teachers.

(Lecture-discussion 3 hours)

#### 211. Guiding Young Children (3)

Prerequisites: A grade of "C" or better in PSY 100 or SOC 100 or CDFS 111.

Processes, techniques, models, research, and selected issues in child guidance as applied to 3-5 year-old children in family and community settings. Development of a personal approach to guidance based on current scientific research and theory concerning child development.

(Lecture-discussion 3 hours)

#### 214. Environments for Preschool Children (3)

Prerequisites: A grade of "C" or better in CDFS 111; or consent of instructor.

Introduction to preschool care-giving practices. Growth and development of preschool children relating to the classroom environment. Application of theories, models, and research to current preschool classroom practices.

Letter grade only (A-F). (Lecture-discussion 3 hours)

#### 215. Environments for Infants and Toddlers (3)

Prerequisites: A grade of "C" or better in CDFS 111; or consent of instructor.

Introduction to infant and toddler care-giving practices. Growth and development of children from birth through three years of age relating to the classroom environment. Application of theories, models, and research to current infant and toddler classroom practices.

Letter grade only (A-F). (Lecture-discussion 3 hours)

#### 219. Stress, Coping and Resiliency for the Professional Educator (3)

Prerequisites: A grade of "C" or better in ENGL 100 or GE Composition (Area A1).

Identification of stressors which diminish the effectiveness of the learning environment for at-risk school children. Use Family Resiliency Model to examine critical family dynamics. Practical stress management for future teachers.

Letter grade only (A-F). (Lecture-Discussion 3 hours)

#### 290. Directed Studies (1-3)

Independent study under the direction of a faculty member. Exploration and experience in areas which are not a part of any regular course.

Letter grade only (A-F). May be repeated to a maximum of 6 units with different topics. (Seminar)

### UPPER DIVISION

#### 311. Prenatal Development and Infancy (3)

Prerequisites: A grade of "C" or better in CDFS 111; upper division standing.

Human development from conception through prenatal development, childbirth, the neonatal period, infancy and toddlerhood with emphasis on the various aspects of development and the environmental/social factors essential for human growth.

(Lecturer-discussion 3 hours)

#### 312. Family and Personal Development (3)

Prerequisites: GE Foundation requirements; PSY 100 or SOC 100 or ANTH 120; upper division standing; or consent of instructor.

Interdisciplinary introduction to the concepts underlying contemporary American family life and the influence of social and cultural conditions on human development.

(Lecture-discussion 3 hours)

#### 314. The Older Child (3)

Prerequisites: A grade of "C" or better in CDFS 111; upper division standing; or consent of instructor.

Behavior and development in middle and late childhood and adolescence, with emphasis on individual and cultural differences.

(Lecturer-discussion 3 hours)

#### 319. Family Stress and Coping (3)

Prerequisites: GE Foundation requirements; ANTH 120 or PSY 100 or SOC 100 or consent of instructor; students must have scored 11 or higher on the GVAR Placement Examination or completed the necessary portfolio course that is a prerequisite for a GVAR Writing Intensive Capstone.

Examination of theories and research associated with stressors affecting family functioning throughout the lifecycle. Consideration given to both normative transitions and non-normative stressors. Emphasis on strategies to assist families to deal productively with stress and change.

(Lecture-discussion 3 hours)

#### 402. Child and Family Law (3)

Prerequisites: A grade of "C" or better in CDFS 312; upper division standing.

Establishment, conduct, and termination of marital and non-marital family relationships, including the rights and duties of the parties involved. Topics include marital disillusionment, child custody issues, property rights, domestic violence, adoption, support, genetic testing, and new trends in family law.

Letter grade only (A-F). (Lecture-discussion 3 hours)

#### 407. The Hospitalized Child (3)

Prerequisite: CDFS and FLE majors and CDFS minors only; Upper division standing.

Child Life Education focus on the psychosocial care of children and their families in health care settings. Effects of medical environments on children and their families with emphasis on strategies for interactions that enhance family coping.

#### 408. Transition to Parenthood (3)

Prerequisite: CDFS 312

An empirically based evaluation of the transition to parenthood. It examines how a baby, from the onset of pregnancy to one year after the child's birth, impacts a couple's relationship. Both theory and research are emphasized.

(3 hours lecture)

#### 409. Language, Learning and the Developing Child: A Cross-Cultural Perspective (3)

Explores the communicative-linguistic, cognitive, physical, and socio-emotional development of the child from the prenatal to adolescent period across diverse cultures with an emphasis on language acquisition and the learning process.

Letter grade only (A-F). Not open for credit to students currently enrolled in the Liberal Studies program. Same course as EDEL 429. Not open for credit to student with credit in LING 429, EDEL 429, and EDP 428.

#### **410. International Families: Families in Cross-Cultural Perspectives (3)**

Prerequisites: A grade of "C" or better in CDFS 312; or consent of instructor.

Basic concepts and definitions relating cross-cultural studies will be discussed. Important family life cycle changes will be explained for major ethnic groups within the United States. Family life in selected international families will also be examined.

(Lecture-discussion 3 hours)

#### **411. Individual Child Study and Guidance (3)**

Prerequisites: A grade of "C" or better in CDFS 311 or CDFS 314 or HDEV 307 or PSY 361; upper division standing; or consent of instructor.

Analysis and interpretation of theory, research, trends and techniques for the study and guidance of the individual child in family and community settings.

(Lecture-activity 3 hours)

#### **412. Family Interaction (3)**

Prerequisites: A grade of "C" or better in CDFS 312; upper division standing; or consent of instructor.

Dynamics of interaction and communication in interpersonal relationships throughout the family life cycle. Experience with a variety of communication skills in small group settings.

(Lecture-discussion 3 hours)

#### **413. Child and Family in the Community (3)**

Prerequisites: A grade of "C" or better in CDFS 312; upper division standing; or consent of instructor.

Study of cultural varieties and the needs of the contemporary American family in an urban community; analysis of current issues and problems; identification of and experience with community resources and agencies.

(Lecture-discussion 3 hours)

#### **414. Fieldwork with Preschool Children (3)**

Prerequisites: A grade of "C" or better in CDFS 111, CDFS 211, CDFS 214; or consent of instructor.

Supervised teaching/learning experience with preschool children including development of skills for observation and assessment as well as curriculum planning, implementation and evaluation.

May be repeated to a maximum of 6 units with assignments reflecting increasing levels of difficulty. (Lecture 1 hour, laboratory 6 hours)

#### **415. Fieldwork with Infants/Toddlers (3)**

Prerequisites: A grade of "C" or better in CDFS 111, CDFS 211, CDFS 215; or consent of instructor.

Supervised teaching/learning experience with preschool children including development of skills for observation and assessment as well as curriculum planning, implementation and evaluation.

May be repeated to a maximum of 6 units in different semesters with assignments reflecting increasing levels of difficulty. (Lecture 1 hour, laboratory 6 hours) Letter grade only (A-F).

#### **416A. Introduction to Administration and Supervision of Child Development Programs (3)**

Prerequisites: A grade of "C" or better in CDFS 414 or CDFS 415; or consent of instructor.

Minimum and recommended standards and laws pertaining to housing, equipment, play space, adult/child ratio, health supervision and meal service for children's programs. Selection and supervision of personnel, program planning and directing.

(Lecture-discussion 3 hours)

#### **416B. Applications of Administration and Supervision of Child Development Programs (3)**

Prerequisites: A grade of "C" or better in CDFS 416A; or consent of instructor.

Decision theory and its application, communication strategies, planning, operating and evaluating programs for young children.

(Lecture-discussion 3 hours)

#### **418. Parent Education (3)**

Prerequisites: Upper-division standing and at least 6 units of upper division child development and family studies or equivalent courses, or consent of instructor.

Principles and techniques for working with parents in community and school programs. Assessment of needs and development of programs for adults in a variety of social and cultural settings.

(Lecture-activity 3 hours)

#### **419. Family Life Education (3)**

Prerequisites: A grade of "C" or better in CDFS 413; upper division standing; or consent of instructor.

History, purpose, principles, ethics, ten substance areas, and paradigms of family life education will be explored. Planning, implementing, and evaluating family life education programs will be discussed. Gender, ethnicity, and diversity issues related to family life education will be stressed.

Letter grade only (A-F). (Lecture-discussion 3 hours)

#### **492A. Internship in Child Development and Family Studies (3)**

Prerequisites: Student must be a Family and Consumer Sciences: Child Development and Family Studies major; have senior standing; have a 2.5 overall GPA or a 3.0 major GPA; approval of a faculty advisor in Child Development and Family Studies; and CDFS 411, CDFS 413, and CDFS 414 or CDFS 415. Each prerequisite course must be completed with a grade of "C" or better. A course in which a grade lower than "C" is received must be retaken and successfully completed prior to enrolling in any course for which it is a prerequisite. Students receiving a grade lower than a "C" may proceed with other courses with approval of the Area Coordinator. CDFS 492A may not be taken concurrently with CDFS 492B or FCS 392A.

Field experience in which student assumes a preprofessional role in a professional setting. Objectives developed by student with supervisor must be approved by major advisor and form the basis for evaluation.

May be repeated for 6 units maximum. (Seminar 3 hours)

#### **492B. Internship in Family Life Education (3)**

Prerequisites: Student must be a major in Family and Consumer Sciences in the option of Family Life Education; have senior standing; have a 2.5 overall GPA or a 3.0 major GPA; have approval of a faculty advisor in Child Development and Family Studies; have completed CDFS 413 and CDFS 419 each with a grade of "C" or higher. A course in which a grade lower than "C" is received must be retaken and successfully completed prior to enrolling in any course for which it is a prerequisite. Students receiving a grade lower than a "C" may proceed with other courses with approval of the Area Coordinator. CDFS 492B may not be taken concurrently with CDFS 492A or FCS 392A.

Field experience in which student assumes a preprofessional role in a professional setting. Objectives developed by student with supervisor must be approved by major advisor and form the basis for evaluation.

May be repeated for 6 units maximum. (Seminar 3 hours)