



Fall 1	Credits	Success Marker
ENGL 103*	3	*C or better
COMS 100	3	
GE: Creativity & Critical Analysis	3	
Quantitative Literacy (Math _____)*	3	*C or better
SOCI 170*	3	*C or better
UNIV 101	1	
<b>Total hours</b>	<b>16</b>	
<b>Notes/Comments:</b>		

Spring 1	Credits	Success Marker
ENGL 203*	3	*C or better
Elective	3	
PSYC 102*	3	*C or better
STAT 100*	3	*C or better
Elective	3	
<b>Total hours</b>	<b>15</b>	
<b>Notes/Comments:</b> 1. Students must meet the Family and Social Service program prerequisites to apply for admission to the major during the Spring 2 semester. See Limited Admissions in the Undergraduate Catalog.		

Fall 2	Credits	Success Marker
HDFS 180*	3	*C or better
HDFS 280*	3	*C or better
HDFS 284*	3	*C or better
HDFS 230* or EPS 307*	3	*C or better
HDFS 343	3	
<b>Total hours</b>	<b>15</b>	
<b>Notes/Comments:</b> Students must earn a C or better in ENGL 203 or 204, PSYC 102, HDFS 284, HDFS 230 or EPS 307, HDFS 280, and SOCI 170, and successfully complete the NIU math core competency requirement or have a C or better in STAT 208 or MATH 110, and have a 2.4 Cumulative NIU GPA after 45 credit hours.		

Spring 2	Credits	Success Marker
GE: Nature & Technology	3	
GE: Nature & Technology or Elective	3	
GE: Creativity & Critical Analysis	3	
Elective	3	
Major Elective (from list) <sup>1</sup>	3	
<b>Total hours</b>	<b>15</b>	
<b>Notes/Comments:</b> 1. Choose one of the following: ENGL 350, HSCI 350, MATH 155, 210, 211, 229 PHIL 105 or PSYC 305		

Summer 2	Credits	Success Marker
<b>Total hours</b>	<b>0</b>	• Work on volunteer hours

Fall 3	Credits	Success Marker
Elective	3	
PSYC 372 or SOCI 260	3	
HDFS 207, NUTR 201, NUTR 405 or PHHE 406	3	• Attend intern orientation day (September)
Area of Study chosen with Advisor	3	
Elective	3	
<b>Total hours</b>	<b>15</b>	
<b>Notes/Comments:</b>		

Spring 3	Credits	Success Marker
HDFS 382*	3	*C or better
Area of Study chosen with Advisor	3	
300/400 Level Elective	3	• Complete 50 volunteer hours by July 1
HDFS 445	3	
Area of Study chosen with Advisor	3	
<b>Total hours</b>	<b>15</b>	
<b>Notes/Comments:</b>		

Summer 3	Credits	Success Marker
<b>Total hours</b>	<b>0</b>	• Work on volunteer hours

Fall 4	Credits	Success Marker
HDFS 383*	3	*C or better
HDFS 484	3	
HDFS 477	3	• Attend intern orientation day (September)
HDFS 481	3	• Finish another 50 hours of volunteering and secure an internship
Area of Study chosen with advisor	3	
<b>Total hours</b>	<b>15</b>	
<b>Notes/Comments:</b> 1. Apply for graduation (2/1 for May, 6/15 for August, or 9/1 for December)		

Spring 4	Credits	Success Marker
HDFS 491*	7-12	*In consultation with your advisor.
Elective(s)*	3 to 7	*In consultation with your advisor.
<b>Total hours</b>	<b>14 credits</b>	
<b>Notes/Comments:</b> Students must complete 100 hours of volunteer experience, have a C or better in HDFS 180, 382, 383, complete 481 and have a 2.4 cumulative NIU GPA and senior standing to enroll in the internship.		

*Notes/Comments: This plan is an example of what a four year plan could look like for a typical student. Placement exam scores in math as well as the completion of coursework may change the plan. It should not be used in the place of regular academic advising appointments. All students are encouraged to meet with their advisor each semester to discuss course scheduling. All requirements are subject to change by NIU.*