# 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 2025-2026

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: |
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| Alyssa Maples, PhD, LMFTEmail: alyssa.maples@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)  |  |  |  |  |  |
| FSHD 50 The Family and Social Issues (3) (GE 4A+) |  |  |  |  |  |
| FSHD 52 The Child in the Family (3) \*\* |  |  |  |  |  |
| SOC 8 Sense and Nonsense in Social Research (3) (GE 1B)**Or** |  |  |  |  |  |
| STAT 1 Introduction to Statistics (3) (GE 2A)\* | 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 |  |  |  |  |  |
| FACS 168 Senior Seminar (3) | Graduating Senior with 21 units in FSHD |  |  |  |  |
| FSHD 108 Family Communication (3) (Spring only) | COMS 8 **or** FSHD 50 **or** SOC 166 **or** Instructor Permission |  |  |  |  |
| FSHD 150 Family Stress and Coping: Multicultural Focus (3) (GE 4A+)^ | Passing score on WPJ  |  |  |  |  |
| FSHD 152 Adolescent Development (3) Fall only | 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*

*^ Writing Intensive*

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

## <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/family-studies/>

| B. Continued Required Upper Division Courses | Prerequisites | CSUSterm | Transfer | Grade | Equivalent/Substitute Courses (campus, course, code & #) |
| --- | --- | --- | --- | --- | --- |
| FSHD 154 Issues in Parenting (3) fall only | FSHD 52, CHAD 30 **or** CHAD 35  |  |  |  |  |
| FSHD 155 Family Life Education (3) Fall only | FSHD 50; and FACS 100 **or** CHAD 133; **and** Senior standing |  |  |  |  |
| FSHD 159 Adulthood and Aging in Human Development (3) spring only |  |  |  |  |  |
| 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 4A)**OR**  |  |  |  |  |  |
| NURS 160 Human Sexuality (3) (GE 4A)**OR** |  |  |  |  |  |
| PSYC 134 Psychology of Human Sexuality (3) (GE 4A) | PSYC 2 |  |  |  |  |
| FSHD Elective: choose one or seek advisor approval |  |  |  |  |  |
| CHAD 157 Infant and Toddler: Development and Care (3) | CHAD 30 or CHAD 35; and FSHD 50; and PSYC 148 or SWRK 125A  |  |  |  |  |
| FASH 137 Clothing, Society, and Culture (3) (GE 4A) |  |  |  |  |  |
| 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 3B+) | NUFD 10 |  |  |  |  |
| FACS 195C Internship (1-3) | Major advisor permission  |  |  |  |  |
| FSHD 195F Practicum in Family Life Education (3)**##** | GPA 2.5, major advisor permission |  |  |  |  |

**#**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 name:  | Date: |

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| A green square at the top of the page contains a white stacked Sacramento State logo on the rightGeneral Education requirements cover a breadth of areas spanning 1. English Communication, 2. Mathematical Concepts & Quantitative Reasoning, 3. Arts & Humanities, 4. Social & Behavioral Sciences, 5. Physical & Biological Sciences, and 6. Ethnic Studies. For a list of courses that satisfy each Area and Requirement, please see the [University Catalog.](http://catalog.csus.edu/colleges/academic-affairs/general-education/) |  |
| **General Education Requirements:** | **Courses** |
| Lower Division: A total of 34 units of General Education Courses must be taken at the lower-division level (courses numbered 1-99) covering Areas 1, 2, 3, 4, 5, and 6. |  |
| Upper Division: A total of 9 units of General Education Courses must be taken at the upper-division level (courses numbered 100-199) from Areas 3, 4, and 5 or 2. Upper Division GE courses must be taken within the CSU. |  |
| **GE Area 1.** | **English Communication: 9 Lower Division Units (Area A)** |  |
| 1A. English Composition (C- or better required) |  |
| 1B. Critical Thinking (C- or better required) |  **Option SOC 8** |
| 1C. Oral Communication (C- or better required) |  |
| **GE Area 2.** | **Mathematical Concepts & Quantitative Reasoning: 3 Lower Division Units and up to 3 Upper Division Units (Area B4)** |  |
| 2A. Mathematics/Quantitative Reasoning (C- or better required) | **Option STAT 1 or 10B** |
| **GE Area 3.** | **Arts & Humanities: 6 Lower Division Units and 3 Upper Division Units (Area C)** |  |
| 3A. Arts |  |
| 3B. Humanities (3B courses may also satisfy the Foreign Language Graduation Requirement) | **Option NUFD 114** |
| **GE Area 4. Social & Behavioral Sciences: 6 Lower Division Units and 3 Upper Division Units. (Area D)*** Area 4 courses must be taken in 2 separate disciplines (e.g. FASH, FSHD, HIST, POLS, etc.)
* **Up to 3 units of Area 4 courses may also satisfy CSU American Institutions Graduation Requirements in US History, the US Constitution and California Government.**
 |  |
| 4. Any Area 4 Course | **FSHD 50** |
| 4. Any Area 4 Course |  |
| **GE Area 5.** | **Physical & Biological Sciences: 7 Lower Division Units and up to 3 Upper Division Units (Area B1-3)** |  |
| 5A. Physical Science |  |
| 5B. Biological Science | **NUFD 10** |
| 5C. Laboratory (NOTE: May be embedded in 5A or 5B course, as long as 7 units met for lower division Subject Area 5.) |  |
| **GE Area 6.** | **Ethnic Studies: 3 Lower Division Units**  |  |
| 6. Any Area 6 Course |  |
| **Upper Division GE** |  |
| Area 3**.** Any Upper Division Area 3 course (Area C) |  |
| Area 4. Any Upper Division Area 4 course (Area D) | **Option FASH 137 or FSHD 150 or PUBH 134 or NURS 160 or PSYC 134**  |
| Area 2 or 5. Any Upper Division Area 2 or 5 course (Area B5) |  |
| **Graduation Requirements:** |  |
| **Minimum 2.0 GPA required for GE** |  |
| **Graduation Requirements (required by CSU)** |  |
| American Institutions: U.S. History. The following Area 4 courses also satisfy the U.S History Graduation Requirement: HIST 17A, 17B, 18B, 151B, 159, 161, 162, 167, 177; ANTH 101, WGS 110.\* |  |
| American Institutions: U.S Constitution & California Government. The following Area 4 courses also satisfy the U.SConstitution & CA Government graduation requirement: POLS 1, 113, 150.\* |  |
| Writing Intensive (WI) WI courses may also satisfy an Upper Division GE or Major Requirement (C- or better required). | **FSHD 150** |
| **Graduation Requirements (required by California State University, Sacramento)** |  |
| Second Semester Composition (ENGL 20, ENGL 20M or an approved equivalent) must be completed with a C- or better. |  |
| Race & Ethnicity in American Society (R&E). R&E courses may also satisfy a GE Area 3, 4, or 6 Requirement | **Option FSHD 50 or FSHD 150 or NUFD 114** |
| Foreign Language Graduation Requirement (FLGR). If not satisfied before entering CSUS, 4-5 units towards the FLGR may also satisfy a GE Area 3B Requirement. (C- or better required). The Foreign Language Graduation Requirement is described here: https:[//www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html](http://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html) . |  |

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 **Additional advising for General Education and Graduation Requirements may be received at the** [**SSIS Student Success Center**](https://www.csus.edu/college/social-sciences-interdisciplinary-studies/student-success-center/)

[**https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/family-studies/**](https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/family-studies/)



# FAMILY STUDIES & HUMAN DEVELOPMENT (FSHD)

# [**https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/family-studies/**](https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/family-studies/)

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

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

| **FALL:**  | **UNITS** | **SPRING:**  | **UNITS** | **SUMMER:**  | **UNITS** |
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| **Total** |  | **Total** |  | **Total** |  |
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| 5  |  | 5  |  | 5  |  |
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| Total |  | Total |  | Total |  |

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