

FAMILY STUDIES & HUMAN DEVELOPMENT (FSHD)

Catalog 2025-2026

Advisors:

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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

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	CSUS term	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	CSUS term	Transfer	Grade	Equivalent/Substitute Courses (campus, course, code & #)
FSHD 154 Issues in Parenting (3) fall only	FSHD 52, CHAD 30 <u>or</u> CHAD 35				
FSHD 155 Family Life Education (3) Fall only	FSHD 50; and FACS 100 <u>or</u> CHAD 133; <u>and</u> 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 <u>or</u> 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.

^{##}**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.

Advisor name:

Date:

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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/family-consumer-sciences/family-studies/>



SACRAMENTO
STATE

General 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](#).

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)

1C. Oral Communication (C- or better required)

Option SOC 8

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.S Constitution & 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>.

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<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
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	