## University Core and Graduation Requirements

### University Core Requirements:

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Religion Cornerstones</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
<td>1</td>
<td>2.0</td>
<td>REL A 275</td>
</tr>
<tr>
<td>Jesus Christ and the Everlasting Gospel</td>
<td>1</td>
<td>2.0</td>
<td>REL A 250</td>
</tr>
<tr>
<td>Foundations of the Restoration</td>
<td>1</td>
<td>2.0</td>
<td>REL C 225</td>
</tr>
<tr>
<td>The Eternal Family</td>
<td>1</td>
<td>2.0</td>
<td>REL C 200 or SFL 200*</td>
</tr>
<tr>
<td>The Individual and Society</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Heritage</td>
<td>1-2</td>
<td>3-6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Global and Cultural Awareness</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Skills</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>First Year Writing</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Advanced Written and Oral Communications</td>
<td>1</td>
<td>3.0</td>
<td>SFL 315*</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
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<td>3.0</td>
<td>STAT 121*</td>
</tr>
<tr>
<td>Languages of Learning (Math or Language)</td>
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<td>3.0</td>
<td>STAT 121*</td>
</tr>
<tr>
<td>Arts, Letters, and Sciences</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Civilization 1</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Civilization 2</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Arts</td>
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<td>3.0</td>
<td>from approved list</td>
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<tr>
<td>Letters</td>
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<td>3.0</td>
<td>from approved list</td>
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<td>Biological Science</td>
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<tr>
<td>Physical Science</td>
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<td>from approved list</td>
</tr>
<tr>
<td>Social Science</td>
<td>1</td>
<td>3.0</td>
<td>SFL 210*</td>
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<tr>
<td>Core Enrichment: Electives</td>
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<td></td>
<td></td>
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<tr>
<td>Religion Electives</td>
<td>3-4</td>
<td>6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Open Electives</td>
<td>Variable</td>
<td>Variable</td>
<td>personal choice</td>
</tr>
</tbody>
</table>

FOR GE AND PROGRAM QUESTIONS CONTACT THE ADVISEMENT CENTER
*THESE CLASSES FILL BOTH UNDERGRADUATE CORE AND PROGRAM REQUIREMENTS (6 hours overlap)

### Graduation Requirements:

- Minimum residence hours required: 30.0
- Minimum hours needed to graduate: 120.0

## Suggested Sequence of Courses

### FRESHMAN YEAR

<table>
<thead>
<tr>
<th>1st Semester</th>
<th>2nd Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-year Writing or American Heritage</td>
<td>3.0</td>
</tr>
<tr>
<td>Religion Cornerstone course</td>
<td>2.0</td>
</tr>
<tr>
<td>Precollege MATH (if needed)</td>
<td>0.3</td>
</tr>
<tr>
<td>General Education courses, university requirements, and/or general electives</td>
<td>3.9</td>
</tr>
<tr>
<td>Total Hours</td>
<td>14.0</td>
</tr>
</tbody>
</table>

### SOPHOMORE YEAR

<table>
<thead>
<tr>
<th>3rd Semester</th>
<th>4th Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Religion Cornerstone course</td>
<td>2.0</td>
</tr>
<tr>
<td>General Education courses, university requirements, and/or general electives</td>
<td>12.15</td>
</tr>
<tr>
<td>Total Hours</td>
<td>14-17.0</td>
</tr>
</tbody>
</table>

### JUNIOR YEAR

<table>
<thead>
<tr>
<th>5th Semester</th>
<th>6th Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-year Writing or American Heritage</td>
<td>3.0</td>
</tr>
<tr>
<td>Religion Cornerstone course</td>
<td>2.0</td>
</tr>
<tr>
<td>General Education courses, and/or general electives</td>
<td>9-12.0</td>
</tr>
<tr>
<td>Total Hours</td>
<td>14-17.0</td>
</tr>
</tbody>
</table>

### SENIOR YEAR

<table>
<thead>
<tr>
<th>7th Semester</th>
<th>8th Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Religion elective</td>
<td>2.0</td>
</tr>
<tr>
<td>General Education courses, and/or general electives</td>
<td>15.0</td>
</tr>
<tr>
<td>Total Hours</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Your faculty advisor can assist you in choosing electives to meet your total hour requirement.

Note: All SFL majors are encouraged to take SFL 200 to fulfill their The Eternal Family Religion Cornerstone requirement.

Note: Students are encouraged to complete an average of 15 credit hours each semester or 30 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.
The School of Family Life requires a minimum of 18 hours of SFL upper-division course work to be taken in residency at BYU for this degree program. These hours may also go toward BYU’s 30-hour residency requirement for graduation.

Students who do not plan to pursue a graduate program beyond the bachelor’s degree should take other courses that will enhance their employment opportunities. Consult a faculty advisor or your academic advisor for suggested minors, majors, and skills. Students are encouraged to take student development courses related to career planning in their junior or senior year.

**REQUIREMENT 1 Complete 7 courses**

**COMPLETE THE FOLLOWING SCHOOL OF FAMILY LIFE CORE BEFORE TAKING OTHER COURSES IN THE MAJOR:**

- SFL 101 - Introduction to School of Family Life 1.0
- SFL 160 - Introduction to Family Processes 3.0
- SFL 200 - The Eternal Family 3.0
- SFL 210 - Human Development 3.0
- SFL 290 - Critical Inquiry and Research Methods 3.0
- SFL 315 - Effective Writing & Presenting 3.0
- SFL 185R - Beginning Clothing Construction 3.0

**REQUIREMENT 2 Complete 1 course**

**FAMILY STUDIES UPPER-DIVISION CORE COURSE:**

- SFL 354 - Cross-Cultural Family and Human Development 3.0

**REQUIREMENT 3 Complete 3 courses**

**FAMILY SCIENCE CORE COURSES:**

- SFL 335 - Family Adaptation and Resiliency 3.0
- SFL 336 - Theories in Family Perspective 3.0
- SFL 460 - Advanced Family Processes 3.0

**REQUIREMENT 4 Complete 1 option**

**COMPLETE ONE OF THE FOLLOWING 2 TRACKS:**

**OPTION 4.1 Complete 3 groups**

**FAMILY STUDIES TRACK**

**GROUP 4.1.1 Complete 9.0 hours from the following course(s)**

*NOTE: SFL 399R AND 403R MAY ONLY BE TAKEN ONCE EACH.*

- SFL 260 - Family Finance 3.0
- SFL 325 - Marital Relationships: Theory and Research 3.0
- SFL 334 - Adult Development and Aging in the Family 3.0
- SFL 345 - Family Life in World Religions 3.0
- SFL 356 - Exploring Gender Development in Families 3.0
- SFL 357 - Therapeutic Play Foundations 3.0

**GROUP 4.1.2 Complete 3.0 hours from the following course(s)**

- SFL 376 - Healthy Sexuality in Marriage 3.0
- SFL 382 - Textiles 3.0
- SFL 395R - Special Topics in Family Life 3.0v
- SFL 400 - Addiction, Recovery, Healing in Marriage and Families 3.0
- SFL 401 - Helping Relationships 3.0
- SFL 403R - Research/Creative Works Practicum 3.0v
- SFL 460 - Marital and Family Therapy/Enrichment Techniques 3.0

**GROUP 4.1.3 Complete 6.0 hours from the following course(s)**

**ANY COURSE YOU COMPLETE IN THE SFL MAY ONLY BE COUNTED ONCE. IF YOU HAVE ANY CONFUSION ABOUT WHETHER OR NOT YOU HAVE FILLED YOUR SFL MAJOR REQUIREMENTS, IT IS YOUR RESPONSIBILITY TO GO TO THE ADVISEMENT CENTER.**

- SFL 399R - Academic Internship 9.0v
  
  You may take up to 3 credit hours.
- SFL 403R - Research/Creative Works Practicum 3.0v
  
  You may take up to 3 credit hours.
- SFL 498 - Family Life Education: Integrating Theory, Research, and Practice 3.0

**NOTE FOR SFL 399R AND 403R, FAMILY STUDIES-RELATED EXPERIENCES ARE PREFERRED. ONLY 3 CREDIT HOURS OF 399R OR 403R MAY COUNT TOWARD THE 49 CREDIT HOUR GRADUATION REQUIREMENT. FOR EXCEPTIONS FOR CAPSTONE COURSES, CONTACT THE DEPARTMENT.**

**OPTION 4.2 Complete 1 course**

**COMPLETE THE FOLLOWING 2 TRACKS:**

**FAMILY SCIENCE TRACK**

**GROUP 4.2.1 Complete 3 courses**

- SFL 205 - Family Theory and Research 3.0
- SFL 210 - Human Development 3.0
- SFL 215 - Advanced Food Preparation 3.0

**GROUP 4.2.2 Complete 1.0 hour from the following course(s)**

- SFL 221 - Foundations of Developmentally Appropriate Practices in Early Childhood 1.0
- SFL 222 - Practicum in Developmentally Appropriate Practices 3.0
- SFL 223 - Preparation for Marriage 3.0
- SFL 224 - Marriage Enhancement 3.0
- SFL 230 - Housing the Family 3.0
- SFL 240 - Parenting and Child Guidance 3.0
- SFL 260 - Family Finance 3.0
- SFL 261 - Consumerism and the Marketplace for Secondary Teacher 3.0

**BS in Family Life: Family Studies (734732)**

**2021-2022 Program Requirements (49 Credit Hours)**

- SFL 276R - Exploration of Teaching: Family and Consumer Sciences 3.0
- SFL 280 - Dynamics of Clothing 3.0
- SFL 287 - Intermediate Clothing Construction 3.0
- SFL 315 - Effective Writing & Presenting 3.0
- SFL 325 - Marital Relationships: Theory and Research 3.0
- SFL 328 - History of Interior Design and Architecture 1 3.0
- SFL 329 - History of Interior Design and Architecture 2 3.0
- SFL 330 - Preprofessional Preparation for Marriage and Family Ther. 1.0
- SFL 331 - Infant Development in the Family 3.0
- SFL 333 - Adolescent Development in the Family and Other Social C 3.0
- SFL 334 - Adult Development and Aging in the Family 3.0
- SFL 340 - Family Heal Management 2.0
- SFL 345 - Family Life in World Religions 3.0
- SFL 351 - Social Development 3.0
- SFL 352 - Cognitive Development 3.0
- SFL 355 - Language Development 3.0
- SFL 356 - Exploring Gender Development in Families 3.0
- SFL 357 - Therapeutic Play Foundations 3.0
- SFL 358 - Media, Family, and Human Development 3.0
- SFL 359 - Child Life in Healthcare Settings 3.0
- SFL 360 - Advanced Family Finance 3.0
- SFL 370 - Work, Family, and Community: Exploring Interconnections 3.0
- SFL 376 - Healthy Sexuality in Marriage 3.0
- SFL 377 - Teaching Methods and Instruction in Family and Consumer Sciences 3.0
- SFL 378 - Practicum in Secondary Education 1.0
- SFL 380 - History of Apparel 3.0
- SFL 382 - Textiles 3.0
- SFL 387 - Advanced Clothing Studies: Patternmaking 3.0
- SFL 393R - Special Projects in Advanced Clothing Construction 3.0v
- SFL 395R - Special Topics in Family Life 3.0v
- SFL 399R - Academic Internship 9.0v
- SFL 400 - Addiction, Recovery, Healing in Marriage and Families 3.0
- SFL 401 - Helping Relationships 3.0
- SFL 403R - Research/Creative Works Practicum 3.0v
- SFL 420 - Administering Programs for Young Children 2.0
- SFL 449 - Biological Foundations of Human Development 3.0
- SFL 453 - Moral Development 3.0
- SFL 461 - The Family and the Law 3.0
- SFL 465 - Marital and Family Therapy/Enrichment Techniques 3.0
- SFL 471 - Philosophies of Family Work and Relationships 3.0
SFL 472 - Temporal Welfare in Families 3.0
SFL 476 - Secondary Student Teaching - Consumer Science 12.0
SFL 487 - Advanced Clothing Studies: Construction 3.0
SFL 488R - Home-Based Entrepreneurs 1.0
SFL 489 - The Family and Public Policy 3.0
SFL 490 - Advanced Issues in Human Development 3.0
SFL 49R - Academic Internship: Family and Consumer Sciences Ex 12.0
SFL 498 - Family Life Education: Integrating Theory, Research, and F 3.0

OPTION 4.2 Complete 3 groups

FAMILY SERVICES TRACK

GROUP 4.2.1 Complete 4 courses
SFL 334 - Adult Development and Aging in the Family 3.0
SOC W 200 - Introduction to Social Work 3.0
SOC W 331 - Social Welfare Policy 3.0
SOC W 360 - Social Work Practice with Individuals 3.0

GROUP 4.2.2 Complete 3.0 hours from the following course(s)

SFL 356 - Exploring Gender Development in Families 3.0
SFL 357 - Therapeutic Play Foundations 3.0
SFL 358 - Healthy Sexuality in Marriage 3.0
SFL 400 - Addiction, Recovery, Healing in Marriage and Families 3.0
SFL 401 - Helping Relationships 3.0
SFL 465 - Marital and Family Therapy/Enrichment Techniques 3.0
SOC 322 - Class Inequality 3.0
SOC 323 - Sociology of Race and Ethnicity 3.0
SOC 367 - Sociology of Gender 3.0

GROUP 4.2.3 Complete 3.0 hours from the following course(s)

NOTE: STUDENTS PLANNING TO QUALIFY FOR SOME MASTER OF SOCIAL WORK (MSW) DEGREE PROGRAMS MAY WANT TO CONSIDER AN SFL 39R EXPERIENCE IN A HUMAN SERVICE-RELATED AGENCY. SOME MSW PROGRAMS MAY REQUIRE MORE THAN 3 CREDIT HOURS OF INTERNSHIP, HOWEVER, ONLY 3 CREDIT HOURS OF INTERNSHIP MAY COUNT FOR SFL CREDIT.

SFL 39R - Academic Internship 9.0v

Any course you complete in the SFL may only be counted once. If you have any confusion about whether or not you have fulfilled your SFL major requirements, it is your responsibility to go to the advisement center.

THE DISCIPLINE:

Family studies designates a curriculum for those who wish to become skilled in a discipline of inquiry (theory, research, and practice) regarding all aspects of family life, including the temporal welfare of families, the interactions within a family, and the family’s central role in community and culture. Students can study the practical skills required to meet human needs such as feeding, housing, clothing, and financing the family. The family studies major seeks to promote religious and community involvement that maintains and strengthens home and family as the fundamental unit of society. Students will study the theories, contexts, and processes used to understand the dynamics of family interaction within and outside of the home. This curriculum offers a foundational breadth and depth to understanding the conduct and value of human social science. It also offers the student a specific focus, an identity and expertise, and freedom to create a program that best meets their professional and life goals. Specific goals for students include how to: (1) conduct and evaluate research efforts – reported both in journals and in the press, (b) use interpretive frameworks to offer coherent renditions of the meaning of human experience, (c) evaluate contexts of family interaction, and (d) apply family science knowledge to real-life issues that emerge in practice and daily family life.

CAREERS:

There are many possible careers open to family studies majors. Because of the variety of options, SFL 101 has been created to help students create a course outline that will best fit their goals. The family studies faculty can provide individual consultation as students demand. An internship as a capstone experience is also an excellent opportunity to explore career options. For more information on careers in your major, please contact the University Career Center or the Liberal Arts Advisement Center.

PREPARATION FOR GRADUATE STUDIES:

Students who plan to attend graduate school should take SFL 336 and 460. In addition, SFL 330 will help students explore options for graduate study in marriage and family therapy. Other 300- and 400-level courses that emphasize human development or family studies will prepare students for the marriage, family, and human development graduate program.

RESEARCH OPPORTUNITIES:

Students are encouraged to work with professors on research projects that help them experience the “how to” of being a family scientist. Students may contact faculty individually, seek mentoring grants from the university, register for internships (the capstone course) that help them integrate classroom learning with real-world experience, and create projects of their own. Contact the family studies faculty.

INTERNSHIPS:

Contact Family and Social Services Internship Office in 945 SWKT.

CLUBS:

School of Family Life Student Association (SFLSA)

FINANCING:

Many students work up to 20 hours per week. Some find employment on campus and some junior and senior students obtain teaching or research assistantships. Many of our students obtain summer jobs that make use of their training and interests.

MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.
BS in Family Life: Family Studies (734732)
2021-2022

DEPARTMENT INFORMATION
School of Family Life
Brigham Young University
2086 JFSB
Provo, UT 84602
Telephone: 801-422-2069

ADVISEMENT CENTER INFORMATION
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1041 JFSB
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Telephone: 801-422-3541