

Human Development and Family Studies Career Options

This list is to provide students with career ideas but is not all encompassing. Follow your passions and the career decision-making steps on the back of this handout for the best career fit.

Teaching:

- CSU Early Childhood Education (ECE) Program: teaching Preschool- 3rd grade. Please note that parts of this program can not be completed online.
- UNC, CU Denver, and many other 12-18 month teaching programs are available after you graduate with an HDFS degree. These programs provide a license to teach grades K-6
- Many HDFS students double major in Family and Consumer Sciences to teach secondary schools classes such as Parenting, Communication, Life Management, Wellness and Nutrition, and Personal Finance. Again, not all coursework for this is available online.

Gerontology:

- Providing personal care, health care, legal guidance, advocacy, and nutritional/personal counseling to older adults in community centers, living facilities, hospitals, and hospice. HDFS and other CSU students can pursue a *Gerontology Interdisciplinary Studies Program (GISP)* certificate.

Health Professions: Work with pre-health advisors from the Center for Advising and Student Achievement for guidance on course selection and applications. More information on each career can be found at <http://www.casa.colostate.edu/Pre-Professional/>. All require advanced coursework beyond the HDFS degree.

- Nursing
- Physicians Assistant
- Occupational Therapist
- Speech Pathologist

Child Life Specialist:

- Attending to the emotional needs of children and families in hospitals when the child is the patient providing play therapy and grief counseling. An internship in a hospital is required for this.

Counseling: The following careers require graduate work after the bachelor's to obtain Master's or doctoral degrees.

- Marriage and Family Therapy
- School and Career Counseling
- Counseling within non-profit organizations for special populations (i.e. people with substance abuse issues, those with unwanted pregnancies, those experiencing domestic violence, or youth at-risk) – sometimes these areas don't require graduate degrees

Human Services:

- **Community outreach and education programs-** often non-profit organizations providing fun and educational programs to a special population (i.e. those living in low SES neighborhoods, older adults, children with special needs, youth at-risk)
 - **Program coordinator/administrator**
 - Programs occur in community centers, prevention programs, mentoring programs, education programs, religious programs, substance abuse half-way houses, state rehabilitation facilities, etc.
 - Administrating and planning learning activities, mentoring programs, crafts, games, and special events for a special population
- **Community care service organizations-** programs and agencies providing personal care to those in need (i.e. older adults, people with disabilities, those with low-incomes, substance abuse problems, or going through rehabilitation)

Business-Related Professions:

- **Public Relations professional-** working with the public and the media to represent an organization and to gain support for certain goals and policies

- **Human Resource professional**- serving as a liaison between employees and managers and often managing the hiring processes

Social Work: Some agencies may require a master's degree in Social Work. Social workers help people deal with personal issues and social problems, such as inadequate housing, unemployment, or substance abuse.

Social Service Agencies: provide services around adoption, foster care, financial needs, general welfare, etc.

- **Caseworker**- aiding people on issues such as domestic violence, food stamps, Medicare
- **Counselor**- counseling clients or participants about personal issues

Law Enforcement and Corrections

- Probation officers- monitoring and working with offenders in order to prevent them from committing new crimes
- Parole officers- working with people who have been released from prison
- Community corrections- Counseling offenders and creating rehabilitation plans for offenders to follow when they are no longer in prison

Student Affairs:

- Working with college students in a variety of areas including Career Services, Housing and Dining Services, Admissions, International Student Services, Academic Advising Offices, Advocacy Offices, and Student Activities. Most of these positions require graduate degrees after you complete the program.

Research:

- Managing patients for clinical trials, performing questionnaires, and writing research studies. This usually requires a graduate degree.

The process of deciding on a career is complex and requires time and dedication.

Make an informed career decision:

1. Develop Self-Awareness and Understanding - This step involves a thorough investigation of one's beliefs, interests, values, feelings, abilities, needs, ambitions, successes, life style, etc.

Counselors at the Career Center career.colostate.edu can use counseling, assessments, and group activities to help you gather information about yourself and integrate it into a meaningful whole. Your practicum and internship experiences as well as other volunteer and work activities can give you insights into your interests, values, and skills.

2. Acquire Knowledge of Fields of Study and Careers - This step involves extensive research of the world of work.

Information on the world of work can be gathered through informational interviews and job shadowing with those in the field, meetings with HDFS faculty, CSU career fairs, and participating in practica, internships, and volunteer and work activities. Check out occupational exploration websites at <http://www.career.colostate.edu/students/exploreCareers/occupationallInfo.html>

3. Synthesize Information and Make Choices - This step involves the synthesizing of all accumulated information regarding one's self and the world of work to determine good options.

Counselors at the Career Center career.colostate.edu can assist you in synthesizing information. HDFS faculty with knowledge about these career areas can also help. See the red Advising Resources handout in 100 Gifford for faculty descriptions and contact information.

4. Develop an Effective Plan for Achieving One's Goals - This step involves the development of a plan or strategy for achieving desired career goals and an awareness of options.

Work with your career counselor, faculty and professional mentors, and academic advisors for guidance.