## 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><strong>Doctrinal Foundation</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Book of Mormon</td>
<td>2</td>
<td>4.0</td>
<td>RelA 121/H and 122/H</td>
</tr>
<tr>
<td>New Testament</td>
<td>1</td>
<td>2.0</td>
<td>RelA 211/H or 212/H</td>
</tr>
<tr>
<td>Doctrine and Covenants</td>
<td>1</td>
<td>2.0</td>
<td>RelC 324/H or 325/H</td>
</tr>
<tr>
<td><strong>The Individual and Society</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Citizenship</td>
<td>1–2</td>
<td>3–6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Global &amp; Cultural Awareness</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td><strong>Skills</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Effective Communication</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>First-Year Writing</td>
<td></td>
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</tr>
<tr>
<td>Adv Written &amp; Oral Communication</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>1</td>
<td>3.0</td>
<td>Stat 121*</td>
</tr>
<tr>
<td>Languages of Learning (Math or Language)</td>
<td>1</td>
<td>3.0</td>
<td>Stat 121*</td>
</tr>
<tr>
<td><strong>Arts, Letters, and Sciences</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Civilization 1 and 2</td>
<td>2</td>
<td>6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Arts</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Letters</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Scientific Principles &amp; Reasoning</td>
<td></td>
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</tr>
<tr>
<td>Biological Science</td>
<td>1–2</td>
<td>3–5.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Physical Science</td>
<td>1–2</td>
<td>3–7.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Social Science</td>
<td>1</td>
<td>3.0</td>
<td>SFL 210*</td>
</tr>
<tr>
<td><strong>Core Enrichment: Electives</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<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>

### PROGRAM REQUIREMENTS (43 total hours)

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.

**Complete the following School of Family Life core courses:**

<table>
<thead>
<tr>
<th>Class</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>SFL 100</td>
<td>Strengthening Marriage &amp; Family</td>
<td>3.0</td>
</tr>
<tr>
<td>SFL 101</td>
<td>Intro to School of Family Life</td>
<td>1.0</td>
</tr>
<tr>
<td>SFL 160</td>
<td>Introduction to Family Processes</td>
<td>3.0</td>
</tr>
<tr>
<td>SFL 210*</td>
<td>Human Development</td>
<td>3.0</td>
</tr>
<tr>
<td>SFL 290</td>
<td>Critical Inquiry &amp; Research Methods</td>
<td>3.0</td>
</tr>
<tr>
<td>Stat 121*</td>
<td>Principles of Statistics</td>
<td>3.0</td>
</tr>
</tbody>
</table>

**Complete the following family studies core courses:**

<table>
<thead>
<tr>
<th>Class</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>SFL 336</td>
<td>Theories in Family Perspective</td>
<td>3.0</td>
</tr>
<tr>
<td>SFL 460</td>
<td>Advanced Family Processes</td>
<td>3.0</td>
</tr>
</tbody>
</table>

Complete 12 hours from any SFL upper-division (300-level and above) courses based on personal interests/professional goals. SFL 101 will provide guidance.

Complete 6 hours from any SFL courses not already taken above.

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**GRADUATION REQUIREMENTS:**

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

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*These classes fill both undergraduate core and program requirements (6 hours overlap)*
### Suggested Sequence of Courses:

#### FRESHMAN YEAR

1st Semester
- First-Year Writing or American Heritage: 3.0
- SFL 100: 3.0
- SFL 101: 1.0
- Precollege Math (if needed): 0–3.0
- Rel A 121: 2.0
- General Education courses, and/or general electives: 3–6.0
  **Total Hours:** 15.0

2nd Semester
- First-Year Writing or American Heritage: 3.0
- SFL 160: 3.0
- SFL 210: 3.0
- Rel A 122: 2.0
- General Education courses, and/or general electives: 5.0
  **Total Hours:** 16.0

#### SOPHOMORE YEAR

3rd Semester
- Stat 121: 3.0
- Rel A 211 or 212: 2.0
- General Education courses, and/or general electives: 10.0
  **Total Hours:** 15.0

4th Semester
- SFL 290: 3.0
- Major elective: 3.0
- Religion elective: 2.0
- General Education courses, and/or general electives: 7.0
  **Total Hours:** 15.0

#### JUNIOR YEAR

5th Semester
- SFL 336: 3.0
- SFL 460: 3.0
- Rel C 324 or 325: 2.0
- General Education courses, and/or general electives: 7.0
  **Total Hours:** 15.0

6th Semester
- Major electives: 6.0
- Religion elective: 2.0
- General Education courses, and/or general electives: 7.0
  **Total Hours:** 15.0

#### SENIOR YEAR

7th Semester
- SFL 336: 3.0
- SFL 460: 3.0
- Rel C 324 or 325: 2.0
- General Education courses, and/or general electives: 7.0
  **Total Hours:** 15.0

8th Semester
- Major electives: 6.0
- Religion elective: 2.0
- General Education courses, and/or general electives: 7.0
  **Total Hours:** 15.0

### 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 College of Family, Home, and Social Sciences Academic 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:

Information is available from the internship office, 1045 JFSB, 422-2168.

### CLUB:

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.

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**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.

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

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website: fhssadv.byu.edu
Toll-free: 1-877-890-5295