

Family Consumer Science

College of Allied Health & Nursing
Department of Family Consumer Science
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Web site: www.mnsu.edu/dept/fcs

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The mission of the Department of Family Consumer Science is to promote the well-being of people, the enrichment of quality environments, and to prepare men and women to assume essential professional roles in a culturally diverse global society. The comprehensive program provides training for professional roles within dietetics, family consumer science education, family life and child development, and food and nutrition.

Declaring an FCS Major: Students may declare an FCS major at any point in their academic program. Upon declaring an FCS major, an advisor is assigned. Full admission to the department and major requires:

- a minimum of 32 earned semester credit hours.
- a minimum cumulative GPA of 2.5 ("C").

Contact the department for application procedures.

Policies/Information

GPA Policy. All FCS courses required for an option must be at "C" level or higher.

P/N Grading Policy. All FCS courses required for an option must be taken for a grade, except where P/N grading is mandatory.

FAMILY CONSUMER SCIENCE, BS

Required for Major (Core, 3 credits): This core is required for all options.

FCS 101 Introduction to Family Consumer Science (3)

Required for Major (Option):

Select one of the following options to correspond with personal and professional objectives:

DIETETICS OPTION

The Dietetics Option* promotes growth among students wanting to become competent dietetics professionals by providing the 'highest practicable quality' advisory, academic, real-life and interactive opportunities while at Minnesota State Mankato, and by developing confidence and competence to advance after graduation to Dietetics Internship, graduate students and/or related employment.

A student who chooses to become a Registered Dietitian (RD) upon graduation from Minnesota State Mankato will also need to:

- a. Meet published requirements to receive a Verification Form from the Dietetics Director.
- b. Apply, be accepted and complete a supervised practice program (Dietetic Internship).
- c. Pass a national registration examination.

Minnesota State Mankato faculty are committed to positioning majors for successful transition from Minnesota State Mankato to Dietetic Internship and beyond. Regular and continuous advising is recommended to be successful.

Graduates are employed as RDs or non-RD Nutritionists in health care; community, public health, and corporate fitness settings or as members of food management teams.

* The Dietetics Option, a Didactic Program in Dietetics (DPD) of the American Dietetic Association (ADA), is accredited by the Commission for Accreditation for Dietetics Education of the ADA, 120 South Riverside Plaza, Suite 2000 (800-877-1600).

Family Consumer Science (3 credits):

FCS 101 Introduction to Family Consumer Science (3)

Required General Education (44 credits):

CHEM 106 Introduction to Chemistry for Allied Health (3)
IT 100 Introduction to Computing and Applications (4)
ENG 101 Composition (4)
ETHN 150 Multi-Cultural/Ethnic Experience (3) **OR**
ETHN 101 Introduction to Multicultural & Ethnic Studies (3)
MATH 112 College Algebra (4)
POL 103W Thinking about Politics (3) **OR**
POL 111 United States Government (3)
SOC 101 Introduction to Sociology (3) **OR**
SOC 101W Introduction to Sociology (3)
SPEE 102 Public Speaking (3) **OR**
SPEE 100 Fundamentals of Speech Communications (3)
BIOL 105W General Biology I (4)

General Education Electives (17 credits)

Required Professional Courses (33 credits):

BIOL 220 Human Anatomy (4)
BIOL 230 Human Physiology (4)
CHEM 111 Chemistry of Life Processes (5)
CSP 471 Interpersonal Helping Skills (3)
ENG 271 Technical Communication (4)
HLTH 321 Medical Terminology (3)
HLTH 475 Biostatistics (3) **OR**
STAT 154 Elementary Statistics (3)
MRKT 100 Global Business Concepts (3)
PSYC 101 Psychology (4)

Required Family Consumer Courses (46 credits):

FCS 101 Introduction to Family Consumer Science (3)
FCS 150 Food, Culture and You (3)
FCS 240 Nutrition I (3)
FCS 252 Food Service Systems I (3)
FCS 340 Food Science (4)
FCS 342 Food Production Management (3)
FCS 350 Food Service Systems II (3)
FCS 420 Nutrition Assessment (3)
FCS 440 Nutrition II (3)
FCS 442 Clinical Dietetics I (3)
FCS 444 Experimental Food Science (3)
FCS 446 Lifespan Nutrition (3)
FCS 448 Clinical Dietetics II (3)
FCS 483 Adult Education in Family Consumer Science (2)
FCS 492 Dietetics Seminar (2)
FCS 498 Undergraduate Internship (2)

Major Electives (5 credits)

FAMILY LIFE AND CHILD DEVELOPMENT OPTION

This option helps prepare men and women to work with children, adults and families in a variety of human services, educational and community settings.

Family Consumer Science Core (3 credits)

FCS 101 Introduction to Family Consumer Science (3)

FLCD Core Courses (29-30 credits)

FCS 100 Personal and Family living (3)
FCS 270 Family Housing (2)
FCS 275 Consumers in the Economy (3)
FCS 301 Lifespan Development (3)
FCS 311 Family Life and Sex Education (3)
FCS 400 Culturally Diverse Family Systems (3)
FCS 401 Family Life Development (3)

FAMILY CONSUMER SCIENCE

FCS 475	Family Policy (2)
FCS 482	Teaching Family Life/Parent Education (2)
FCS 488	Parenting Education (3)
FCS 496	Selected Topics: FLCD (2-3)

FLCD Options (choose 13-16 credits):

FCS 230	Child Care Psychology (3)
FCS 303	Working with Families (2)
FCS 408	Family Life Dynamics (3)
FCS 416	Pre-School Child (2)
FCS 446	Lifespan Nutrition (3)
FCS 474	Residential Mgmt. for Families and Special Needs People (4)
FCS 478	Family Finance (2)
FCS 483	Adult Education in Family Consumer Science (2)
FCS 496	Selected Topics: FLCD (2-3)

Internship (0-6 credits)

FCS 497	Internship (1-6)
FCS 495	Intern: Early Child Family (3-4)

Support Courses (6-9 credits)

Students may select 6 to 9 credits of support courses from the Department of Family Consumer Science or other departments. Students may choose courses from the following list without advisor approval: PSYC 201 Statistics for Psychology and CSP 471 Interpersonal Helping Skills are highly recommended. The following courses are frequent choices and may be selected without advisor approval: PSYC 201 (4) Statistics for Psychology, CSP 471 (3) Interpersonal helping Skills, BIOL 102 (3) Biology of Women, CORR 255 (3) Juvenile Delinquency, ENG 325 (3) Children's Literature, ENG 463 (3) Adolescent Literature, PSYC 340 (4) Social Psychology, PSYC 436 (4) Adolescent Psychology, PSYC 420 (4) Drugs and Behavior, SOC 409 (3) Family Violence, SOC 410 (3) Black American Families, REHB 110W (3) Sensitivity to Disability.

Students may also take select courses from the FLCD Options category without advisor approval. Other courses may be selected with advisor approval and a substitution/waiver form will need to be filed with the Office of the Registrar.

Becoming a Certified Family Life Educator (CFLE)

The Family Life and Child Development program has been approved by the National Council on Family Relations. Minnesota State Mankato graduates with an FLCD major or minor who have taken the approved courses are eligible to become Certified Family Life Educators. Being a CFLE recognizes a broad understanding of family life issues. Certification is available to professionals from all disciplines who have met the requirements.

Required Minor: None.

FOOD AND NUTRITION OPTION

This option prepares graduates for various careers in foods, food services, and/or nutrition, (such as restaurant or school lunch management); research and development or quality assurance in the food industry; and/or in corporate food distribution, production, sales and service. A supervised internship during the major allows students to gain experience in a particular area of interest. While a minor is not required, it is strongly recommended in order to improve employment opportunities.

Family Consumer Science (3 credits):

FCS 101	Introduction to Family Consumer Science (3)
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Required for Option (42 credits)

FCS 100	Personal and Family Living (3)
FCS 120	Clothing and People (2)
FCS 140	Introduction to Nutrition (3)
FCS 240	Nutrition I (3)
FCS 252	Food Service Systems I (3)
FCS 270	Family Housing (2)
FCS 275	Consumers in the Economy (3)
FCS 340	Food Science (4)
FCS 342	Food Production Management (3)
FCS 350	Food Service Systems II (3)

FCS 440	Nutrition II (3)
FCS 444	Experimental Food Science (3)
FCS 446	Lifespan Nutrition (3)
FCS 483	Adult Education in Family Consumer Science (2)

Choose a minimum of 2 credits from the following courses:

FCS 497	Internship (G)
FCS 498	Internship (P/N)

Required Electives (23 credits):

BIOL 220	Human Anatomy (4)
BIOL 230	Human Physiology (4)
CHEM 106	Introduction to Chemistry for Allied Health (3)
CHEM 111	Chemistry of Life Processes (5)
ENG 271	Technical Communication (4)
STAT 154	Elementary Statistics (3) OR
HLTH 475	Biostatistics (3)

Required Minor: None.

FAMILY CONSUMER SCIENCE EDUCATION BS TEACHING

This option prepares men and women to teach family consumer science in grades 5-12 and for other education-related professions.

Family Consumer Science Core (3 credits)

FCS 101	Introduction to Family Consumer Science (3)
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Required for Option (51 credits)

FCS 100	Personal and Family Living (3)
FCS 120	Clothing and People (2)
FCS 140	Introduction to Nutrition (3)
FCS 270	Family Housing (2)
FCS 275	Consumers in the Economy (3)
FCS 280	Orientation to Family Consumer Science Education (2)
FCS 301	Lifespan Development (3)
FCS 311	Family Life and Sex Education (3)
FCS 331	Textiles and Clothing Construction (3)
FCS 340	Food Science (4)
FCS 400	Culturally Diverse Family Systems (3)
FCS 401	Family Life Development (3)
FCS 416	Pre-School Child (2)
FCS 474	Residential Mgmt. for Families and Special Needs People (4)
FCS 482	Teaching Family Life/Parent Education (2)
FCS 483	Adult Education in Family Consumer Science (2)
FCS 484	Program Development in Family Consumer Science (4)
FCS 488	Parenting Education (3)

Required for Major (Professional Education, 30 credits):

See the SECONDARY EDUCATION section for admission requirements to Professional Education and a list of required professional education courses.

Required Minor: None

FAMILY CONSUMER SCIENCE MINOR

The Department of Family Consumer Science offers a flexible minor consisting of 20 semester hours of approved FCS courses. Students may work with an FCS advisor to select the courses that will be most helpful. However, most students will benefit from a minor with one of three focus areas below.

FOOD AND NUTRITION

Students majoring in Nursing, Human Performance, Dental Hygiene, Food Science Technology, Community Health, or other similar majors can benefit from a Food and Nutrition minor.

Required courses (16 credits):

FCS 140	Introduction to Nutrition (3)
FCS 240	Nutrition I (3)
FCS 340	Food Science (4)
FCS 440	Nutrition II (3)

FCS 446 Lifespan Nutrition (3)

May select 4 credits below

FCS 100	Personal and Family Living (3)
FCS 101	Introduction to Family Consumer Science (3)
FCS 252	Food Service Systems I (3)
FCS 275	Consumers in the Economy (3)
FCS 301	Lifespan Development (3)
FCS 303	Working with Families (2)
FCS 350	Food Service Systems II (3)
FCS 400	Culturally Diverse Family Systems (3)
FCS 401	Family Life Development (3)
FCS 408	Family Life Dynamics (3)
FCS 436	Nutrition in Exercise and Sport (3)
FCS 444	Experimental Food Science (3)
FCS 445	Food Preservation (2)
FCS 475	Family Policy (2)
FCS 483	Adult Education in Family Consumer Science (3)
FCS 497	Internship (1-6) OR
FCS 498	Undergraduate Internship (1-6)

FAMILY LIFE AND CHILD DEVELOPMENT

A minor with a focus in Family Life and Child Development is useful to a variety of students going into professions related to health and human services, especially those who will work with children and families. Students may choose any combination of 20 credits from the categories below for a minor. Other courses may be chosen with advisor approval. A minor in this area can enable students to become Certified Family Life Educators through National Council on Family Relations.

Family Relations

FCS 100	Personal and Family Living (3)
FCS 401	Family Life Development (3)
FCS 408	Family Life Dynamics (3)

Parenting

FCS 488	Parenting Education (3)
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Cultural Diversity (cultural diversity core course)

FCS 400	Culturally Diverse Family Systems (3)
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Child/Human Development

FCS 230	Child Care Psychology (3)
FCS 301	Lifespan Development (3)
FCS 416	Pre-School Child (2)
FCS 446	Lifespan Nutrition (3)

Family-life Education

FCS 311	Family Life and Sex Education (3)
FCS 482	Teaching Family Life/Parent Education* (2)
FCS 483	Adult Education in FCS* (2)

Family Resource Management

FCS 275	Consumers in the Economy* (3)
FCS 474	Residential Management for Families & Special Needs People* (4)
FCS 478	Family Finance (2)

Family Law and Policy

FCS 475	Family Policy* (2)
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FLCD Related

FCS 101	Introduction to Family Consumer Science (3)
FCS 270	Family Housing (3)
FCS 496	Selected Topics (2-3)
FCS 303	Working with Families (2)

Internship (may choose 3 hours 495 or 497)

CONSUMER STUDIES

Professionals in this business related area usually work with people in professions such helping consumers get the best product or service for their money, advocating for a good availability of choices, resolving consumer complaints to achieve fair solutions, and helping consumers with a variety of money management issues.

Core Course

FCS 101	Introduction to Family Consumer Science (3)
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Consumer Related Courses

FCS 376	Household Equipment (3)
FCS 275	Families in the Economy (3)
FCS 473	Consumer Protection (3)
FCS 474	Residential Mgmt. for Families and Special Needs People (4)
FCS 475	Family Policy (2)
FCS 478	Family Finance (2)

May count one of the following

FCS 140	Introduction to Nutrition (3)
FCS 120	Clothing and People (2)
FCS 270	Family Housing (2)
FCS 303	Working with Families (2)
FCS 483	Adult Education in Family Consumer Science (2)
FCS 496	Topics (2-3)
FCS 498	Internship (1-3)

Strongly Recommended Electives

MRKT 310	Principles of Marketing (3)
MRKT 316	Consumer Behavior (3)

COURSE DESCRIPTIONS

FCS 100 (3) Personal & Family Living

Emphasizes individual growth and interpersonal relationships within our diverse society. Focuses on issues such as interpersonal communication, conflict resolution, mate selection, marriage and family issues, family strengths, stress and crises, parenting decision-making and parent-child relationships, resource management, and personal and family financial issues.

Fall, Spring
GE-5

FCS 101 (3) Introduction to Family Consumer Science

An overview of the scope of family consumer sciences and the career potentials of the profession.

Fall, Spring

FCS 120 (2) Clothing and People

Relationship of clothing to people from cultural, social, psychological, economic and aesthetic perspectives.

Fall
CD-Related

FCS 140 (3) Introduction to Nutrition

An introductory nutrition class which emphasizes the scientific method and natural science principles from biochemistry, physiology, chemistry, and other sciences to explain the relationships between food and its use by the human body for energy, regulation, structure, and optimal health.

Fall, Spring
GE-3

FCS 150 (3) Food, Culture and You

Introduces students to basic food preparation and culinary techniques. Students look at different cultures and the roles of individuals and nations in a global context using food habits as a model.

Spring

FAMILY CONSUMER SCIENCE

FCS 220 (3) Introduction to Fashion Merchandising

Variable

FCS 221 (3) Apparel Design: Flat Pattern

Variable

FCS 230 (3) Child Care Psychology

Principles of psychology applied to child rearing.

FCS 240 (3) Nutrition I

The science of six nutrient classes, including digestion through metabolism.

Pre: Chemistry background

Fall, Spring

FCS 252 (3) Food Service Systems I

Principles of food services operations related to menu planning, standardized recipes, production and service for profit and nonprofit settings. Includes the NRA ServSafe certification.

Fall

FCS 270 (2) Family Housing

Physical, psychological, social, and managerial aspects of housing. Reciprocal relationship between housing and people. Guidelines and basic principles in planning for individual and family needs.

Spring

FCS 275 (3) Consumers in the Economy

Economic decision making related to achieving maximum satisfaction from resources spent in the marketplace on housing, food, clothing, transportation, and other dimensions of the family. Basic information about the functions and responsibilities of the consumer, laws and agencies affecting consumer well-being and sources of help.

Fall

FCS 280 (2) Orientation to Family Consumer Science Education

Nature and scope of family consumer science education as a professional career. Identification of personal competencies and interests. Presentation of varied teaching methods and techniques.

Spring

FCS 281 (3) Aesthetic Applications in Family Consumer Science

Hands on applications of aesthetics in family consumer science using family consumer science computer software. Exploration of the historical, cultural, behavioral and technological influences on aesthetics within the context of family consumer science.

Variable

FCS 301 (3) Lifespan Development

Study of the family from a historical perspective; in terms of the family system and the broader ecological system; in terms of stresses faced and coping responses. This course will address issues at each of four life stages: infancy and early childhood; the school years; transition from school to adult life; and the adult years.

Fall

FCS 303 (2) Working With Families

Study of the role of the family in the development of the young child. Provide teachers and care providers with knowledge and understanding of family systems and appropriate interactions with families.

Spring

FCS 311 (3) Family Life and Sex Education

Explores biological, physiological, and sociological perspectives of human sexuality. The course examines personal and family relationships and addresses family life and sex education teaching methods for school and community settings.

Spring

FCS 331 (3) Textiles and Clothing Construction

Principles and hands on application of textiles and clothing construction. Emphasis placed on consumer perspective and understanding basic construction skills for personal or home furnishings use.

Spring

FCS 340 (4) Food Science

Study of why, how, and when physical and chemical phenomena occur during the preparation of food and its products. Includes discussion and laboratory experience demonstrating how preparation methods affect food quality, composition, and nutritive value.

Fall

FCS 342 (3) Food Production Management

Planning, preparing and serving meals with emphasis on effective management, nutritive needs, purchasing, and equipment. Includes quantity food service laboratory.

Pre: FCS 252, FCS 340, FCS 350

Spring

FCS 350 (3) Food Service Systems II

Principles of food services management related to budgeting, food safety and operational sanitation, analysis and control of quality and quantity in institutional and public food service operations.

Pre: FCS 252

Spring

FCS 370 (3) Housing and Lifestyle

Issues in lifestyle housing, e.g. aging, children, special needs, low income, head of family, and single person households. Study of housing types and designs including solar and earth sheltered. Constraints, deficiencies and evaluation of housing issues.

Pre: FCS 270

Variable

FCS 376 (2) Household Equipment

FCS 400 (3) Culturally Diverse Family Systems

An analysis of culturally diverse family systems in America; emphasis on relationships within the family and with the larger community across the family life cycle.

Fall

CD-Core

FCS 401 (3) Family Life Development

The course is a study of development through the family life cycle. Emphasis on developmental interaction and systems theory.

Spring

FCS 408 (3) Family Life Dynamics

Same as SOC 408.

FCS 415 (1-2) Student Organization

The teacher-coordinator's role as a vocational club advisor.

Variable

FCS 416 (2) Pre-School Child

Study of preschool child by observation and participation in nursery school setting.

Variable

FCS 420 (3) Nutrition Assessment

In-depth study and practice of Nutrition assessment techniques including dietary histories, anthropometrics, physical signs and symptoms, and laboratory interpretation in various age groups and conditions. Students will use findings to determine nutritional needs and make nutritional diagnoses.

Spring

FCS 436 (3) Nutrition in Exercise and Sport

Variable

FCS 437 (1-3) Topic: Textiles and Clothing

Topics of current interest. May be repeated.

Variable

FCS 438 (3) Merchandising Seminar

Variable

FCS 439 (3) Nutrition for Physical Activity and Sport

Provides in-depth exploration of the dietary needs of physically active individuals across the lifespan. Its laboratory component will focus on performance and interpretation of assessments commonly used to determine dietary and physiological status.

Pre: FCS 140 or FCS 240

Fall, Spring

FCS 440 (3) Nutrition II

An advanced nutrition course in the function and interaction of nutrients in metabolic processes. Contains a nutrition research component and research case study, focusing on metabolism in persons selected by the student.

Pre: BIOL 230, CHEM 111, FCS 240

Spring

FCS 442 (3) Clinical Dietetics I

The role and influence of dietetics in society, nutritional assessment and care plans, dietetic principles applied to normal and malnourished states. Case-based approach.

Pre: FCS 440, HLTH 321

Fall

FCS 444 (3) Experimental Food Science

Food quality, safety, formulation, processing, preservation, and biotechnology are explored. Original food science experiments are planned, executed, interpreted, and presented using appropriate scientific techniques.

Pre: FCS 340; HLTH 475, (or STAT 154)

Spring

FCS 445 (2) Food Preservation

Principles of and laboratory experience in food preservation by drying, freezing, canning, pickling, and jelly making.

Variable

FCS 446 (3) Lifespan Nutrition

Study of nutritional needs of pregnancy, infancy, childhood, and adulthood. Experience in group dynamics in providing nutritional education to a target population.

Pre: FCS 140 or FCS 240

Fall

FCS 448 (3) Clinical Dietetics II

The pathophysiological, nutrient assessment, planning and counseling aspects of biliary, surgical, endocrine, cardiovascular and renal conditions. Case-based approach.

Pre: FCS 442

Spring

FCS 451 (2) Integrating Service Values

This course will provide the theoretical and practical foundations for integrating service-learning values into foods management practice.

FCS 452 (3) Integrating Foodservice Software Into Practice

This course will provide the theoretical and practical foundations for integrating current technologies into foods management practice.

FCS 454 (3) Sensory Evaluation and Food Product Development

Principles of sensory evaluation and application of those principles and other food science by selecting, planning, conducting, and reporting on a food product

development project.

Spring

FCS 472 (2) Residential Management

An in-depth exploration into planning and managing a variety of residential property facilities. Specifically addresses employment as a manager of such properties.

Pre: FCS 270 and FCS 370

Variable

FCS 473 (3) Consumer Protection

Emphasizes the analyses and assessment of the effectiveness of consumer protection efforts. Emphasis will be placed on government laws, regulations, and agencies at the federal, state and local levels.

Variable

FCS 474 (4) Residential Management for Families and Special Needs People

The system approach to analyzing family situations to make decisions and correlate resources in the resolution of family managerial problems. Emphasis on the application of managerial skills to lifestyle situations: young-families, elderly, special needs, singles and low income.

Spring

CD-Core

FCS 475 (2) Family Policy

An examination and analysis of the impact of law and public policy on family life.

Spring

FCS 476 (1) Ethical Principles for Family-Life Professionals

An examination, analysis and application of ethical principles for family-life professionals.

Spring

FCS 478 (2) Family Finance

Introduce students to the how's and why's of family financial management to reduce mistakes made in successfully managing financial aspects of life. For non-business majors.

Variable

FCS 482 (2) Teaching Family Life/Parenting Education

Analyze issues and concerns related to family life education. Investigate teaching strategies and methods of evaluation. Preparation of appropriate lesson plans.

Fall

FCS 483 (2) Adult Education in Family Consumer Science

Philosophy and objectives of adult education in family consumer sciences with emphasis on informal teaching- learning environments; procedures for planning and developing programs; and learning experiences with the adult learner.

Fall, Spring

FCS 484 (4) Program Development in Family Consumer Science

Philosophy, scope, and administration of programs for youth of varied abilities, interests and socioeconomic levels. Curriculum development and evaluation procedures.

Fall

FCS 487 (1-3) Topic: Family Consumer Science Education

Current issues and/or research findings to be announced as offered. May be repeated.

Variable

FCS 488 (3) Parenting Education

A systems perspective on parent-child relationship. This course covers parent-child issues during the stages of human development. It also focuses on special needs children and families, cross-cultural issues and family violence. Emphasis is on research and theory and parenting education strategies.

Fall

FAMILY CONSUMER SCIENCE

FCS 490 (1-3) Workshop

Workshop topics vary as announced in class schedule. May be repeated.

Variable

FCS 491 (1-4) In-Service

May be repeated on each new topic.

Variable

FCS 492 (2) Dietetics Seminar

Preparation for advancement in a career as a registered dietitian, including a first draft of the dietetic internship application.

Pre: Graduation by the following May to December; FCS 498 or concurrent

Fall

FCS 495 (3-4) Intern: Early Child Family

A scheduled work assignment that will include on-site experiences with parents in early childhood family education.

Fall, Spring

FCS 496 (2-3) Selected Topics: FLCD

Topics announced as offered. May be repeated.

Variable

FCS 497 (1-6) Internship

A scheduled work assignment with supervision in private business, industry and government agency appropriate to each area of concentration.

Pre: Consent

Fall, Spring

FCS 498 (1-6) Undergraduate Internship

A scheduled work assignment with supervision in private business, industry, and government agency appropriate to each area of concentration.

Pre: Consent

Fall, Spring

FCS 499 (1-4) Individual Study

Arranged with the instructor.

Pre: Consent

Fall, Spring