HUMAN DEVELOPMENT IN CONTEXT

The human development in context concentration explores how human development is influenced by family, schools, community, and the workplace. Students interested in such fields as child development, social work, clinical psychology, medicine, and counseling normally enter this concentration.

Courses focus on theories of individual development and on family, group, and organizational dynamics. The interdisciplinary concentration draws from current practice and research in counseling, personality psychology, and human development as well as on the disciplines of psychology, sociology, gender studies, communication studies, cognitive science, and anthropology to give students the opportunity to combine theory with practice and develop pragmatic skills grounded in a deep understanding of human psychology, growth, and adaptation throughout the life span. Examples of interdisciplinary specializations include child development, family development, premedical studies, and gender and human development.

Students are encouraged to include in their concentration the prerequisites in psychology and quantitative methods needed for graduate work in psychology and in the human services professions.

Program of Study


**HDPS 201-0 Introduction to Psychological Services (1 Unit)** Overview of professional degrees, sites and various populations in psychological services. Introduction to the most common mental disorders and counseling fundamentals used in mental health careers will also be covered. To achieve this breadth, the course is divided into three modules: history and careers in psychological services, approaches and practice in counseling, and common mental disorders.

**HDPS 222-0 Career Development: Theory and Counseling (1 Unit)**
The career-development process and its relation to the world of work. Discussion of career-development theories. Focus on self-assessment; decision-making and job-seeking skills; and educational, occupational, and community information.

**HDPS 301-0 The Counseling Process: Theory & Practice (1 Unit)** Survey of counseling perspectives and techniques, along with the theories that form the basis of understanding these concepts. Overview of clinical assessment, client systems, counseling theories, and counseling techniques. Review how dynamics and complexity associated with counseling diverse populations and understanding the roles that diversity and personal values play in the counseling process.

**HDPS 305-0 Identity and Motivation (1 Unit)** Examines the connection between conceptions of the self and goal-oriented motivation, with particular attention to the influence of social, structural, and cultural forces.

**HDPS 306-0 Developmental Psychopathology (1 Unit)** Study of models of risk and resilience, developmental pathways, and the transactional model of development.

**HDPS 307-0 Emotional Mysteries (1 Unit)** Classrooms, work settings, and family relations are hotbeds of emotion. But what is an emotion? What happens in our bodies when an emotion is triggered? How can emotions help us live productive, healthy, and connected lives? And can we ever truly understand what somebody else is feeling? These are some of the mysteries that we will seek to unravel in this course. We will read literature from Darwin to the latest scientific studies, combine lectures and small-group discussions, conduct research experiments, and engage in peer review and online collaboration.

**HDPS 309-0 Team Dynamics (1 Unit)** In this course, we will explore team dynamics, those forces that influence a team's behavior and performance, and what can enhance or hinder potential for impact. We will analyze the contributors to team functioning and their interrelationships at multiple levels: intrapersonal, interpersonal, group and organizational. Key topics include team development, team makeup and roles, leadership and followership, decision-making, navigating conflict, collaboration and competition, effective communication, content vs. process, diversity and in-group/out-group tensions. Throughout the class, students will be analyzing and applying concepts through case studies and simulations. Assignments to demonstrate mastery include regular written individual papers and a team project. This course is suitable for undergraduate students in LOC, Human Development and Psychological Services, and related majors throughout Northwestern that are interested in leadership, teams/groups or organizational change.

**HDPS 310-0 The Art and Science of Aging (1 Unit)** For over 2000 years, poets and philosophers have commented on the universal human experience of “getting older.” In the past few hundred years, novelists and scientists have joined the effort, along with filmmakers, musicians, counselors, bloggers, motivational speakers, and a host of others. What does it feel like to move through the adult years and toward “old age”? How do people’s personalities, social relationships, and overall world view change as they grow older? What does psychological and social science have to say about general trends, as well as individual differences, in aging? This discussion-based and writing-intensive seminar is sequentially organized in terms of five cardinal themes: (1) the social/emotional world, (2) generations, (3) memory and the self, (4) loss, and (5) wisdom of the ages. Within these five themes, the seminar will consider a range of psychological and social issues as they apply to adult development and aging, sampling some of the most provocative sources from fiction, drama, poetry, music, and cinema - and from the scientific literature.

**HDPS 340-0 Building Loving and Lasting Relationships: Marriage 101 (1 Unit)** The intricacies and problems of close, committed, interpersonal relationships, especially marriage. Open to first-year students.

**HDPS 351-0 Special Topics in HDPS (1 Unit)** Advanced work on special topics.

**HDPS 399-0 Independent Study (1 Unit)** SEE DEPT FOR SECTION AND PERMISSION NUMBERS.

**SESP 100-0 Leaders Lab (0 Unit)** N/A.

**SESP 114-0 Summer Internship (0 Unit)**

**SESP 115-0 Internship (0 Unit)**

**SESP 195-1 Introduction to Community Development (1 Unit)** Critical reflection on community service experiences in relation to broader societal issues. Conceptual frameworks for understanding the meaning and nature of community. For Civic Engagement Certificate students only.

**SESP 195-2 Community Engagement (0.5 Unit)** Critical reflection on community engagement experiences in relation to broader societal
issues. Conceptual frameworks for understanding the meaning and nature of community. For Certificate in Civic Engagement students only.  

SESP 200-0 Understanding Knowledge (1 Unit) N/A.  

SESP 201-0 Human Development: Childhood and Adolescence (1 Unit) Personal, social, and cognitive development from birth through adolescence. Interplay of biological and experiential factors on linguistic and conceptual development, ego, and personality.  

SESP 202-0 Introduction to Community Development (1 Unit) Historical and contemporary community-building efforts, focusing on Chicago's neighborhoods. Community development strategies: the settlement house, community organizing, and community economic development.  

SESP 203-0 Human Development: Adulthood and Aging (1 Unit) Psychological, sociological, and biological factors influencing socialization and development from young and middle adulthood through old age. Influences of family, school, and work on the individual.  

SESP 204-0 Human Development through the Life Span (1 Unit) N/A.  

SESP 210-0 Introduction to Statistics and Research Methodology (1 Unit) Definitions and classifications of terms used in quantitative methods; measures of typical and maximum performance, reliability, and validity checks; reporting and displaying data; interpreting results.  

SESP 251-0 Community Based Research Methods (1 Unit) N/A.  

SESP 291-1 Peer-Led Learning: Theory and Practice (0.25 Unit) SESP 291 is the training program for students working as first-time mentors in the Peer Leaders program. It is taken over two academic quarters, with each quarter offering .25 credit (a total of .5 credit). You will receive a "K" grade for fall quarter, which means you are continuing in the course. After winter quarter, you will receive a letter grade which will be retroactively applied to fall quarter.  

SESP 291-2 Peer-Led Learning: Theory and Practice (0.25 Unit)  

SESP 295-0 Theory and Practice of Community Consulting (1 Unit) Course on the importance of community capacity building and the community-consulting process; start of preliminary work for the Certificate in Civic Engagement capstone project.  

SESP 298-0 Student Organized Seminar (1 Unit) Courses proposed by students and supervised by faculty sponsors on special topics approved by the SESP undergraduate education director. May be taken only once per quarter; pass/ no credit only. Consultation with the SESP student affairs assistant dean advised.  

SESP 299-1 Civic Engagement Capstone Research (1 Unit) Independent study courses leading to completion of the Certificate in Civic Engagement capstone project.  

SESP 299-2 Certificate in Civic Engagement- Capstone Project (1 Unit) Independent study courses leading to completion of the Certificate in Civic Engagement capstone project.  

SESP 303-0 Designing for Social Change (1 Unit) Processes, challenges, and ethics of designing programs, at home and abroad, for realizing human rights and meaningful social change.  

SESP 310-0 Statistical Causal Inference (1 Unit) N/A.  

SESP 317-0 Gender and the Life Course (1 Unit) How gender influences major life stages. Focus on the psychosocial effects of gender on children; young, midlife, and old adults; societal institutions; and selected social policy issues.  

SESP 320-0 Race and Education (1 Unit) Conceptual underpinnings of the construct of race and how conceptions of race have influenced the course of education in the United States.