

# HUMAN DEVELOPMENT AND PSYCHOLOGICAL SERVICES

[sesp.northwestern.edu/ugrad/human-development-and-psychological-services](http://sesp.northwestern.edu/ugrad/human-development-and-psychological-services)

The human development and psychological services 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

- Human Development and Psychological Services Major (<https://catalogs.northwestern.edu/undergraduate/education-social-policy/human-development-psychological-services/human-development-psychological-services-major>)

**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 340-0 Marriage 101: Building Loving and Lasting Relationships (1 Unit)** Study of the intricacies and problems of close, committed, interpersonal relationships, especially marriage. This course will increase students' formal knowledge about marriage and intimate relationships, while also improving their chances for success in such relationships. Students should be better prepared to choose compatible partners, to face inevitable relationship challenges, and to experience greater marital/relationship satisfaction.

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

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

**SESP 195-1 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 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 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 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 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 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.

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

**SESP 372-0 Methods of Observing Human Behavior (1 Unit)** Guided practice in systematic and participant observation. Observer bias, field notes, unobtrusive measures.

**SESP 382-0 Practicum in Human Development; Learning Sciences (4 Units)** Real-world participant observation in professional activities and projects; development of analytical field studies of the practicum experience based on field notes, recorded observations, and class discussions; culminates in a final research paper. For LRN SCI students only. Prerequisites: SESP 372-0; consent of SESP practicum director 2 quarters before registration (3 quarters if a Summer Session practicum).

**SESP 384-0 Practicum in Human Development - Washington, D.C. (4 Units)** See description for SESP 382-0. Offered during Summer Session only. For participants in the Washington, DC, field studies program only. Prerequisites: SESP 372-0; consent of SESP practicum director 3 quarters before registration.

**SESP 386-0 Practicum: Human Development & Psychological Svcs. (4 Units)** See description and prerequisites for SESP 382-0. For HDPS students only.

**SESP 387-0 Practicum: Learning & Organizational Change (4 Units)** See description and prerequisites for SESP 382-0. For LOC students only.

**SESP 388-0 Practicum: Social Policy (4 Units)** See description and prerequisites for SESP 382-0. For SOC POL students only.

**SESP 389-0 Practicum in Human Development - San Francisco (4 Units)** See description and prerequisites for SESP 382-0. Offered during Summer Session only. For participants in the San Francisco field studies program only.

**SESP 390-0 Research Apprenticeship (1 Unit)** Opportunity to participate in faculty research projects. Prerequisites: consent of the faculty member and the SESP assistant dean for student affairs; submission of completed Request for Independent Study/Special Courses Form at registration.

**SESP 391-0 Advanced Research Methods (1 Unit)** Overview of research methods that may be used to design and implement the honors thesis. Prerequisites: SESP 210-0 and SESP 372-0 recommended.

**SESP 398-0 Honors Thesis (1 Unit)** Students develop, design, implement, and evaluate a research project under a faculty adviser's guidance. Prerequisites: senior status; cumulative GPA by the end of winter quarter of the junior year; recommendation for the honors program from SESP 391-0 instructor(s); consent of program director.

**SESP 399-0 Independent Study (1 Unit)** Faculty-supervised study of special topics of the student's own choosing and not covered in regular courses. Prerequisites: consent of the supervising faculty member(s) and the SESP assistant dean for student affairs; submission of completed Request for Independent Study/Special Courses Form at registration.