HDS INFORMATION SESSION
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Academic & Student Affairs
HUMAN DEVELOPMENTAL SCIENCES

- HDS: A History
- HDS Career Paths
- HDS Community
- Academic & Social Opportunities
Popular Question: What is Human Developmental Sciences?

• Basic research in human development is over a century old and well represented in a range of natural, medical, and social sciences.
  • Pediatrics, Gerontology, Child Development, Public Health...

• It was stimulated by both scientific curiosity and social pressures to improve people's lives.

• It is inherently interdisciplinary. It is issue-based rather than discipline-based, and grew through the combined efforts of many fields of study.

• These fields combined to encompass Life-span Development, which is generally acknowledged to be affected by a blend of biological, psychological, and social forces.
Human Developmental Sciences @ UCSD: Interdisciplinary Domains

- Anthropology
- Linguistics
- Biology
- Literature & History
- Cognitive Science
- Psychology
- Communication
- Public Health
- Education Studies
- Sociology
- Ethnic Studies
- Urban Studies & Planning
HDS: Developmental Focus

Curriculum focuses on growth and changes in biology, behavior, and environment that occur over the human lifespan, what causes them, and their impacts. Courses can cover the entire lifespan, or examine a life-stage.
What is meant by “Developmental”?  
Human Traits: Real-time vs. Over time

<table>
<thead>
<tr>
<th>Human Physiology</th>
<th>vs</th>
<th>Embryology</th>
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</thead>
<tbody>
<tr>
<td>“Real-time” functions of the human body</td>
<td></td>
<td>Growth and development of the human body from embryo to infant</td>
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<table>
<thead>
<tr>
<th>Cognitive Psychology</th>
<th>vs</th>
<th>Cognitive Development</th>
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<tr>
<td>The study of the mind as an information processor: perception, attention, language, memory, thought, consciousness</td>
<td></td>
<td>The emergence of the ability to consciously cognize, understand, and articulate understanding in adult terms.</td>
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</tbody>
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Milestones: Childhood, Adolescence, Aging
Another popular question:
Bachelor of Arts or Bachelor of Science?

It’s a matter of preference. Academically, a Bachelor of Arts degree and a Bachelor of Science degree are equally valued. Both offer the students who earn them the opportunity to continue their education at the master’s degree or doctorate level if they are so inclined.

Typically, coursework required for a Bachelor of Arts degree generally allows students to sharpen their communication and writing skills. By comparison, the demands of a Bachelor of Science degree typically foster analytical skills and a detailed understanding of subject matter.

HDS Bachelor of Arts
Highest degree of flexibility
Lower number of courses (19)
Room for more electives

HDS Bachelor of Science
Higher number of courses (21)
Incorporates individualized training
Allows for Specialization
HDS Specializations: Healthy Aging

Specialization in Healthy Aging

Introduces students to the ground-breaking research, emerging scholarship and creativity, and potential career paths in the field of healthy aging.

UCSD’s Center for Healthy Aging

UC San Diego School of Medicine
Stein Institute for Research on Aging
Center for Healthy Aging

Life Course Scholars Program

Coursework in Healthy Aging
HDS Specializations: Equity and Diversity

Specialization in Equity & Diversity
Bridges theory and practice to provide comprehensive scholarship in equity and diversity from a developmental perspective.

HDS Specialization in Equity & Diversity
UCSD’s Cross-Cultural Center
A Division of the Office of the Vice Chancellor for Equity, Diversity, and Inclusion.

HDS 173
RACE, MEDIA, AND IDENTITY DEVELOPMENT ACROSS THE LIFESPAN
This course looks critically at all forms of media, such as contemporary films, tv shows, books, and social media (including hashtag activism), and how they shape racial identity and human development across the lifespan.

Instructors: Ramon Stephens and Katie Ishizuka (co-founders of @theconsciouskid)

Coursework in Equity and Diversity
HDS CAREER PATHS

2nd Most Popular Question:
What jobs can I get with this major?
Careers in Human Developmental Sciences

Careers options are as diverse as our majors!

HDS is broad-based preparation in many career fields, with the ability to tailor coursework selections to your interests as you progress.

How do HDS students choose?

To begin with, HDS majors all share a common interest:

A strong desire to help people.
Careers in HDS

- **Typical Development**
  - Helping healthy people stay healthy
  - Problems of everyday living
  - Preventative Health Education

- **Special Development**
  - Helping those whose life has been impacted
  - Recovering from severe life events
  - Rehabilitation and Therapy
  - Special Education
Careers Tracks in HDS
Academic Preparation

Graduate Level Positions

Requires Masters or higher after completing your UCSD Education

For these career paths, plan to be in graduate school for a minimum of two to eight years, including apprentice training.

Most require a license of some type that must be maintained via continuing education throughout one’s career.

Bachelors Level Positions

Entry into these fields is achieved through practical, hands-on experience: internships, assistant-level jobs, research positions, instructional apprenticeships, on-campus jobs & opportunities, volunteering, and networking.

Some do require an additional credentialing or an educational program of some sort, usually is 2 years or less.

Some require a license of some type that must be maintained via continuing education throughout one’s career.
Careers Tracks in HDS
Health & Medicine

Graduate level
• Physician (MD, DO)
• Physician Assistant
• Nurse Practitioner or Nurse Specialist
• Pharmacy
• Dentistry

Bachelor’s Level
• Registered Nurse
• Respiratory or Radiation Therapy
• Health or Parent Educator
• Health Administration
• Medical Technicians
Careers Tracks in HDS

Therapy & Rehabilitation

Graduate level
- Physical Therapy
- Occupational Therapy
- Speech Therapy/Pathology

Bachelor’s Level
- Recreational Therapy
- Occupational Therapy Assistants
- Physical Therapist Assistants
- Athletic Trainers
- Massage Therapy
Careers Tracks in HDS
Behavioral Health

Graduate level
• Clinical Psychology
• Clinical Social Work
• Marriage & Family Therapy
• School Psychology
• Rehabilitation Counselor

Bachelor’s Level
• Mental Health Counselor
• Child Life Specialist
• Substance Abuse/Behavior Disorder Counselor
Careers Tracks in HDS Education

Graduate level
• School Counseling/Psychology
• Instructional Coordinators
• Post-secondary Education
• Management
• Research

Bachelor’s level
• Teaching-Elementary and Secondary*
• Student Services, Admissions, Administration
• Counseling, Outreach
• Early Childhood Education
• Adult and Technical Education

* UCSD’s Teaching Credential Program is an M.Ed.
Careers Tracks in HDS
Social and Public Service

Graduate level

• Public Health, Environmental Health, Public Policy, Law
• Clinical Social Work & Services
• Domestic/International Aid
• Government

Bachelor’s Level

• Health Educator/Community Health Worker
• Youth services, Human Services, Employment services
• Crisis Centers, Child protection
• Criminal Justice
Careers Tracks in HDS

Business and Communication

Bachelor’s level

• Human Resources
• Management
• Marketing
• Finance

• Public Relations Specialists
• Graphic Media, Art & Design
• Writers & Editors
• Librarians
Undecided Career Goals?
Things you can do to explore:

• **Volunteer**
  • to job shadow in professional environments: Healthcare, Therapy, Education…
  • for Service in underserved communities, charities, government

• **On-Campus jobs, internship, or student programs**
  • The size of a small city, UCSD has a wealth of opportunities all across campus

• **Work with a professor**
  • On a research project, in a lab, or assisting in a class
HDS OPPORTUNITIES
Research, Internship, Leadership
The HDS Community: Our Students

Major size: On Average, 300 students (Minors: Approximately 100)

• A “big” little program.
• Close-knit community.
• Smaller classes.
• Opportunities for support, and mentorship.

Small—but powerful!
HDS Community: Faculty & Advisors

Our smaller student body and class size is to your benefit: it means higher interaction and engagement—we will get to know your name!

• Advisors can develop meaningful relationships with you as you progress in the curriculum, providing personalized advising and customized graduation & career plans.

• Our core faculty provide a wealth of support and individualized academic coaching! Opportunities to work directly with faculty are plentiful throughout our curriculum, particularly in our research and practicum series, which are designed to introduce students to research in both laboratory and real-world settings.
Research & Practica: Application of Skills

Content focuses on skills applicable to professional and academic environments

- Collaboration & Teamwork
- Concise, Technical Writing
- Data Collection & Analysis
- Internship & Mentorship
- Culturally Responsive Projects

HDS - Triton Day
HDS Research Training

Quantitative Research

• Numerically Driven, where responses are collected in a controlled environment, aka “the Laboratory”

• Students work directly with a faculty member to learn how to design and conduct experiments & surveys and apply statistical analysis, while receiving instruction in academic writing.

• Quantitative Design is a typical example of the methods used in disciplines like Biology, Experimental Psychology, Cognitive Science, Neuroscience, Cognitive Linguistics, and Public Health
HDS Research Training
Field Research

• Research of Naturally Occurring Phenomenon—in other words, the real world.

• Students complete an internship & experiential learning study under the guidance of HDS faculty and a professional mentor, spending 10 weeks in a setting related to professional & academic interests.

• Field Research Studies are a methodology utilized frequently in Anthropology, Education, Sociology, Public Health, Cognitive Science, Technology--almost any discipline or industry where we want to know how humans interact with the real world!
Specialized Partnerships

Wellness Peer Educator Program

COUNSELING AND PSYCHOLOGICAL SERVICES
CAPS / UC SAN DIEGO HEALTH / student health and well-being

UC San Diego

Specialized Partnerships

Wellness Peer Educator Program

UC San Diego
STUDENT CONNECTIONS

Get Social—get Involved!
Focused on supporting the needs of students, the Human Development Student Association provides a wide range of events, support, mentorship, and information for Human Developmental Science majors and minors. Activities have included:

- Graduate school preparation
- Professional partnerships
- Alumni networking events
- Student mentoring
- Charitable events
- Socials &
- ...Owl Naming Contests?!
HDS Owls

Dad: **Hoodini**

Mom: **Owlivia**

https://nestwatch.org/

Owlbert

Owl Capone

Duke Owlington & Robin Hoot
Leadership, Internship, and Community:

(/studentorg.ucsd.edu)

Provides opportunities to get involved on the UC San Diego campus — student organizations, clubs, community service, communication and leadership-building activities, sororities and fraternities, sports and athletic options, and much more.
Academic Department Affiliated
Pre-Professional Student Orgs

- Speech, Physical, and Occupational Therapy
- UCSD Pre-Dental Society
- Pre-Physician Assistant Student Organization
- Nursing Hearts at UCSD
- UC San Diego Pre-law Student Association
- Women in Science Society
Community Service Orgs

- Brain Exercise Initiative UCSD
- Awareness4Autism UCSD
- Books Beyond Boundaries
- FOOD RECOVERY NETWORK
- the Homeless Charter
- GLOBAL Brigades
- Medical Brigades @ UNIVERSITY OF CALIFORNIA SAN DIEGO
- Intergenerational Connections
Social Organizations

DARKSTAR

UC San Diego

TRITON GAMING

THE TRITONES

DVC: The Deejays & Vinylphiles Club

TEA CLUB

GIRL GAINS

LIFTING CLUB

COOKING HUB
HDS RESOURCES

• Specialized Coursework
• Research Opportunities
• Internships & Community Partners
• Student Organizations
Congratulations and Welcome!

The interdisciplinary nature, wealth of resources, and opportunities for involvement within HDS provides a unique and personalized undergraduate experience within a large research university setting.

Come join us!

How to reach us...

- Web: hdsciences.ucsd.edu
- Email: hdsciences@ucsd.edu
- Phone: (858) 534-9919

Social Media

- HDS IG: @hdsciences.ucsd
- HDSA IG: @ucsdhdsa
Thank you!