HUMAN DEVELOPMENTAL SCIENCES

NEW SPECIALIZATION: HEALTHY AGING!

HDS is proud to announce it's second specialization - Healthy Aging! This new specialization is intended to equip students with the knowledge to work specifically with aging populations in medicine, research, industry, and within our communities. This area of focus can be added to the HDS B.S. degree or the HDS Minor,

B.S. AND MINOR SPECIALIZATION IN HEALTHY AGING

If you are interested in learning more about specializations, please refer to our website at **HDSciences.ucsd.edu** or schedule an appointment with an HDS advisor. Advising appointments can be made on our website, by calling (858) 534 - 9919, or emailing **hdsciences@ucsd.edu**.

HEALTHY AGING SYMPOSIUM

Artificial Intelligence and Healthy Aging - Symposium Research on of the Center for Healthy Aging

The Stein Institute for Research on Aging in the Department of Medicine will be hosting this public lecture series in Spring Quarter. Be on the look out for more upcoming details about this event!

Day: June 4, 2020
Time: 9:00am-5:30pm
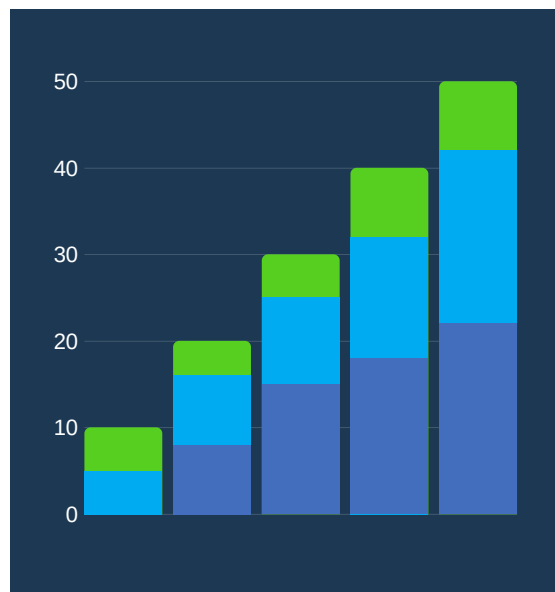**Location:** Atkinson Hall

OTHER HDS NEWS

NEW Statistics Course: HDS 60

This winter quarter HDS launched a new statistics course! The course was designed specifically for the HDS curriculum to prepare HDS students for later coursework in the major. This course can be taken for the lower division statistics requirement for HDS, in place of PSYC 60, Math 11, or COGS 14B.

Course Description:
HDS 60: Introduction to Statistical Analysis
This course provides an introduction to both descriptive and inferential statistics, core tools in the process of scientific discovery, and the interpretation of research. Emphasis on a conceptual understanding of statistics, numerical results of real data, and techniques of data analysis.

Study Abroad

HDS would love to help you study abroad! Meet with an advisor today to discuss how you can fit study abroad into your academic plan. More information on Study Abroad can be found on their website at:

studyabroad.ucsd.edu

10-14 months prior to departure	9-12 months prior to departure	6-9 months prior to departure	
Start researching options	Apply to program	Application deadline	GO ABROAD!

| Fill out Interest Profile on TritonsAbroad | Attend a First Steps session or watch the First Steps video | Research program options | Speak with an advisor | Plan a budget | Apply to a program | Complete Pre-Departure requirements in TritonsAbroad | GO ABROAD! |

RESEARCH IN HUMAN DEVELOPMENT

"Stressed to the max?
Deep sleep can rewire the anxious brain"

An article by ScienceDaily

College is a stressful time. What if you could alleviate some of that stress by simply sleeping more? This article discusses a study conducted at UC Berkely that looks at the interaction between sleep and anxiety. Put down those textbooks, read this article, and catch up on some ZZZs!

Article Summary:

"Researchers have found that the type of sleep most apt to calm and reset the anxious brain is deep sleep, also known as non-rapid eye movement (NREM) slow-wave sleep, a state in which neural oscillations become highly synchronized, and heart rates and blood pressure drop."

The full article can be found at
http://tiny.cc/hdsleep

SOCIAL SCIENCES DIVISON MINOR

Computational Social Science

The UC San Diego Social Sciences Division is offering a new minor: Computational Social Science!

"Computational Social Science (CSS) offers students the opportunity to take skill-based coursework in programming and computational data analysis to prepare students for jobs that have a significant technical component. CSS combines social science subject matter and applied training in data management. [...] With this interdisciplinary approach, students develop these technical skills while tailoring their studies to their unique interests and needs."

You can learn more about this minor at
css.ucsd.edu