



2024 Catalog

Family and Human Services Bachelor's Degree (BYU-Idaho)

Program Information

Degree description

The Family and Human Services degree from BYU-Idaho prepares students for careers in family life education, human services, advocacy groups, nonprofit organizations, and youth services. Through this program, students will learn principles and skills pertaining to healthy family functioning, including skills related to communication and conflict management. Students will also develop skills pertaining to effective advocacy, problem solving, and basic social science research.

Program outcomes

1. Communicate effectively.
2. Problem-solve at individual and group levels.
3. Employ basic research skills.
4. Demonstrate fundamental knowledge regarding healthy relationships.
5. Demonstrate leadership qualities consistent with the gospel of Jesus Christ.

Potential employment

In the United States, a master's degree could be required in this field before higher paying jobs could be expected. Some mid-range positions could be obtained in the following areas:

- Social and community services
- Family mediation
- Parent education
- Family issues and child advocacy

Required certificates (details on next page)

- 1st Certificate: Family Relations
- 2nd Certificate: Family Theory and Research
- 3rd Certificate: Family Services

Required Course List

PathwayConnect Certificate*

- PC 101 Life Skills
- PC 102 Professional Skills
- PC 103 University Skills

Family Relations Certificate

- CHILD 210 Child Development
- FAML 100 The Family
- FAML 160 Family Relations
- FAML 220 Parenting
- FCS340 Money Management



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Family Theory and Research Certificate

FAML 300	Marital Dynamics
FAML 400	Family Theories and Dynamics
MATH 221C	Social Science Statistics
PSYCH 111	General Psychology
PSYCH 302	Research Methods

Family Services Certificate:

FAML 360	Family Stress and Coping
MATH 221B	The Helping Relationship
PUBH 370	Teaching Family Life Education
PUBH 381	Child and Family Advocacy
PUBH 391	Drugs of Use and Abuse

Additional Required Courses

GS 170	Career Development
Complete one of the following:	
FAML 498R	Internship
GS 497	Professional Projects

General Education Courses

WRIT 101	Writing in Professional Contexts
MATH 108X	Math for the Real World
BUS 301	Advanced Writing in Professional Contexts
REL 250C	Jesus Christ and His Everlasting Gospel
REL 275	Teachings and Doctrine of the Book of Mormon
REL 200	The Eternal Family
REL 225	Foundations of the Restoration
REL 333	Teachings of the Living Prophets (or other religion elective course)
REL 324	The Doctrine and Covenants — Part One (or other religion elective course)
REL 325	The Doctrine and Covenants — Part Two (or other religion elective course)
FCS 160	Family Leadership and Resource Management
GESCI 110	Sustaining Human Life
HUM 110	Discovery and Discernment Through the Arts
PUBH 132	Personal Health and Wellness
PEACE 101	Conflict and Peace

*Direct admit students complete alternative courses instead of PathwayConnect (GE 103: Online University Skills, COMM 150: Interpersonal Theory and Practice, and FCS 340: Money Management).



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Course Details

PathwayConnect Certificate

1. PC 101: Life Skills (3 credits)

- Develop essential life skills, such as goal setting and problem solving.
- Develop writing ability in organization, clarity, and audience awareness.
- Learn and apply basic math skills to everyday situations.

2. PC 102: Professional Skills (3 credits)

- Develop necessary skills to advance career.
- Produce clear and professional writing.
- Learn to use data and math to make decisions.

3. PC 103: University Skills (1 credit)

- Create and follow an academic plan to a bachelor's degree.
- Demonstrate an understanding of local and online resources for online student success.

Family Relations Certificate:

4. CHILD 210 Child Development (3 credits)

- Identify and describe typical and atypical patterns of physical, cognitive, social, and emotional development and state the typical needs and tasks required to complete each developmental stage.
- Demonstrate an introductory awareness and understanding of some major developmental theories and their associated theorists.
- Recognize the importance of personal early experiences and the impact of those experiences on a person's life.
- Effectively convey, through oral and written communication, basic developmental concepts, concerns, processes, and recommendations.
- Recognize and apply strategies to create environments and cultivate relationships that foster the "optimal" development of children and highlight the roll of the family in nurturing and guiding the development of young children.

5. FAML 100 The Family (3 credit)

- Strengthen understanding and testimony of the principles of the Restored Gospel pertaining to marriage and family life.
- Learn to move forward with faith in applying principles from revealed truth and supportive scholarship to strengthen their family relationships.
- Confidently share and defend principles of successful marriage and family life using support from sacred and scholarly sources.

6. FAML 160 Family Relations (3 credits)

- Examine marriage and family research and its connection to revealed truths relating to strong marriages and families.
- Describe healthy marriages and families through an understanding of attraction, dating, mate selection, marriage, and family attributes of various cultures, rituals, and belief systems.
- Apply principles of attachment, communication, conflict resolution, and commitment to all interpersonal relationships, especially family relationships.
- Analyze the important role of gender, healthy sexuality, parenthood, work-life balance, stressors, transitions, and coping mechanisms in marriage and family relationships.

7. FAML 220 Parenting (3 credits)

- Apply a gospel-based doctrinal framework in everyday family life.
- Integrate research, philosophy, and theory as it applies to parents raising children.
- Examine personal biases, values, and beliefs about family relationships.
- Describe the characteristics, needs, and influences associated with healthy child development.
- Utilize various parenting principles to assess and improve family functioning.
- Formulate a sound personal parenting philosophy grounded in theory, research, and gospel principles.

8. FCS 340 Money Management (3 credits)

- Create a working monthly budget.
- Devise a financial plan that includes debt management, tax strategies, retirement, and personal financial goals.
- Identify specific strategies for frugal living.
- Analyze important criteria for making large purchases such as autos and homes.
- Explain how money relates to marriage and children.
- Illustrate various risk management options to show when each is appropriate and needed.
- Learn to magnify their financial stewardship.

Family Theory and Research Certificate:**9. FAML 300 Marital Dynamics (3 credits)**

- Demonstrate competency with communicating in secular and gospel language the basic skills and principles associated with successful marriages.
- Determine how to establish and maintain a healthy marriage within a challenging environment.
- Demonstrate a capacity to locate and synthesize empirical research concerning marriage.
- Assess marital functioning using theory and gospel principles.
- Implement learned principles in their interpersonal relationships.

10. FAML 400 Family Theories and Dynamics (3 credits)

- Demonstrate an understanding of the main content and concepts of foundational family theories.
- Identify strengths and deficiencies of each theory's ability to explain family dynamics.
- Describe key elements of family dynamics, such as communication, the addicted family, family violence, and families with teens.
- Apply theoretical perspectives and key elements of family dynamics to real-life family problems.

11. MATH 221C Social Science Statistics (3 credits)

- Summarize data numerically and graphically using spreadsheets.
- Make decisions regarding situations with inherent randomness.
- Apply probability distributions to investigate questions.
- Employ confidence intervals in various situations.
- Implement tests of diverse hypotheses.
- Communicate the results of statistical analyses to relevant audiences.

12. PSYCH 111 General Psychology (3 credits)

- Know the major concepts, theoretical perspectives, empirical findings, and applications in psychology.
- Apply psychological principles to personal and social issues.
- Describe where psychology is compatible or incompatible with the gospel.
- Recognize the core assumptions that underlie the theories in psychology.

13. PSYCH 302 Research Methods (3 credits)

- Demonstrate ethical and critical thinking in research design.
- Find, summarize, and evaluate published psychological research verbally and in writing.
- Formulate and specify research questions and hypotheses in writing.
- Identify and explain appropriate study designs to address research hypotheses.
- Demonstrate applied use of descriptive and inferential statistics with software tools and written reports.
- Articulate, in writing, appropriate future directions for research based on the results of statistical analyses.
- Demonstrate proper adherence to APA style conventions in written reports.

Family Services Certificate:**14. FAML 360 Family Stress and Coping (3 credits)**

- Explain how stress affects the individual physiologically and emotionally, and appreciate the reciprocal influence between the individual, the family unit, and larger cultural influences.
- Assess how a family system is affected by stress, including healthy and unhealthy coping processes families use when dealing with stress.
- Understand theory and research on family stress and family resilience.
- Evaluate the usefulness of family stress models.
- Apply those models to develop greater understanding and insight into real-life family problems and situations.
- Understand and apply gospel principles associated with helping individuals and families to overcome adversity and heal.

15. FAML 420 The Helping Relationship (3 credits)

- Understand principles associated with effective helping and how to establish an effective helping relationship.
- Understand different stages of the helping process.
- Skillfully use the following communication skills: attending skills, reflection of feeling, reflection of content, questions, summarizing, silence, advanced empathy, self-disclosure, giving feedback, confrontation, providing information, immediacy, sharing feelings/thoughts, providing encouragement.
- Understand principles of the gospel associated with helping and healing.

16. FAML 445 Teaching Family Life Education (3 credits)

- Learn principles, methods, and ethical guidelines associated with delivering effective family life education.
- Develop and teach a family life education program using scholarly sources and by preparing detailed lessons that draw on active learning methods; this includes completing a professional write-up of activities associated with delivering the program.
- Write professionally and use correct APA format.

17. FAML 460 Child and Family Advocacy (3 credits)

- Describe the moral foundations of various positions on social issues impacting children and families.
- Explain the attributes of an effective child and family advocate.
- Evaluate the impact local, state, national, and international laws and policies have on children and families.
- Illustrate how all social trends impacting children and families are interrelated and interconnected.
- Promote the family as the fundamental unit of society through research, writing, and speaking.

18. PUBH 460 Drugs of Use and Abuse (3 credits)

- Differentiate the major classes of drugs including their schedules and methods of administration.
- Give examples of different types of drugs from each major classification including history and use today.
- Differentiate the risks and benefits of each drug example.
- Identify and determine the physiological and psychological (brain neurology) effects of major drug types.
- Explain the impacts of drug use on individuals, society, and economics.

Additional Required Courses:**19. GS 170 Career Development (1 credits)**

- Communicate personal and essential employable skills matched to a target job.
- Create a list of employers, contacts and opportunities to obtain or improve employment.
- Prepare effective professional documents and digital profile that incorporate essential employability skills.
- Identify and practice effective networking and job-search strategies.
- Connect and network with professionals, mentors and potential employers in student's target industry.
- Apply for jobs and/or improved position in current organization.
- Demonstrate effective interviewing and post-interviewing skills.

20. FAML 498R Internship (2 credits)

- Apply knowledge and skills pertaining to marriage and family studies in real-world settings.
- Demonstrate leadership and professionalism in a work environment.

21. GS 497 Professional Projects (2 credits)

- Demonstrate the ability to work independently on a senior-level professional project.
- Create a summary of the professional project to include in a professional portfolio.
- Communicate the outcomes of the project through a written report.
- Develop career-readiness skills.

General Education Courses

22. WRIT 101: Writing in Professional Contexts

- Produce personal writing, and accurately and honestly cite the contributions of others.
- Practice the writing process, including research, drafting, peer review, and revision.
- Apply language conventions required for effective reading and writing, including word choice, sentence structure, paragraph structure, and overall organization.
- Adapt writing to a variety of rhetorical situations.

23. MATH 108X: Math for the Real World

- Identify real-world situations (e.g. financial, family, social, or community issues) where quantitative reasoning skills are needed to inform a decision.
- List key assumptions and key variables necessary to apply mathematical models of real-world situations.
- Demonstrate the quantitative skills necessary to use mathematical models.
- Use mathematical models to make an informed decision.
- Evaluate decisions made with the Quantitative Reasoning Process.

24. BUS 301: Advanced Writing in Professional Contexts

- Understand how to craft writing to fit the needs of various audiences.
- Apply critical thinking skills to the writing process.
- Gain fundamental skills in composition, editing, and rhetoric.
- Demonstrate coherent, clear, and cogent business writing in a variety of genres.
- Produce quality writing, and explain what makes it effective.

25. REL 250C: Jesus Christ and His Everlasting Gospel

- Demonstrate the ability to follow Jesus Christ along Heavenly Father's covenant path to eternal life.
- Describe the divine roles of Jesus Christ in the everlasting gospel.
- Define the new and everlasting covenant.

26. REL 275: Teachings and Doctrine of the Book of Mormon

- Identify several “great things” the Lord has done for His children.
- Explain how the covenants of the Lord with the House of Israel make it so “they are not cast off forever.”
- Teach why Jesus is the Christ, the Eternal God.
- Understand how to apply the doctrine of Christ to “be found spotless at the judgment seat of Christ.”

27. REL 200: The Eternal Family

- Learn doctrines and principles taught within “The Family: A Proclamation to the World,” such as the eternal nature of marriage and family; the doctrine of gender; the divine roles of men and women; the laws governing chastity and physical intimacy in marriage; and principles governing happiness in family life.
- Demonstrate understanding of and apply the doctrines and principles taught in “The Family: A Proclamation to the World.”
- Demonstrate the ability to teach and share with others across a range of topics associated with the doctrines and principles found in “The Family: A Proclamation to the World.”
- Show the ability to problem-solve challenges that result from violations of doctrines and principles found in “The Family: A Proclamation to the World.”

28. REL 225: Foundations of the Restoration

- Identify and understand foundational revelations and doctrine relating to the ongoing Restoration, and know key people and historical events related to each.
- Develop greater faith in Jesus Christ, a testimony of the prophetic calling of Joseph Smith, the ongoing Restoration of the gospel of Jesus Christ, and the continuation of prophetic authority.
- Evaluate the reliability and validity of doctrinal and historical source material, and constructively manage ambiguity. Students will practice critical thinking skills useful in resolving contemporary challenges to faith.
- Become more confident in explaining, defending, and applying the foundational doctrines of the ongoing Restoration and in maintaining lifelong spiritual growth within The Church of Jesus Christ of Latter-day Saints.

29. REL 333: Teachings of the Living Prophets (or other religion elective course)

- Identify, describe, and apply the doctrines and principles taught by latter-day prophets, emphasizing those found in the most recent general conference.
- Discover and share key aspects of the workings of God in the lives and backgrounds of the current First Presidency and Quorum of the Twelve Apostles.
- Describe the order of succession in the Presidency and Apostolic seniority, what it means to preside, and the principle of revelation as it relates to jurisdiction.
- Define priesthood, priesthood keys, and delegated authority.
- Exemplify faith in Jesus Christ by applying the teachings (both word and deed) of the latter-day prophets, and esteem them above personal, philosophical, and political ideologies.

30. REL 324: The Doctrine and Covenants — Part One (or other religion elective course)

- Develop greater faith and testimony in Jesus Christ, and deepen personal conversion.
- Read and understand the context and content of the text for the course.
- Develop an ability to learn and teach by the Spirit.
- Develop a habit of regular scripture study.
- Identify, understand, and apply doctrines and principles from the scriptures and the words of the prophets.
- Develop the ability to explain, share, and testify of true doctrines and principles.
- Master key scriptural passages by being able to understand, explain, and apply them to everyday life.

31. REL 325: The Doctrine and Covenants — Part Two (or other religion elective course)

- Develop greater faith and testimony in Jesus Christ, and deepen personal conversion.
- Read and understand the context and content of the text for the course.
- Develop an ability to learn and teach by the Spirit.
- Develop a habit of regular scripture study
- Identify, understand, and apply doctrines and principles from the scriptures and the words of the prophets.
- Develop the ability to explain, share, and testify of true doctrines and principles.
- Master key scriptural passages by being able to understand, explain, and apply them to everyday life.

32. FCS 160: Family Leadership and Resource Management

- Develop a personal mission statement for life.
- Analyze priorities to managing time.
- Examine personal finances.
- Apply communication and trust to improve relationships.

33. GESCI 110: Sustaining Human Life

- Explain the strengths and limitations of the scientific process as a source of knowledge.
- Identify engaging fields of study with good career potential.
- Analyze compelling and important questions using scientific evidence.
- Discuss challenging issues in a respectful and productive manner.

34. HUM 110: Discovery and Discernment Through the Arts

- Examine literature and theater at a college level.
- Evaluate art works according to aesthetic principles.
- Analyze elements of music to find personal meaning.
- Analyze film composition to gauge artistic value.
- Recognize truth, goodness, and beauty as expressed through the arts.



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35. PUBH 132: Personal Health and Wellness

- Identify personal wellness, skills, behaviors, and routines.
- Examine current lifestyle as it relates to personal wellness.
- Explore physical, mental, emotional, spiritual, social, and environmental wellness practices.
- Apply personal behaviors, habits, or patterns that promote optimal wellness.

36. PEACE 101: Conflict and Peace

- Analyze basic dynamics of conflict.
- Approach different conflicts with clarity, charity, and respect.
- Propose viable solutions to real-world conflicts.
- Develop strategies for collaborative problem-solving.