

CHILD AND FAMILY STUDIES

What can I do with this major?

AREAS	EMPLOYERS	STRATEGIES
<p><u>PRE-SCHOOL/DAY CARE</u></p> <ul style="list-style-type: none"> Teaching Parent-Child Education Administration: <ul style="list-style-type: none"> Curriculum Development Training Management Childcare 	<ul style="list-style-type: none"> Private, public, franchise and corporate day care centers Pre-schools and Montessori programs Religious organizations Extended school programs Recreation programs and camps Health clubs Family day care Nanny firms Independent families Au pair services Federal, state and local government: <ul style="list-style-type: none"> Department of Health and Human Services Head Start 	<ul style="list-style-type: none"> Obtain experience working with children through volunteer, intern or part-time positions. Serve as a babysitter or nanny part-time during the semester or full-time in the summers. Demonstrate patience, creativity and the ability to work well with people of various backgrounds. Develop strong communications skills to deal effectively with students, staff and parents. Acquire appropriate certification, such as Child Development Associate (CDA) or Pre-K licensure for some pre-school settings. Certification varies by state. Note that some private employers seek staff whose religious values match their organizations' missions.
<p><u>COMMUNITY EDUCATION</u></p> <ul style="list-style-type: none"> Curriculum Development Research Counseling Administration Parent-Child Education Grant Writing Higher Education Administration: <ul style="list-style-type: none"> Admissions Financial Aid Advising Development Alumni Affairs International Education and Study Abroad Student Affairs, i.e. Residence Life, Student Activities, Orientation, Leadership, Greek Life, Multicultural Affairs, Recreational Sports 	<ul style="list-style-type: none"> Public pre-school programs (Head Start) Private pre-school programs Montessori schools Camps Adult education programs Extension offices Colleges and universities 	<ul style="list-style-type: none"> Develop excellent interpersonal, public speaking and writing skills. Learn to work well with different types of people. Gain experience working with a target age group through mentoring, tutoring or volunteering with a school-based organization. Serve as a peer mentor, resident assistant or student advisor to cultivate leadership and communication skills. Join student chapters of national teaching organizations. Obtain graduate degree for counseling, student affairs and administrative positions. A master's degree may be sufficient for teaching at community or two-year institutions. Pursue a Ph.D. for college and university teaching and research opportunities.

AREAS

SOCIAL SERVICES

Case Management
Counseling
Advocacy
Program Development
Community Education
Volunteer Coordination
Administration
Research
Evaluation
Fundraising
Public Relations
Grant Writing

EMPLOYERS

Community centers
Youth services agencies/programs
Family services agencies/programs (financial, family planning, health and wellness, marriage, vocational, food/housing assistance, military family support)
Senior citizens programs
Nursing homes
Assisted living facilities
Rehabilitation organizations
Group homes
Half-way houses
Emergency housing and shelters
Mediation centers
Consulting firms
Consumer protection agencies
Adoption agencies
Federal, state and local government including:
 Department of Health and Human Services:
 Administration on Aging
 Administration for Children and Families
 Substance Abuse & Mental Health Services Administration
 Health Resources & Services Administration
 Department of Veterans Affairs
 Department of Justice:
 Probation and parole offices
 Correctional facilities

STRATEGIES

Exhibit a desire to help others, along with communication and organizational skills.
Seek experience as a volunteer, intern or paid employee with social service or non-profit organizations.
Become familiar with government and community resources available for those in need.
Develop a wide range of skills such as presenting, grant writing and fundraising, as professionals in nonprofit organizations may fill multiple roles in their positions.
Learn to work well with different types of people from varying socioeconomic, racial, ethnic and religious backgrounds.
Supplement curriculum with courses in social work, sociology or psychology.
Pursue additional coursework to specialize in an area or with a certain population such as addiction, gerontology, child welfare, etc.
Demonstrate the ability to make sound decisions and solve problems.
Develop solid technology skills as many positions utilize relevant software or systems.
Consider earning Certified Family Life Educator (CFLE) credential through the National Council on Family Relations.
Become familiar with government hiring procedures and seek assistance with the process from campus career center.
Obtain a master's degree and appropriate licensure in mental health counseling, social work or rehabilitation counseling to provide therapy.
Earn a graduate degree for greater access to administrative positions.

AREAS

EMPLOYERS

STRATEGIES

ADVOCACY

Domestic and International Advocacy
Humanitarian Services, i.e. human rights, family planning, world health, disaster relief
Development:
Economic
Community
Housing
Policy Development
Program Administration
Fundraising/Development
Volunteer Coordination
Grant Writing

Community action agencies
Nonprofit organizations focusing on a variety of issues such as disability services, juvenile justice, child safety and much more
Private voluntary organizations
Faith based organizations (FBO's) and churches
International aid and relief organizations
NGO's (Non-governmental Organizations), i.e. Action Aid, Oxfam, International Red Cross
Federal government agencies with International focus: Peace Corps, USAID, Foreign Service (State Department)
Community assistance focus: Housing and Urban Development, Department of Health and Human Services
State and local government agencies

Demonstrate strong desire to help others.
Volunteer at social service agencies to gain experience and demonstrate interest.
Participate in campus "alternative break" trips or church-led mission trips to gain experience assisting groups in need.
Pursue leadership roles in campus and community advocacy organizations, and learn how to motivate individuals and groups.
Develop excellent research, writing, communication and organizational skills; fundraising experience may be helpful for some positions.
Complete an internship with a government organization in area of interest.
Research federal, state and local job application procedures.

HEALTHCARE

Hospital Based Family Support/Child Life Services (provide emotional support, educate children and families, identify resources, coordinate events)
Health, Nutrition, Safety Education
Advocacy

Hospitals
Doctors' offices
Healthcare facilities
Specialized camps/schools
Hospice programs
Funeral homes
Social service organizations
Public health programs
Federal, state and local government including:
Department of Health and Human Services:
Administration on Aging
Administration for Children and Families
Substance Abuse & Mental Health Services Administration
Health Resources & Services Administration

Volunteer in a healthcare setting such as a hospital or specialized children's camp.
Develop a high comfort level working in clinical environments with children and families under stress.
Acquire strong communication skills, and plan to work on interdisciplinary teams of doctors, nurses, counselors, etc. who provide care to children.
Obtain Child Life Specialist certification through the Child Life Council, and be willing to relocate for greater access to positions in children's hospitals.
Prepare to work nights, weekends and holidays in some healthcare settings.
Earn a master's degree in social work, counseling, nutrition, public health or related area for increased opportunities.

AREAS

EMPLOYERS

STRATEGIES

BUSINESS

Market Research
Product Testing
Product Development
Administration
Management
Sales
Customer Service

Manufacturing companies of children's clothes, toys, furniture and food
Consumer protection agencies
Department and retail stores
Child-centered recreational businesses, i.e. gyms, bounce houses, dance studios
Camps
Social service organizations with business components, i.e. tax assistance, financial planning

Demonstrate initiative, attention to detail, organization and problem-solving skills.
Learn to communicate effectively with a wide-range of people. Consider taking interpersonal communication and public speaking classes.
Earn a business minor or supplement program with courses such as accounting, management, finance, etc. to increase understanding of business theory.
Obtain sales/retail experience with companies catering to children's needs.
Join business or retail student organizations and secure leadership positions.

COMMUNICATIONS

Research
Curriculum/Resource Development
Journalism
Writing
Editing
Public Relations

Organizations geared toward children and families including:
Book publishers
Radio and TV stations
Newspapers
Magazines
Internet sites
Social service organizations
Manufacturers
Consumer protection agencies
Professional associations

Develop excellent grammar and writing skills.
Learn to think critically and research effectively.
Take elective courses in the communications field such as journalism, broadcasting, public relations and advertising, or earn a minor in one area of interest.
Obtain experience with a college newspaper, yearbook, alumni publication or with local radio or television stations.
Compile a portfolio of writing samples, ad campaigns and other relevant work, especially those that have been published.
Develop desktop publishing, webpage design and other computer skills. Online communication is increasing, while print is declining.
Pursue an active role, preferably leadership, in journalism organizations.
Prepare to work in deadline-oriented environments and to withstand criticism.

GENERAL INFORMATION

- A Bachelor's degree is sufficient for entry-level positions.
- Advanced degrees are essential for clinical and therapeutic counseling positions.
- The Child and Family Studies major serves as preparation for students pursuing advanced training in other areas such as healthcare, i.e. pediatric nursing, family medicine; law, i.e. family law, elder law, child advocacy; and ministry, i.e. youth ministry, pastoral counseling. Research admissions requirements and take pre-requisite courses for programs of interest.
- A Master's degree or Ph.D. is often needed for administrative and supervisory positions.
- A Ph.D. is required for most college teaching and advanced research positions.
- Additional or specialized training qualifies one for higher paying opportunities and positions of greater responsibility.
- Obtain part-time, summer, internship or volunteer experience in child care, schools, hospitals, camps, or overseas programs or in advocacy or service-oriented programs addressing alcoholism, drug abuse, family violence, aging, poverty, disabilities, etc.
- Get involved in student organizations and seek leadership positions on campus.
- Research certification options for specialized areas including Child Life Specialist or Family Life Educator.
- Obtain certification in CPR, safety and first aid for infants, children and adults. Some positions will require this.
- Research certification options with the American Association of Family and Consumer Sciences.

HUMAN SERVICES

What can I do with this major?

AREAS	EMPLOYERS	DESCRIPTIONS/STRATEGIES
<p><u>SOCIAL SERVICES</u> Administration and Planning Case Management Advocacy Program Evaluation Policy Development Volunteer Coordination Prevention</p>	<p>Public welfare agencies Federal, state, and local government including: Administrative agencies Department of Human Services Department of Education Department of Veterans Affairs Department of Justice Job Corps One-Stop Career Centers Head Start Indian Health Services State legislatures Private social service agencies Adult day care centers Transitional housing facilities and halfway houses Religiously affiliated organizations Drug and alcohol rehabilitation centers</p>	<p>Social services are designed to provide support and promote well-being for disadvantaged populations. Volunteer at homeless shelters, soup kitchens, domestic violence support centers, literacy programs, and/or other social service agencies to gain relevant experience and demonstrate interest. Learn to work well with different types of people. Cultivate multicultural competence. Become familiar with government and community resources available for those in need. Learn about government application procedures and apply early as the process can take at least four to six months. Complete an internship with the federal government or nonprofit agency.</p>
<p><u>CRIMINAL JUSTICE/CORRECTIONS</u> Counseling/Therapy Rehabilitation Probation Parole Youth Services Victim Assistance Case Management</p>	<p>Prisons and correctional facilities Courts Police departments Probation and parole offices Victim services organizations Private treatment facilities Transitional housing facilities and halfway houses</p>	<p>Correctional workers focus on rehabilitating clients and assisting victims. Obtain experience by volunteering at a corrections facility or a victim services organization such as a sexual assault crisis center or family justice center. Gain experience as a juvenile probation officer; many states allow reputable citizens to serve as volunteer officers. Supplement curriculum with criminal justice classes.</p>

AREAS	EMPLOYERS	DESCRIPTIONS/STRATEGIES
<p><u>CHILD WELFARE</u> Case Management Advocacy Service Coordination Youth Programming and Mentoring Therapeutic Recreation</p>	<p>Public or private child welfare agencies Local, state, and federal government including: Department of Children's Services Department of Human Services Child Protective Services Head Start Adoption agencies Foster care organizations Day care centers Recreational facilities (i.e., YMCA or YWCA)</p>	<p>Child welfare workers strive to ensure the safety and well-being of children through interventions and programming. Volunteer at day care centers, children's shelters, camps, YMCA/YWCA, Scouts, CASA, or other agencies that aid youth and children. Take additional courses in child development or early childhood education.</p>
<p><u>ALCOHOL AND SUBSTANCE ABUSE</u> Counseling Case Management Residential Management Outpatient Management Transportation Program Development and Evaluation Assessment Spiritual Advising Therapeutic Recreation</p>	<p>Alcohol and drug treatment and rehabilitation centers Residential treatment facilities Outpatient facilities Employee Assistance Programs (EAP) Private treatment facilities Transitional living facilities and halfway houses Hospitals Community mental health centers Local, state, and federal government including: Department of Social Services Department of Veterans Affairs Correctional facilities Juvenile detention facilities Probation services</p>	<p>Workers in the area of alcohol and substance abuse specialize in treating and assisting people with addictions and their families. Volunteer at treatment centers, local hospitals, and/or other social service agencies to gain experience and demonstrate interest. Become familiar with assessment procedures. Earn a master's degree and appropriate licensure in substance abuse counseling to provide treatment. Consider training as a Master Addictions Counselor (MAC). Learn about government and community resources available for those in need. Attend community meetings such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).</p>
<p><u>DEVELOPMENTAL SERVICES</u> Case Management Advocacy Program Planning and Evaluation Policy Development Rehabilitation Research</p>	<p>Community residential homes State and local agencies including: Vocational Rehabilitation and employment programs One-Stop Career Centers Medical facilities Mental health organizations Schools Colleges and universities Employment agencies</p>	<p>Human services workers specializing in this area help people with disabilities to adjust to and lead productive lives. Volunteer at special needs camps, child care centers, schools, or hospitals to gain experience. Learn about a variety of disabilities and accommodations. Obtain specialized training in areas such as sign language or assistive technology for additional opportunities. Earn a master's degree in rehabilitation counseling to qualify for more positions.</p>

AREAS	EMPLOYERS	DESCRIPTIONS/STRATEGIES
<p><u>GERONTOLOGY</u> Advocacy Administration Counseling Case Management Programming Public Policy</p>	<p>Hospitals Nursing and retirement homes Senior centers Assisted and independent living facilities Hospice Home healthcare agencies Community agencies serving the elderly</p>	<p>Gerontology involves promoting the well-being of older adults and supporting them and their families. Become involved with programs or organizations designed for senior citizens. Join the American Society on Aging. Supplement curriculum with course work in life span development and aging. Obtain specialized training and credentials oriented toward gerontology.</p>
<p><u>HEALTH CARE</u> Case Management Counseling Program Development Administration Rehabilitation Prevention Education Research Hospice Care</p>	<p>Hospitals Health maintenance organizations (HMOs) Nursing homes Hospice programs Home healthcare agencies Community health centers Public health programs Social service organizations Outpatient clinics Transitional housing facilities Specialized camps/schools Federal, state, and local government including: Department of Health and Human Services Department of Veterans Affairs</p>	<p>Human services workers in healthcare facilitate the medical and emotional treatment of patients. Volunteer in health related settings such as hospitals or the American Red Cross to gain experience. Supplement curriculum with course work in public health or community health education. Gain membership in relevant professional associations. Become familiar with community resources.</p>
<p><u>ADMINISTRATION</u> Management Policy Development Event Planning Supervision Development Budgeting Grant Writing Public Relations Marketing</p>	<p>Social service agencies Employee Assistance Programs (EAP) Probation departments Public interest groups Local, state, and federal government including: Department of Human Services Department of Children's Services Department of Education Department of Justice Department of Veterans Affairs State mental health departments One-stop Career Centers Job Corps</p>	<p>Administrators are involved with planning, budgeting, public relations, management, and other crucial operating responsibilities that keep an organization functioning. Supplement curriculum with course work in areas such as public relations, advertising, accounting, or management. Consider earning a business minor. Obtain a master's degree in social work or related field for additional opportunities.</p>

AREAS	EMPLOYERS	DESCRIPTIONS/STRATEGIES
<p><u>ADMINISTRATION CONTINUED</u></p>	<p>Head Start Public welfare agencies Residential or outpatient hospitals/treatment centers</p>	<p>Gain management experience through internships, part-time employment, and/or leadership in relevant student organizations. Research government application procedures. Network with local politicians and government agencies. Administrators often have to lobby officials to maintain or increase project funding.</p>
<p><u>BUSINESS AND INDUSTRY</u></p> <p>Human Resources Management Market Research Customer Service Sales Public Relations Corporate Giving Development Financial Counseling</p>	<p>Business firms in various industries Developers of educational products National foundations and associations Consumer protection agencies Social service organizations with business components, i.e. tax assistance, financial planning Employee Assistance Programs (EAP)</p>	<p>Graduates of human services programs may apply their skills and knowledge in the private sector of business and industry.</p> <p>Earn a minor in business or related field. Develop computer skills particularly with spreadsheets, databases, and desk top publishing. Learn to communicate effectively with a wide range of people. Take courses to enhance writing skills. Gain experience through part-time jobs, summer jobs, and internships in business environments. Get involved in student organizations and seek leadership roles.</p>

GENERAL INFORMATION

- A bachelor's degree in human services prepares individuals for entry-level positions in the helping professions.
- A master's degree in counseling, social work, occupational therapy, or related field, in addition to appropriate professional licensure, is usually necessary to provide therapy and for advancement to supervisory or administrative positions.
- Complete practicum experiences and internships to gain necessary experience, test your interests in the helping professions, and gain exposure to various practice settings and clients. Human Services is a broad field so it will be important to explore which area/population is the best fit for you.
- Candidates should possess empathy for others, an appreciation for diversity, and an interest in social change.
- Gain experience with a wide range of clients and client systems including individuals, families, groups, communities, and minorities.
- Join a human service organization while in school and seek leadership positions.
- Look for ways to impact your community and get involved with local organizations and issues.
- Become familiar with local social service agencies and resources available for those in need.
- Learn a second language to better communicate with diverse client populations.
- Develop the ability to work well under pressure and manage stress.
- Update your resume as you acquire new accomplishments, skills, knowledge, and interests.