TRITON DAYS

HUMAN DEVELOPMENTAL SCIENCES

HDS INFORMATION SESSION

Alia Welch Partida
Academic & Student Affairs

Human Developmental Sciences

- HDS: A History
- HDS Career Paths
- HDS Community
- Academic & Social Opportunities

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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.**

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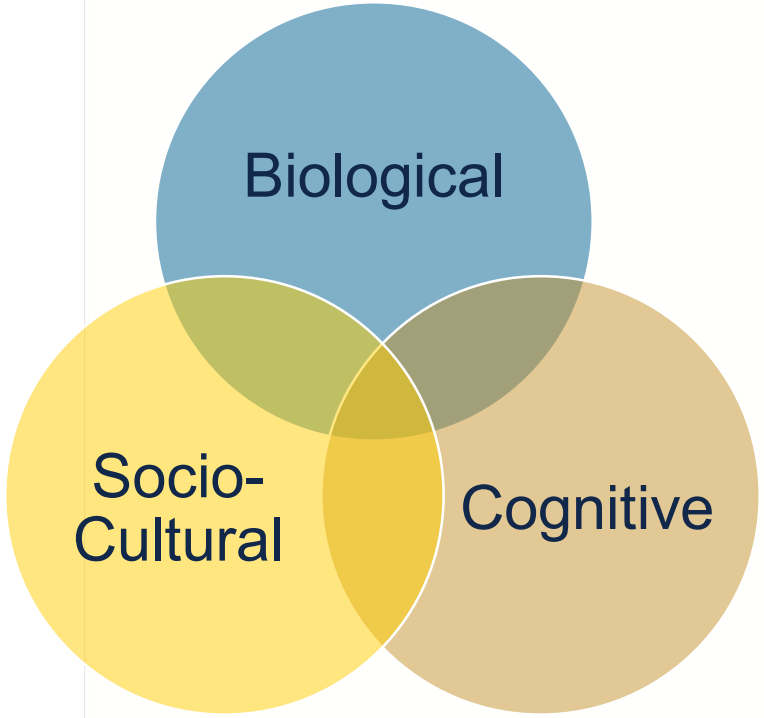
Human Developmental Sciences @ UCSD: Interdisciplinary Domains



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

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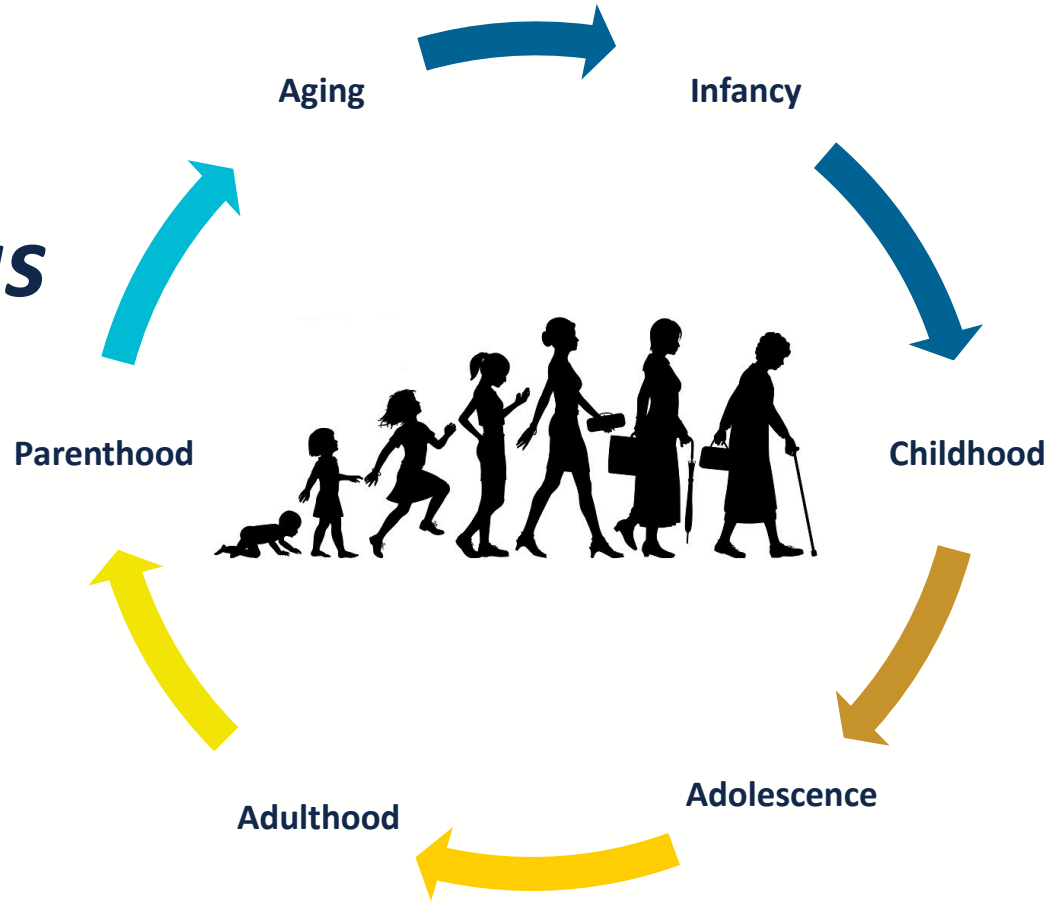
HDS: Developmental Focus

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

Human Physiology vs **Embryology**

"Real-time" functions of the human body

Growth and development of the human body from embryo to infant

Cognitive Psychology vs **Cognitive Development**

The study of the mind as an information processor: perception, attention, language, memory, thought, consciousness

The emergence of the ability to consciously cognize, understand, and articulate understanding in adult terms.

Milestones: Childhood, Adolescence, Aging

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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

HDS Specialization in Healthy Aging

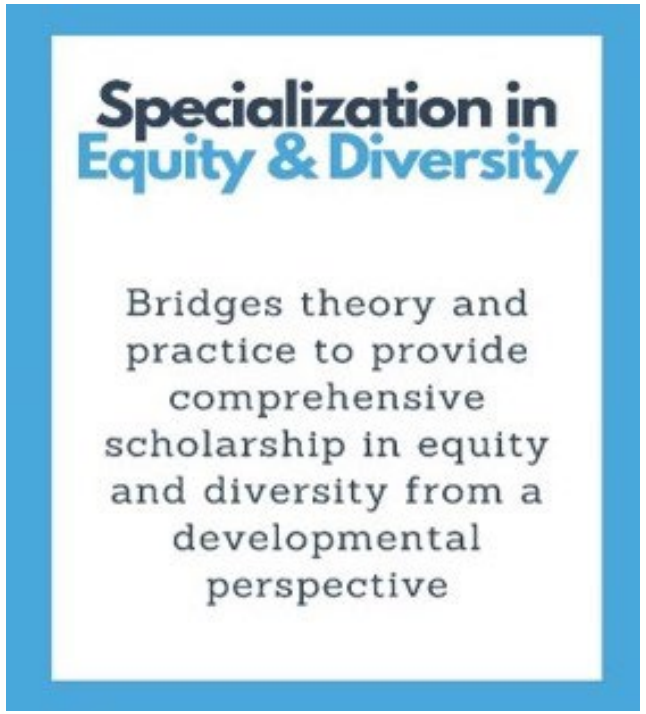
UCSD's Center for Healthy Aging

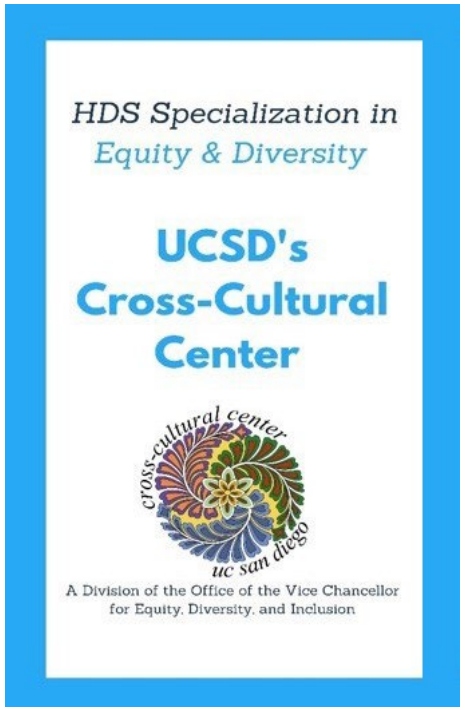
UC San Diego
SCHOOL OF MEDICINE
Stein Institute for Research on Aging
Center for Healthy Aging

Life Course Scholars Program

[Coursework in Healthy Aging]

HDS Specializations: Equity and Diversity





[Coursework in Equity and Diversity]

HDS Career Paths

2nd Most Popular Question:
What jobs can I get with this major?

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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.

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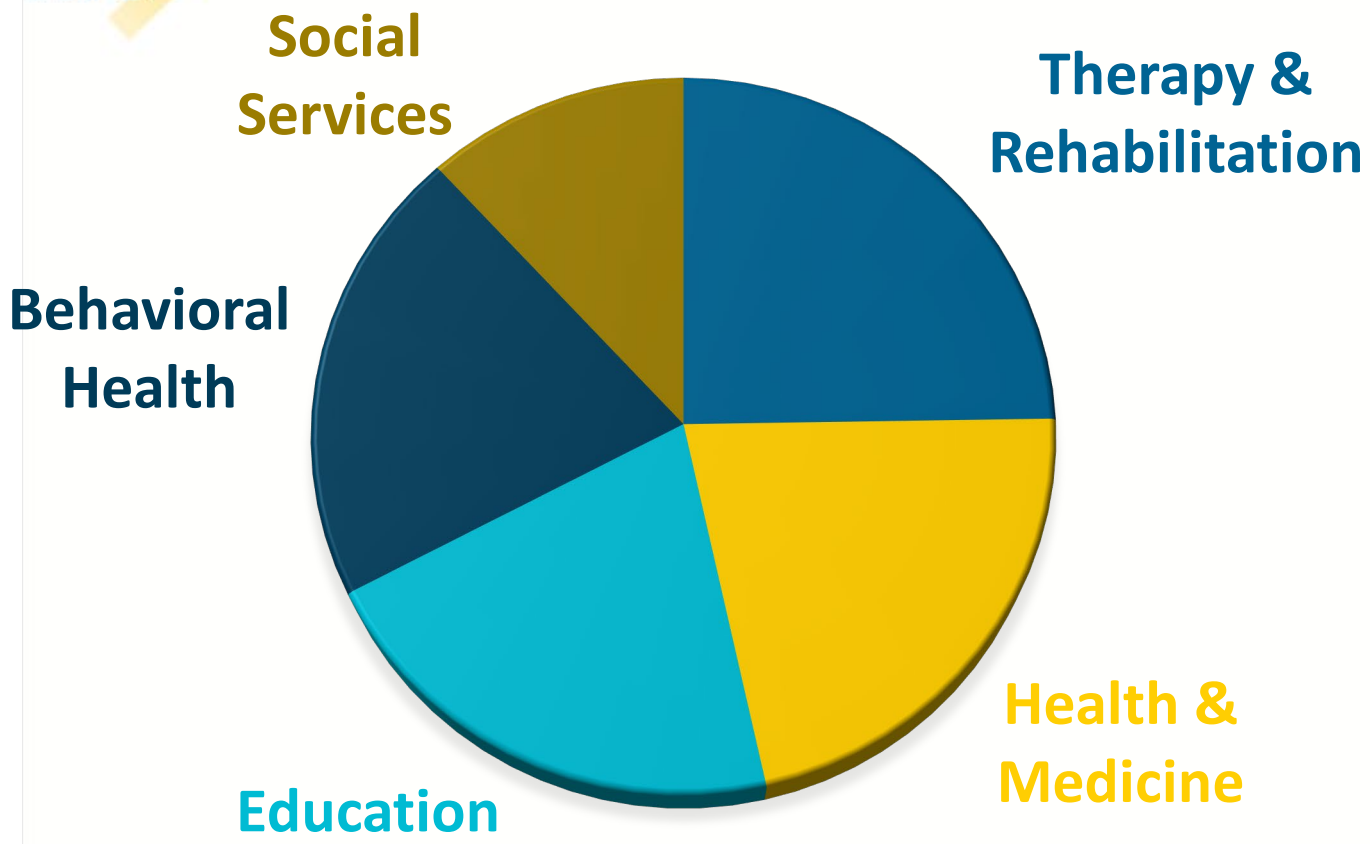
Careers in HDS



- 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

View more about HDS Career tracks on our website!

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 a 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.

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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

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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

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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

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Careers Tracks in HDS
Education

Graduate level

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

* UCSD's Teaching Credential Program is an M.Ed.

Bachelor's level

- Teaching-Elementary and Secondary*
- Student Services, Admissions, Administration
- Counseling, Outreach
- Early Childhood Education
- Adult and Technical Education

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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

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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

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The HDS Community: Our Students

Small—but powerful!

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

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

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.

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Research & Practica: Application of Skills

Content focuses on skills applicable to professional and academic environments

CAREER DEVELOPMENT

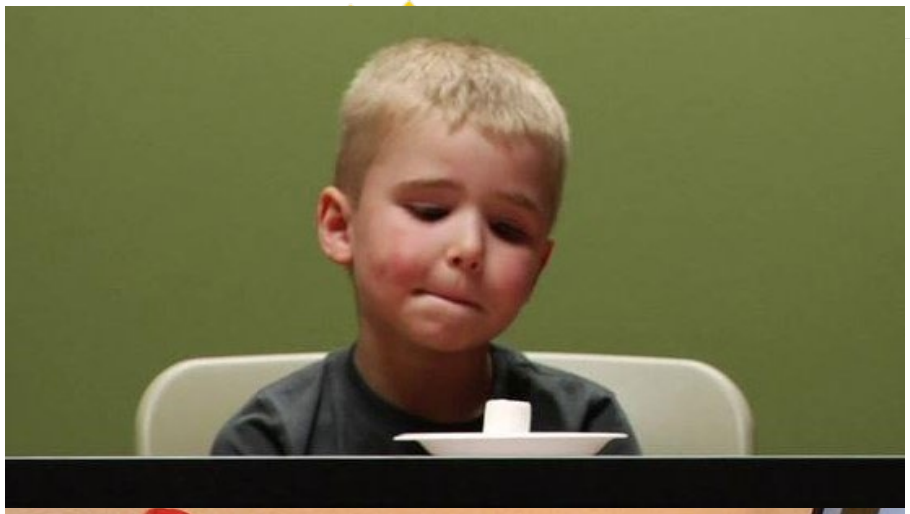
TEAMWORK & CROSS-CULTURAL COLLABORATION

RESEARCH ABILITY

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

PROFESSIONALISM & INTEGRITY

CIVIC ENGAGEMENT & SOCIAL RESPONSIBILITY



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

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

REAL

EducationCorps

AIP ACADEMIC INTERNSHIP PROGRAM
EXPLORE. EXPERIENCE. ENRICH.

Study Abroad
UC San Diego

PAL
EDS | PARTNERS AT LEARNING

Health Beat
THE PULSE OF HEALTH PROFESSIONS AT UC SAN DIEGO

ACADEMIC ENRICHMENT PROGRAMS
UC SAN DIEGO

Life Course Scholars Program

STUDENT CONNECTIONS

Get Social—get Involved!

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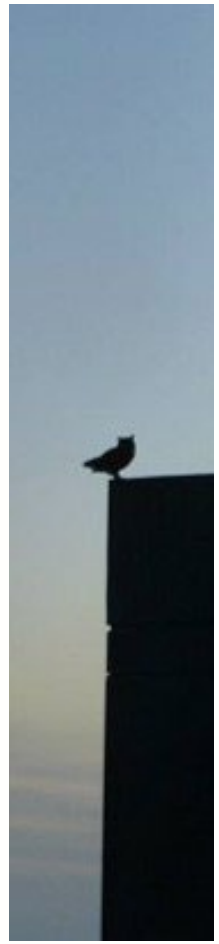
HDSA

Human Development Student Association

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?!



IG: @ucsdhdsa

HDS Owls

Dad: **Hoodini**

Mom: **Owlivia**

Owlbert

Owl Capone

Duke Owlington & Robin Hoot

The Cornell Lab of Ornithology
NestWatch
Where Birds Come to Life

https://nestwatch.org/

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Leadership, Internship, and Community:

CENTER FOR STUDENT INVOLVEMENT

(studentorg.ucsd.edu)

LEADERSHIP

CIVIC ENGAGEMENT & SOCIAL RESPONSIBILITY

INNOVATION & ENTREPRENEURIAL THINKING

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.

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Academic Department Affiliated

HDSA
Human Development Student Association

PSI CHI THE INTERNATIONAL HONOR SOCIETY IN PSYCHOLOGY

UNDERGRADUATE COMMUNICATION SOCIETY

BIOSCHOLARS at UC San Diego

ISSA at UCSD

LINGUA
Linguistics Undergraduate Association

STUDENTS FOR GLOBAL HEALTH
UC San Diego

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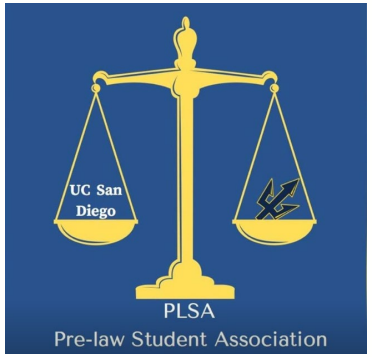
Pre-Professional Student Orgs



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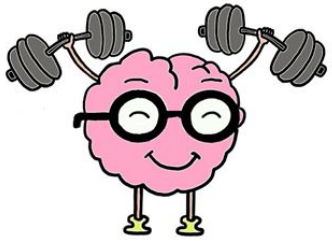
Community Service Orgs



Brain Exercise Initiative UCSD

Books Beyond Boundries

FOOD RECOVERY NETWORK
FIGHTING WASTE. FEEDING PEOPLE.

GLOBAL Brigades

Medical Brigades @ UNIVERSITY OF CALIFORNIA SAN DIEGO

INTERGENERATIONAL CONNECTIONS

Social Organizations

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DARKSTAR

UC San Diego
CLIMBING TEAM

TRITON GAMING
EST. 2014

DVC: The Deejays & Vinylphiles Club
@dvcucsd · DJ

TEA CLUB @ UCSD

GIRL GAINS LIFTING CLUB

COOKING HUB
UCSD

HDS Resources

- Specialized Coursework
- Research Opportunities
- Internships & Community Partners
- Student Organizations

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Congratulations and Welcome!

Questions?

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

- ✓ IG: HDSciences.ucsd
- ✓ FB: HDSciences.UCSD

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