MAKE A difference
Youth Studies student Brenda Hernandez with her parents at CEHD commencement. Hernandez was a first-generation college student who found community within her major and support through campus resources, including the Multicultural Center for Academic Excellence and a Living Learning Community in her residence hall. Hernandez is now a bilingual educational assistant in an elementary school.

Youth Studies student Sam Robertson and academic advisor Cindy Pavlowski greet students at CEHD’s annual block party, a welcome event for incoming first-year students.

**MAJORS**
- Business and Marketing Education
- Early Childhood
- Elementary Education Foundations
- Family Social Science
- Human Resource Development
- Kinesiology
- Physical Activity and Health Promotion
- Special Education
- Sport Management
- Youth Studies

**MINORS**
- Applied Psychology in Educational and Community Settings
- Educational Psychology Research
- Family and Community Engagement
- Family Financial Studies
- Family Social Science
- Family Therapy
- Family Violence Prevention
- Health and Wellness Promotion
- Learning Technologies
- Racial Justice in Urban Schooling
- Social Justice
- Sports Coaching
- Sport Management
- Teaching English as a Second Language
- Youth Studies

**CERTIFICATES**
- Adult Education
- Autism Spectrum Disorder
- Human Resource Development
- Sales
- Sports Coaching
- Teaching English as a Second Language
- Youth Studies

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Explore our majors, minors, and certificates.

z.umn.edu/cehdundergrad
First Year Experience

Build community, and find your voice.

The First Year Experience (FYE) is a unique curriculum for all CEHD first-year students. FYE helps you build community and transition from high school into college. The rigorous and innovative curriculum includes two semesters: a First-Year Inquiry course in the fall and Learning Communities in the spring. FYE courses help you reach your four-year graduation goals, support the completion of the University’s liberal education requirements, and meet prerequisites for majors in CEHD.

All first-year students in CEHD read an interdisciplinary common book that engages the shared question, “How can one person make a difference?” Your instructors will get to know you and are committed to creating a space for transformational learning. You will be encouraged to challenge your assumptions and consider new and multiple perspectives.

FYE courses are intentionally designed to help you feel a sense of belonging at the U of M. Whether you grew up in the Twin Cities or are calling it home for the first time, FYE instructors incorporate discussions and assignments that help you connect to campus and the surrounding community.

Find out more about FYE at z.umn.edu/cehdfirstyear.

“First Year Experience courses helped me expand my knowledge and understanding that college was so much more than learning a simple subject. It’s about broadening our horizons to things we never realized existed and embracing the new subject matter with enthusiasm and curiosity.”

ROSE SIMON, B.S., FAMILY SOCIAL SCIENCE

FIRST YEAR EXPERIENCE HIGHLIGHTS

- **Collaborative projects with your peers**
- **Forming relationships with faculty in your major of interest**
- **Debating our most pressing social-justice issues**
- **Small group discussions, encouraging you to get to know your peers and instructors**
- **Intensive faculty support for developing your writing skills**
- **Community-engaged learning in the Twin Cities**
- **Common experiences with all first-year students**
- **Connections to on-campus resources**
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- **Debating our most pressing social-justice issues**

“First-year students first, and the coursework that we all students have to engage in is designed to make us thinking citizens.”

FYE instructor Jill Trites teaching students in a First Year Experience course.
Focus your desire to help others through a rewarding career working with individuals, youth, families, and communities.

Pursue a major that prepares you to be an advocate and change agent in your career. Family Social Science combines multiple disciplines to prepare you for a career working with individuals and families across the lifespan. Choose from three concentrations: family and community engagement to work directly with families in community settings; family therapy to prepare for entry-level clinical work or for advanced study; or family financial studies to assist individuals and families with financial issues.

Youth Studies, an integral part of the School of Social Work, prepares you to think about youth in critical and interdisciplinary ways. We support putting theories into practice through guided experiences in schools, youth development organizations, and other community-based systems serving youth. Coursework emphasizes the everyday realities of being a young person and the larger forces and contexts of youthhood. This prepares you for engaged and mutually beneficial work with young people and communities. Faculty and instructors invite your knowledge and experience to co-create highly interactive learning environments where you work together to grasp the principles of effective youth work.

Both majors emphasize internships and community-engaged learning through their partnerships with Twin Cities human services and youth organizations.

Alison Kennedy, a Family Social Science alumna, speaks to current students at the CEHD Career Services youth and family services career panel event. Kennedy is a public sector coordinator at the U of M Law School. Pictured to her right is Dylan Hackbarth, a Youth Studies alumnus, who is a high school guidance counselor.

### Social science and human services

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### Majors: Family Social Science, Youth Studies

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Health, sport, and wellbeing

Improve the lives of individuals and communities.

Kinesiology, the study of human movement and physical activity, is a science-based major focused on improving human health and wellbeing across the lifespan. You will examine human movement and physical activity from multiple perspectives—behavioral, physiological, psychological, sociocultural, and neuromotor. The major prepares you for careers in the health, wellness, and sport industries, and for advanced study in health and medical sciences, including physical and occupational therapy, nursing, and athletic training.

Physical Activity and Health Promotion explores how individuals and families can increase physical activity and improve healthy lifestyles to help prevent disease and/or the progression of chronic disease. Coursework and applied experiences are focused on how to collect and analyze data to plan, implement, monitor, and evaluate programs designed to encourage physical activity and healthy lifestyles. The major prepares you for careers in health coaching, worksite wellness, physical activity adherence, corporate fitness and other health promotion-related fields.

Sport Management prepares you for a career in areas such as marketing, promotions, and operations. With six major professional sports teams and NCAA Division I college athletics, the Twin Cities are the perfect place to study the business of sports.

MAJORS: Kinesiology, Physical Activity and Health Promotion, Sport Management

Robert H. Bruininks Hall, situated on the U of M’s East Bank with expansive views of the Mississippi River, is home to several interactive learning classrooms and student support programs.

Business

Develop your business and administrative skills to prepare for a variety of sales, marketing, and administrative positions.

The Business and Marketing Education major is a business degree with a focus on the intersection of organizations, leadership, and human development. Through coursework in areas such as project management, sales, marketing, and workplace diversity, you will be prepared for a career in a variety of settings, from nonprofits to small and large businesses.

The Human Resource Development major focuses on the growth and development of individuals, teams, and organizations. Through coursework in training and development, organization development, and adult education, you will gain exposure to theory and best practices. In addition, the program has a strong connection to human resource professionals in the Twin Cities, with many internships and networking opportunities.

MAJORS: Business and Marketing Education, Human Resource Development
Know yourself. Identify your strengths, interests, and skills. Take a career assessment and engage in conversations with a career counselor to reflect on the results.

Your career journey

We will guide you.

In CEHD, we individualize career services, emphasizing how your identity, values, and experiences can help you make the best decisions for your future.

“I was able to apply a lot of what I was learning in Youth Studies to the work that I was doing at the University YMCA, and I ended up being able to have a higher role later on.”

—YOHANNES SHITTA, YOUTH STUDIES ALUMNUS

“CEHD majors also prepare you for graduate and professional school in areas such as business, education, health sciences, and social work. View more potential careers at z.umn.edu/cehdoutcomes.”

Explore options by getting involved

Join a student group, and gain experiences through on-campus jobs and internships with organizations in the Twin Cities.

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—JAMIE SCHUMANN, CEHD CAREER COUNSELOR

Make connections

Every year CEHD brings to campus more than 40 organizations interested in hiring CEHD students. To help you prepare, Career Services organizes practice interview sessions and partners with you on creating your resume.

Set goals and be flexible

As you change and grow during your time at the U of M, so too will your career goals. That’s why CEHD Career Services meets you where you are in the process.

CEHD majors also prepare you for graduate and professional school in areas such as business, education, health sciences, and social work.

View more potential careers at z.umn.edu/cehdoutcomes.

JOIN A STUDENT GROUP

• Case management counselor
• Daycare center director
• Employment specialist
• Events and hospitality manager
• Fitness and wellness coordinator
• Human resources coordinator
• Fitness facility manager
• Marketing associate
• Sales representative
• Youth programs coordinator

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EXPLORE OPTIONS BY...
Academic Advising

We will support you.

Academic advisors in CEHD get to know you so they can help you make connections between your individual goals and your education. From exploring majors and choosing classes to navigating resources and opportunities, our advisors are here to support you in succeeding at the U of M and beyond.

The CEHD advising model is a partnership between your Student Services advisor and major advisor. They help you:

- Connect to campuswide services such as the Disability Resource Center, Learning Abroad Center, Multicultural Center for Academic Excellence, and Student Counseling Services.
- Plan courses for your major.
- Make connections between your major and career goals.
- Complete applied experiences and internships.
- Set goals and find paths to get you there.
- Plan your degree progress, from your first year to graduation.

Diversity and inclusion

We affirm the contributions of all people in our community. Diversity and equity are at the core of our mission in the College of Education and Human Development.

We explicitly reject bias, discrimination, and exclusion on the basis of race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression.

We all are responsible for recognizing, confronting, and addressing bias and discrimination and diligently working for positive change in support of equity and diversity.

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leaders
problem solvers
advocates

Join our community of problem solvers, leaders, and advocates. As a student in the College of Education and Human Development (CEHD), you will pursue your career goals in a supportive community of people who are committed to improving lives. Students come to CEHD for a wide variety of majors, and we strive to meet you where you are in your educational journey. Our personalized approach to teaching and learning means that we consider how your life experiences have shaped who you are and where you are going. You will be encouraged to think differently, imagine what is possible, and discover how you can make a difference.

Next steps
Visit our campus and choose the College of Education and Human Development for your visit session.

Schedule a tour through the Office of Admissions at admissions.tc.umn.edu/visit or 1-800-752-1000.

z.umn.edu/social
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