

# CHILDREN'S STUDIES (CDST)

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## CDST 195. INTERNSHIP. 1-5 Credits.

### CDST 300. FOUNDATIONS OF CHILDREN'S STUDIES—PART I. 2 Credits.

**Notes:** Available for all EWU students—non-majors, those considering the CDST major, and declared CDST majors. A background check will be completed as a requirement of the course.

**Pre-requisites:** ENGL 101.

This introductory course provides students with an overview of the discipline including the history, focus and curriculum. Additionally, students will explore career options related to Children's Studies.

### CDST 302. FOUNDATIONS OF CHILDREN'S STUDIES—PART 2. 3 Credits.

**Notes:** Prior to registration students must present the CDST program with proof of successfully passing a Washington State background check for working with children. Students who cannot pass this background check will not be allowed to register.

**Pre-requisites:** CDST 300 and declared CDST major.

This course provides students with an in-depth understanding of the discipline, its history, focus, curriculum and professional application. Expounding on CDST 300, this course examines methods, theories and practices related to the study of children and childhood.

### CDST 303. INFANT AND TODDLER DEVELOPMENT. 4 Credits.

**Pre-requisites:** ENGL 101 or permission of instructor.

Students are introduced to the process of human development from conception to age two with an emphasis on embryonic, fetal, neonatal, infant, and toddler stages.

### CDST 304. GROWTH AND DEVELOPMENT THROUGH CHILDHOOD AND ADOLESCENCE. 4 Credits.

**Pre-requisites:** ENGL 101 or permission of instructor.

This course examines the developmental years from childhood through adolescence. Students examine youths' social, cognitive and physical growth from relevant theoretical positions.

### CDST 306. VARIATIONS IN CHILD DEVELOPMENT: CHILDREN WITH SPECIAL NEEDS IN HEALTH CARE SYSTEMS. 5 Credits.

**Pre-requisites:** CDST 300.

This course focuses on individuals with special needs including disability, chronic illness, severe developmental delay, minimally conscious state and persistent vegetative state in healthcare systems. Students learn to assess children with disability and developmental delay, provide appropriate interventions and work with families.

### CDST 310. GLOBAL PERSPECTIVES OF CHILDREN. 5 Credits.

**Pre-requisites:** CDST 300.

**Satisfies:** a university graduation requirement—global studies.

This course introduces students to a variety of challenges that children face around the world including lack of health care, war and political instability, poverty, geographic displacement and limited access to education. Students will explore global agencies and programs that work to improve the lives of children.

### CDST 326. BODIES, SOCIALIZATION AND CULTURE. 5 Credits.

**Cross-listed:** GWSS 326, DSST 326.

**Notes:** CDST students only: CDST 300.

**Pre-requisites:** ENGL 201 or equivalent.

**Satisfies:** a university graduation requirement—diversity.

This course examines cultural beliefs about gender, sex, sexuality, and the body. Experiences throughout our lifetimes impact ways that we learn to embody gender, express sexuality, and live in our bodies. We use intersectional feminist approaches to consider the variety of lived, embodied experiences and social effects of categorizing bodies.

### CDST 330. RESEARCH METHODS FOR STUDYING CHILDREN AND CHILDHOOD. 4 Credits.

**Pre-requisites:** CDST 300.

This course addresses methodologies and statistical techniques of data analysis for child-related fields. Using child centered data, this course covers descriptive statistics, probability, sampling, and qualitative methodologies. Students learn to analyze and present statistical data.

### CDST 362. ADVOCATING FOR CHILDREN WITH DIVERSE NEEDS. 4 Credits.

**Pre-requisites:** CDST 300.

This course provides information related to advocacy on behalf of children with diverse needs. Students learn how to navigate social relationships with parents and child-professionals in myriad settings to ensure positive child outcomes, empower themselves as effective child advocates, and learn to assess and improve the quality of the programs developed for children and youth with an emphasis on inclusion and equity related to children's diverse needs.

### CDST 375. FOUNDATIONS OF NATURE-BASED LEARNING. 5 Credits.

**Pre-requisites:** sophomore standing.

This course utilizes a Children's Studies framework to introduce foundational concepts of learning and nature. This class will introduce students to the history of nature-based learning and examine current policy and procedure related to this type of programming. Students learn how to plan and implement nature-based learning curriculum with particular emphasis on early childhood learning and development.

### CDST 386. CHILDREN AND THE FAMILY. 5 Credits.

**Cross-listed:** GWSS 386.

**Pre-requisites:** CDST 300 or instructor approval.

This course examines children's roles in the family and the dynamic relationship between the family and other social institutions (e.g. health care system, legal system, economy, education). This course uses various theoretical frameworks (e.g., structural functionalism, conflict theory, symbolic interactionism, feminist theory, family systems, social learning theory) to understand families.

### CDST 402. CHILDREN'S RIGHTS, LAWS AND ETHICS. 5 Credits.

**Pre-requisites:** CDST 300.

This course offers an in-depth examination of various laws and ethical issues present in a variety of helping professions associated with youth. Historical contexts for these laws are examined. This course examines various state and federal laws concerning work with youth. Students are presented with multiple approaches to solving arrays of ethical dilemmas based on best practice procedures.

**CDST 403. DIVERSITY, EQUITY, AND INCLUSION IN CHILDHOOD. 5 Credits.****Pre-requisites:** CDST 300.

This course is designed to provide an overview of the personal responsibility and civic mandate for children's studies professionals to meet the academic, cultural, and emotional needs of diverse children. Course content emphasizes personal, professional, and social accountability to quality education and social justice.

**CDST 404. TRAUMA-INFORMED CARE WITH CHILDREN AND FAMILIES. 5 Credits.****Pre-requisites:** CDST 300.

This course focuses on intervention skills and self-care practices for dealing with trauma-exposed children and adolescents. Students learn developmental theories related to children experiencing acute medical situations and the importance of therapeutic relationships during those traumatic experiences. Introduction to debriefing and support techniques for children experiencing trauma will be addressed, as well as insights into helping their family through a traumatic or bereavement situation.

**CDST 411. CHILD LIFE THEORY. 5 Credits.****Pre-requisites:** CDST 300.

This course involves the careful examination of children and their families in a healthcare setting. It is taught from the perspective of a Child Life Specialist to aid in minimizing the stress and anxiety experienced during hospitalization. It focuses on educational and play components, and the general support and scope of practice unique to the field.

**CDST 412. HEALTH AND CHILDREN. 5 Credits.****Pre-requisites:** CDST 302.

This course introduces concepts and issues in the area of children's health. Using a holistic framework, the course examines the wellbeing of children, including their physical, mental, emotional, social, and spiritual growth and development. The course covers programmatic strategies, social and family support, community practice models and policy that address issues such as child welfare, nutrition and safety management.

**CDST 413. MEDIA AND CHILDREN. 5 Credits.****Pre-requisites:** CDST 302.

This course focuses on the developmental impacts that modern media has on children and adolescents. Exploration of media covers such issues as advertising, violence, video games, sexuality, drugs, body image, eating disorders, music and the Internet. Students research problems and beneficial aspects of media.

**CDST 415. MINDFULNESS AND ALTERNATIVE PRACTICES FOR WORKING WITH CHILDREN. 5 Credits.****Pre-requisites:** CDST 300.

Mindfulness focuses on using intentional movement and breathing to foster calm, strength, balance, connection, and awareness. The benefits of mindfulness for children include increased self-awareness and self-confidence, increased calm, focus, and academic performance, improved mood and behavior, development of resilience and empathy, better emotional regulation and intelligence and increased health and happiness.

**CDST 421. PLAY AND PLAYWORK. 4 Credits.****Pre-requisites:** CDST 300.

Students research definitions, history, theories, forms and functions of play. Students examine the different environments for play throughout history. Topics include free play, value of toys and games, children's digital play, and the roles of creativity and marketing in today's society.

**CDST 422. CHILDREN'S LOSS AND GRIEF. 4 Credits.****Notes:** may be stacked with CDST 522.**Pre-requisites:** senior standing or instructor permission.

This course explores the ways children experience loss, including death, at different developmental stages and how different cultures view children's grief. The course introduces students to a variety of organizational situations where adults work with children who are experiencing loss and grief.

**CDST 423. THERAPEUTIC PLAY. 4 Credits.****Notes:** may be stacked with CDST 523.**Pre-requisites:** junior standing.

This course provides an overview of the principles of therapeutic play, including history, theories, techniques, applications, and skills. Content focuses on basic therapeutic skill development in the context of ethically and culturally diversity sensitive practice. Attention is given to understanding the role of therapeutic play in the context of the participant's clinical (medical treatment) system. Participants learn multiple strategies for engaging children through play.

**CDST 425. DEVELOPMENT OF COMMUNITY PROGRAMS. 5 Credits.****Pre-requisites:** CDST 300.

This course provides students the foundational, theoretical, and practical knowledge necessary for designing and implementing community programs for children. Students examine the purpose of community programs, policies and procedures related to community programs, direct service requirements, and funding sources. The course provides students the opportunity to observe and collaborate with organizations that offer programs in their communities.

**CDST 430. PEDIATRIC MEDICAL TERMINOLOGY. 5 Credits.****Notes:** Designated for students declared as Option A: Child Life and Health Children's Studies majors. May be stacked with CDST 530.**Pre-requisites:** senior standing.

This course is designed to familiarize students with medical terminology for work with pediatric patients. Students will learn basic anatomy, physiology, and relevant pediatric medical procedures and diagnoses. The course examines ways to explain common tests, procedures, and diagnoses to children at differing levels of development.

**CDST 431. CHILD LIFE PRACTICE ASSESSMENT AND PREPARATION. 5 Credits.****Notes:** Designated for students in Option A: Child Life and Health within the Children's Studies Program.**Pre-requisites:** CDST 430.

May be stacked with CDST 531 This course focuses on the use of assessment and observation strategies to document development, growth, play and learning to join with families and professionals in promoting children's success. Students engage with strategies and information in preparation for the Child Life Professional Examination, including information on intervention and professional responsibility associated with pediatric care.

**CDST 432. SCHOOL REINTEGRATION AND SUPPORT. 5 Credits.****Notes:** may be stacked with CDST 532.**Pre-requisites:** senior standing or instructor permission.

This course is designed to provide an opportunity for students to gain exposure to the world of pediatric medical diagnoses and use that knowledge to support a child's transition between the hospital and the classroom and community settings. Students examine the school reentry process for pediatric patients, the role of school counselors, and the impact of the return of the student patient on the teachers. They also analyze laws and policies protecting the affected children.

**CDST 433. PEDIATRIC PALLIATIVE CARE. 5 Credits.**

**Notes:** Designated for students declared in Option A: Child Life and Health within the Children's Studies major. This class may be stacked with CDST 533.

**Pre-requisites:** CDST 411.

This course explores the care of children in pediatric palliative care, including comparing palliative care to hospice care and discussing the challenges to access of these services. The course will look at the variety of illnesses that impact children and adolescents and the ways in which pediatric palliative care services may prove beneficial. Students will gain insight in the experience of childhood illness for the ill child, siblings, parents and other family members.

**CDST 434. NON-TRADITIONAL CHILD LIFE. 5 Credits.**

**Notes:** may be stacked with CDST 534.

**Pre-requisites:** junior standing.

Child life specialists are traditionally employed in children's hospitals however, the application of child life skills are increasingly being used in many non-traditional settings. Students will learn to apply conceptual child life to non-traditional settings, and gain an understanding of how they can use their skill set to expand the profession. Students must have a fundamental understanding of major developmental theories and theoretical frameworks of child life prior to taking this course.

**CDST 438. TRAUMA-INFORMED CARE WITH CHILDREN AND FAMILIES. 5 Credits.**

**Pre-requisites:** CDST 300.

This course examines the unique long-term impact of trauma on children. Students will examine the impact of trauma on brain development and functioning as well as long-term challenges associated with cognitive and social functioning. Students will learn evidence-based, best-practices for responding to trauma. Students will learn about assessment tools for trauma as well as treatment tools to help those integrate traumatic experiences.

**CDST 439. TOPICS IN CHILDREN'S STUDIES. 5 Credits.**

**Notes:** may be repeated for credit, providing the title is different.

This variable topic class explores current issues and interests in the field of children's studies. Topics might include children's studies perspectives on contemporary issues, current research issues of specific faculty or deeper investigation of topics covered in core courses. Topics or issues that might be covered in this course range from play to children's activism.

**CDST 440. INTERNATIONAL CHILD LIFE. 5 Credits.**

**Notes:** may be stacked with CDST 540.

**Pre-requisites:** junior standing.

This course is designed for students interested in learning more about the development, theory and approach of International Child Life Programs and aspects of pediatric healthcare from an ethical and cultural awareness standpoint. Additionally, this course will provide students with a comprehensive understanding of the stages of implementation and the multitude of factors that affect this process.

**CDST 450. CHILD LIFE COMMUNITY PRACTICUM. 5 Credits.**

**Pre-requisites:** CDST 411.

This course is designed for students who are completing a community practicum in a Child Life or other health setting. Child Life practicums must be supervised by a CCLS for certification eligibility requirements with the Association of Child Life Professionals. Students complete 120+ hours, and participate in weekly online discussions. Students are expected to complete a work journal, keep accurate time records, and evaluate their experience.

**CDST 481. CDST OPTION A FIELDWORK. 4 Credits.**

**Notes:** Designed for students who are completing their clinical internship supervised by a licensed Child Life Specialist and/or general health-related internship. Requires the successful completion of a background check.

**Pre-requisites:** CDST 302 and senior standing.

This course provides practical experience for students pursuing Child Life certification eligibility requirements with the Association of Child Life Professionals (formerly Child Life Council). This course provides an opportunity to gain experience and practice in applying skills in an appropriate medical setting while under the supervision of a Certified Child Life Specialist and/or instructor with health-related background who meets supervisory requirements.

**CDST 482. CDST OPTION B INTERNSHIP. 4 Credits.**

**Pre-requisites:** CDST 302 and senior standing.

Students receive academic credit for internships supervised within organizations working with or on behalf of children. The internship is initiated by the student and facilitated by their academic advisor, the site supervisor and the Career Services Internship Offices. Students complete a Learning Contract, which outlines expectations, roles and responsibilities, as well as the process of documentation and evaluation.

**CDST 483. CDST OPTION C INTERNSHIP. 4 Credits.**

**Notes:** Initiated by the student and facilitated by their academic advisor, their site supervisor and the Career Services Internship Office. Requires the successful completion of a background check.

**Pre-requisites:** CDST 302 and senior standing.

Students receive academic credit for internships supervised within organizations working with or on behalf of children. Students complete a Learning Contract, which outlines expectations, roles and responsibilities, the process of documentation and evaluation.

**CDST 490. SENIOR CAPSTONE CHILDREN'S STUDIES. 5 Credits.**

**Notes:** requires the successful completion of a background check.

**Pre-requisites:** CDST 302 and senior standing.

**Satisfies:** a university graduation requirement—senior capstone.

Using knowledge of children, childhood, and children's issues, students will research, design and implement a joint community-based service-learning project in collaboration with local organizations that work with and/or on-behalf of children.

**CDST 492. CHILDREN'S STUDIES SENIOR PORTFOLIO. 2 Credits.**

**Pre-requisites:** senior standing or approval of instructor.

Building on the portfolio process, students will develop and present an exit portfolio. This process will include identifying personal and career objectives; discussing content; developing themes; choosing formats; and revising personal statements, narrative, and resumes. Exit portfolios will be used for program assessment.

**CDST 495. CHILD LIFE PRACTICUM AND INTERNSHIP. 1-10 Credits.**

**Pre-requisites:** senior standing or approval of instructor.

This course is designed for students who are completing a clinical practicum/internship in a Child Life or other health setting. Child Life practicums and Internships must be supervised by a CCLS for certification eligibility requirements with the Association of Child Life Professionals. Students will complete 120+ hours, and will participate in weekly online discussions. Students are expected to complete a work journal, keep accurate time records, and evaluate their experience.

**CDST 496. EXPERIMENTAL. 1-5 Credits.**

Experimental.

**CDST 498. SEMINAR. 1-5 Credits.****CDST 499. DIRECTED STUDY. 1-15 Credits.****CDST 503. DIVERSITY, EQUITY, AND INCLUSION IN CHILDHOOD. 5 Credits.****Pre-requisites:** graduate standing.

This course is designed to provide an overview of the personal responsibility and civic mandate for children's studies professionals to meet the academic, cultural, and emotional needs of diverse children. Course content emphasizes personal, professional, and social accountability to quality education and social justice.

**CDST 504. TRAUMA-INFORMED CARE WITH CHILDREN AND FAMILIES. 5 Credits.****Pre-requisites:** graduate standing.

This course focuses on intervention skills and self-care practices for dealing with trauma-exposed children and adolescents. Students learn developmental theories related to children experiencing acute medical situations and the importance of therapeutic relationships during those traumatic experiences. Introduction to debriefing and support techniques for children experiencing trauma will be addressed, as well as insights into helping their family through a traumatic or bereavement situation.

**CDST 515. MINDFULNESS AND ALTERNATIVE PRACTICES FOR WORKING WITH CHILDREN. 5 Credits.****Pre-requisites:** graduate standing.

Mindfulness focuses on using intentional movement and breathing to foster calm, strength, balance, connection, and awareness. The benefits of mindfulness for children include increased self-awareness and self-confidence, increased calm, focus, and academic performance, improved mood and behavior, development of resilience and empathy, better emotional regulation and intelligence, and increased health and happiness.

**CDST 522. CHILDREN'S LOSS AND GRIEF. 4 Credits.****Notes:** may be stacked with CDST 422.**Pre-requisites:** graduate standing or instructor permission.

This course explores the ways children experience loss, including death, at different developmental stages and how different cultures view children's grief. The course introduces students to a variety of organizational situations where adults work with children who are experiencing loss and grief.

**CDST 523. THERAPEUTIC PLAY. 4 Credits.****Notes:** may be stacked with CDST 423.**Pre-requisites:** graduate standing.

This course provides an overview of the principles of therapeutic play, including history, theories, techniques, applications, and skills. Content focuses on basic therapeutic skill development in the context of ethically and culturally diversity sensitive practice. Attention is given to understanding the role of therapeutic play in the context of the participant's clinical (medical treatment) system. Participants learn multiple strategies for engaging children through play.

**CDST 525. DEVELOPMENT OF COMMUNITY-BASED PROGRAMS FOR CHILDREN. 5 Credits.****Pre-requisites:** graduate standing.

This course provides students the foundational, theoretical, and practical knowledge necessary for designing and implementing community programs for children. Topics covered include—purpose, policies, and procedures related to community programming for children, development of programming and practice of direct service skills, recognizing and securing appropriate community funding, and community-based learning and research.

**CDST 530. PEDIATRIC MEDICAL TERMINOLOGY. 5 Credits.****Notes:** This class may be stacked with CDST 430. Designated for students declared as Option A: Child Life and Health Children's Studies majors.**Pre-requisites:** graduate standing.

This course is designed to familiarize students with medical terminology for work with pediatric patients. Students will learn basic anatomy, physiology, and relevant pediatric medical procedures and diagnoses. The course examines ways to explain common tests, procedures, and diagnoses to children at differing levels of development.

**CDST 531. CHILD LIFE PRACTICE ASSESSMENT AND PREPARATION. 5 Credits.****Notes:** This course may be stacked with CDST 431. Designated for students in Option A: Child Life and Health within the Children's Studies Program.**Pre-requisites:** CDST 530.

This course focuses on the use of assessment and observation strategies to document development, growth, play and learning to join with families and professionals in promoting children's success. Students engage with strategies and information in preparation for the Child Life Professional Examination, including information on intervention and professional responsibility associated with pediatric care.

**CDST 532. SCHOOL REINTEGRATION AND SUPPORT. 5 Credits.****Notes:** may be stacked with CDST 432.**Pre-requisites:** graduate standing.

This course is designed to provide an opportunity for students to gain exposure to the world of pediatric medical diagnoses and use that knowledge to support a child's transition between the hospital and the classroom and community settings. Students examine the school reentry process for pediatric patients, the role of school counselors, and the impact of the return of the student patient on the teachers. They also analyze laws and policies protecting the affected children.

**CDST 533. PEDIATRIC PALLIATIVE CARE. 5 Credits.****Pre-requisites:** graduate standing.

This course explores the care of children in pediatric palliative care, including comparing palliative care to hospice care and discussing the challenges to access of these services. The course will look at the variety of illnesses that impact children and adolescents and the ways in which pediatric palliative care services may prove beneficial. Students will gain insight in the experience of childhood illness for the ill child, siblings, parents and other family members.

**CDST 534. NON-TRADITIONAL CHILD LIFE. 5 Credits.****Notes:** may be stacked with CDST 434.**Pre-requisites:** graduate standing.

Child life specialists are traditionally employed in children's hospitals however, the application of child life skills are increasingly being used in many non-traditional settings. Students will learn to apply conceptual child life to non-traditional settings, and gain an understanding of how they can use their skill set to expand the profession. Students must have a fundamental understanding of major developmental theories and theoretical frameworks of child life prior to taking this course.

**CDST 535. FAMILY SYSTEMS IN HEALTHCARE. 5 Credits.****Pre-requisites:** graduate standing.

This course provides an overview of family systems theories as a discipline and its influence in the therapeutic approaches that have emerged in healthcare settings. The fundamental assumptions and concepts of general systems theory will be introduced and contrasted with other theoretical perspectives. Students will explore the major systems theories' approaches and learn how to utilize these theories to assess, develop, and implement therapeutic interventions.

**CDST 536. CHILD LIFE RESEARCH METHODOLOGIES. 5 Credits.**

**Pre-requisites:** graduate standing.

This course provides students with a basic understanding of the role of research in child life and pediatrics. Topics covered include an overview of the strengths and weaknesses of popular research designs used in pediatric and child life research, appropriate statistics methodologies, research dissemination, and how to critically review child life and pediatric literature.

**CDST 537. ADMINISTRATION IN CHILD LIFE PROGRAMS. 5 Credits.**

**Pre-requisites:** graduate standing.

This course provides an introduction to the skills needed to develop, direct and manage child life programs in healthcare settings. Emphasis will be placed on developing a philosophy of leadership that fosters team collaboration and staff participation. Program planning will be addressed within the context of child development and supervision, continues quality improvement, proposal writing, program development, and departmental management skills.

**CDST 538. CHILD LIFE GRANT WRITING. 5 Credits.**

**Pre-requisites:** graduate standing.

In this course, students will take a hands-on approach to grant writing, specifically to develop skills in locating potential funding sources for child life programming and using appropriate grant-writing techniques. Students will actively participate in the entire grant submission process, where they will locate funding sources, develop a proposal, and act as an evaluation reviewer.

**CDST 539. SPECIAL TOPICS. 1-5 Credits.****CDST 540. INTERNATIONAL CHILD LIFE. 5 Credits.**

**Notes:** may be stacked with CDST 440.

**Pre-requisites:** graduate standing.

This course is designed for students interested in learning more about the development, theory and approach of International Child Life Programs and aspects of pediatric healthcare from an ethical and cultural awareness standpoint. Additionally, this course will provide students with a comprehensive understanding of the stages of implementation and the multitude of factors that affect this process.

**CDST 550. CHILD LIFE COMMUNITY PRACTICUM. 5 Credits.**

**Pre-requisites:** CDST 411.

This course is designed for students who are completing a community practicum in a Child Life or other health setting. Child Life practicums must be supervised by a CCLS for certification eligibility requirements with the Association of Child Life Professionals. Students will complete 120+ hours, and will participate in weekly online discussions. Students are expected to complete a work journal, keep accurate time records, and evaluate their experience.

**CDST 595. CHILD LIFE PRACTICUM AND INTERNSHIP. 1-10 Credits.**

**Notes:** may be stacked with CDST 495.

**Pre-requisites:** graduate standing or approval of instructor.

This course is designed for students who are completing a clinical practicum/internship in a Child Life or other health setting. Child Life practicums and Internships must be supervised by a CCLS for certification eligibility requirements with the Association of Child Life Professionals. Students will complete 600+ hours, and will participate in weekly online discussions. Students are expected to complete a work journal, keep accurate time records, and evaluate their experience.

**CDST 599. DIRECTED STUDY. 1-15 Credits.**

Directed Study.

**CDST 600. CHILD LIFE THESIS. 1-5 Credits.**

**Pre-requisites:** graduate standing.

A research study conducted as partial fulfillment of a master's under the direction of a graduate committee.

**CDST 601. CHILD LIFE RESEARCH PROJECT. 1-5 Credits.**

**Pre-requisites:** graduate standing.

A research study conducted as partial fulfillment of a master's under the direction of a graduate committee.