

SAMPLE PLAN **B.S. in HDFS**
OSU-Cascades **General Option | 2019-2020**

	Fall		Winter		Spring		Summer
First Year	WR 121: English Composition ALS 199: U-Engage Bacc Core: Math HDFS Elective: HDFS 201 Bacc Core: Lit and Arts	3 2 4 3 3	COMM 218: Interpersonal Comm ST 201: Principles of Statistics SOC 204: Intro to Sociology Bacc Core: Western Culture	3 4 3 4	HHS 231: Life time Fitness for HLTH PAC 1XX: Physical Fitness Class ST 202: Principles of Stats H 100: Intro to Public Health WR 327: Technical Writing	2 1 4 4 3	
	Total Credits	15	Total Credits	14	Total Credits	14	
	First Year: Co-Curricular and Academic Opportunities	<input type="checkbox"/> Join student club <input type="checkbox"/> Participate in FY campus read and FY experiences <input type="checkbox"/> Check out resources for student wellness, time management and study skills <input type="checkbox"/> Participate in Cascades Adventures trip(s)					
Second Year	HDFS 240: Human Sexuality PSY 201: General Psychology Bacc Core: Biological Science HDFS 311: Infant & Childhood Dev.	3 3 4 4	Elective: HDFS 262 <i>RECOMMENDED</i> PSY 202: General Psychology Bacc Core: Additional Science HDFS 313: Adolescent Dev.	3 3 4 4	Bacc Core: Cultural Diversity Bacc Core: Physical Science NUTR 225: General Human Nu HDFS 314: Adult Dev. and Aging	4 4 3 4	
	Total Credits	14	Total Credits	14	Total Credits	15	
	Second year: Co-Curricular and Academic Opportunities	<input type="checkbox"/> Take HDFS 262 to connect with Career Development Center to begin job application development and career exploration <input type="checkbox"/> Attend campus events (at least 1 per term) <input type="checkbox"/> Research study abroad opportunities and integrate into academic plan <input type="checkbox"/> Pursue leadership position within student club					

Third	Free Elective HDFS 341: Family Studies HDFS 360: Critical Thinking HDFS Upper Division Elective	4 4 4 4	Free Elective Free Elective HDFS 361: Research Methods Upper Div. Elective- HDFS 310 <i>RECOMMENDED</i>	4 4 4 4	Elective Elective HDFS 447: HDFS Elec./Synthesis HDFS Upper Div. Elective	4 4 4 4
	Total Credits	16	Total Credits	16	Total Credits	16
Third Year: Co-Curricular and Academic Opportunities		<input type="checkbox"/> Attend Human Services Fair in spring term to network with potential internship sites <input type="checkbox"/> Research Graduate programs and admissions requirements <input type="checkbox"/> Pursue internships and volunteer opportunities in the community				
Fourth Year	Free Elective HDFS Upper Div. Elective Upper Div. Elective Upper Div. Elective	4 3 4 4	Synthesis: Science, Tech. & Soc. HDFS 461: Free Elective Free Elective	3 4 4 4	Free Elective Free Elective Free Elective Free Elective	4 4 4 4
	Total Credits	15	Total Credits	15	Total Credits	16
Fourth Year: Co-Curricular and Academic Opportunities		<input type="checkbox"/> Begin post grad job search, continue connecting with Career Development Center for career counseling <input type="checkbox"/> Apply to Master's program (if applicable) in Fall <input type="checkbox"/> Plan for Commencement Ceremony and celebrations in June!				

This is a sample schedule intended for informational purposes only. Students should consult with their OSU academic advisor to create a personalized degree plan.