

SAMPLE PLAN

B.S. in HDFS

OSU-Cascades

Human Services Option | 2019-2020

	Fall		Winter		Spring		Summer	
First Year	WR 121: English Comp. 3 ALS 199: U-Engage 2 Math 105 or MTH 111 4 HDFS 201: Contemp. Families 3 Bacc Core: Lit and Arts 3		COMM 218: Interpersonal Comm 3 SOC 204: Intro. to Sociology 3 ST 201: Principles of Statistics 4 Bacc Core: Western Culture 4		HHS 231: Lifetime Fitness for Hlth. 2 PAC 199: Fitness Activity 1 ST 202: Principles of Stats 4 H 100: Intro to Public Health 4 WR 327: Technical Writing 3			
	Total Credits	15	Total Credits	14	Total Credits	14		
	First Year: Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> <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 3 PSY 201: General Psychology 3 Bacc Core: Biological Science 4 HDFS 311: Infant & Child. Dev. 4		Free Elective 4 PSY 202: General Psychology 3 HDFS 313: Adolescent Dev. 4 Bacc Core: Additional Science 4		HDFS 314: Adult Dev. and Aging 4 Bacc Core: Cultural Diversity 4 Bacc Core: Physical Science 4 NUTR 225: General Nutrition 3			
	Total Credits	14	Total Credits	15	Total Credits	15		
	Second Year: Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> <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 <input type="checkbox"/> Attend Human Services Fair in spring term to network with potential internship site 					

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Third Year	HDFS 341: Family Studies	4	HDFS 361: Research Methods	4	HDFS 447: HDFS Elec./Synthesis	4	
	HDFS 360: Critical Thinking	4	HDFS Upper Division Elective	4	HDFS 310: HS Practicum	4	
	HDFS 262: Intro to HS	3	Free Elective	4	Free Elective	4	
	Bacc Core: Additional Science	4	Free Elective	4	Free Elective	4	
	Total Credits	15	Total Credits	16	Total Credits	16	
	Third Year: Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> <input type="checkbox"/> Take HDFS 262 to connect with Career Development Center to begin job application development and explore practicum/internship options <input type="checkbox"/> Secure site for HDFS 310: Human Services Practicum, and begin preparation for HDFS 410: Human Services Internship <input type="checkbox"/> Pursue additional volunteer opportunities in the community <input type="checkbox"/> Research graduate programs and admissions requirements <input type="checkbox"/> Attend Human Services Fair in spring term to network with potential internship site 				
Fourth Year	Free Elective	4	HDFS 462: HDFS HS Option	3	HDFS 410: HS Internship	6	
	Upper Div. Elective	4	HDFS 410: HS internship	6	Elective	4	
	Free Elective	4	Synthesis: Science, Tech and Soc.	4	Elective	4	
	Free Elective	4	HDFS Elective	3			
	Total Credits	16	Total Credits	16	Total Credits	14	
	Fourth Year: Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> <input type="checkbox"/> Find, apply, interview, and secure internship <input type="checkbox"/> Enroll in HDFS 410 and complete internship requirements <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) during fall term <input type="checkbox"/> Continue to pursue additional volunteer opportunities in the community <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.