



B.S.- Human Development Family Sciences (HDFS)

Degree Guide

General HDFS Option

In the HDFS program, you'll address human development across the lifespan and gain the knowledge and skills you need to help improve the human condition. This may include intervening during crises, preventing future crises, helping people access resources, and advocating for changes in the systems that affect the lives of those in need. You can also focus on supporting young children and their families in early childhood settings.

Few careers offer as many opportunities to directly and profoundly impact lives. With an HDFS degree, you'll be ready for professional work or graduate study in fields such as education, HDFS, social work or public administration.

The HDFS general option enables you to take an interdisciplinary approach to families and human development across the lifespan within the contexts of school, work and communities. It will prepare you for careers in schools and in the helping professions, or will position you to pursue advanced academic degrees in a variety of fields. It offers tremendous flexibility and is especially beneficial if you also seek a related major such as ethnic studies, pre-nursing, psychology, sociology, Spanish or public health.

HDFS Program Requirements:

- OSU Graduation Requirements
- Baccalaureate Core
- HDFS major/option courses
- All courses required within the major including pre-requisites MAY NOT be taken S/U and must be completed with a grade of C- or higher
- PHHS will not accept third course attempts from OSU or transferred from other institutions to meet course requirements within any major.

OSU Graduation Requirements:

Students pursuing a degree at OSU must meet the following requirements in addition to program and college requirements.

- 180—total number of credits required to graduate from OSU
- 60—number of upper division credits required (300-400 level courses)
- 135—maximum number of transfer credits
- 45 of last 75 credits must be OSU credits
- Maintain a 2.0 or better university GPA
- Max 18 course withdraws (W grade)
- Max 11 credits PAC

HDFS- General Option Checklist 2021-2022 Curriculum

BACCALAUREATE CORE Requirements:		
Search Bacc Core classes in the Schedule of Classes.		
Transfer students who have an AAOT have all Skills and Perspectives completed. Students with AAOT still need to complete Synthesis requirements.		
Skills		Grade
Lifetime Fitness (2cr)	HHS 231	
Lifetime Fitness PAC (1cr)	Physical Activity Course (PAC)	
Mathematics (3-4cr)		
Writing I (4cr)	WR 121	
Writing II (3cr)	Fulfilled by Major (WR 327)	
Speech (3cr)	Fulfilled by Major (COMM 218)	
Perspectives: No more than two courses from the same department may be used to satisfy the Perspectives Categories.		
Cultural Diversity (3-4cr)		
Literature & Arts (3-4cr)		
Soc. Processes & Institutions (3-4cr)	Fulfilled by Major	
Western Culture (3-4cr)		
Physical Science (4cr)		
Biological Science (4cr)		
Additional Phys or Bio Science (4cr)		
Difference, Power, & Discrimination (3cr)	HDFS 201 Recommended	
Synthesis: Two courses must be upper division and from different departments to satisfy requirements		
Contemporary Global Issues (4cr)	HDFS 447 recommended	
Science, Tech & Society (3-4cr)		
Writing Intensive Course		
WIC	Fulfilled by Major (HDFS 461)	

HDFS MAJOR Requirements:

- All courses required within the major MAY NOT be taken S/U and must be completed with a grade of **C- or higher**. As of Fall 2021 students can complete first attempt as S/U grading but must retake for a grade in second attempt.
- PHHS will not accept third course attempts from OSU or transferred from other institutions to meet course requirements within any major.
- See College of Public Health and Human Services (PHHS) for Policy details:
health.oregonstate.edu/advising/resources/policies

HDFS General Option Requirements			
HDFS CORE	Pre-Reqs	Notes	Grade
H 100- Intro. to Public Health (4)			
HDFS 240- Human Sexuality (3)			
HDFS 311- Infant & Child Development (4)		OK to take Year 2	
HDFS 313- Adolescent Development (4)		OK to take Year 2	
HDFS 314- Adult Development & Aging (4)		OK to take Year 2	
HDFS 341- Family Studies (4)			
HDFS 360- Critical Thinking in HDFS (4)			
HDFS 361- Applied Research Methods (4)	ST 202 or ST 351 Highly Recommended	Plan for Year 3 after Stats	

HDFS Required Supporting Courses	Pre-Reqs	Notes	Grade
COMM 218- Interpersonal Comm. (3)			
NUTR 225- General Human Nutrition (3)			
PSY 201- General Psychology (3)			
PSY 202- General Psychology (3)			
SOC 204- Intro to Sociology (3)			
WR 327- Technical Writing (3)	WR 121 (C-)		
ST 351 or ST 201 & ST 202 (4-8)	High School Algebra	Suggested Year 2	
General Option Required	Pre-Reqs	Notes	Grade
HDFS 461- Program Dev. & Proposal WR. (4)	HDFS 360	Suggested Year 4	
17 credits HDFS Electives: select 5-6 classes from list	Pre-Reqs	Notes	Grade
ED 140 Intro to Early Childhood Ed. @COCC only (4)			
HDFS 201- Contemporary Families in US (3)			
HDFS 262- Intro. to Human Services (3)		HIGHLY RECOMMENDED	
HDFS 310- HS Practicum (4)	HDFS 262		
HDFS 312- Parenting Research & Appl. (4)			
HDFS 331- Directed Experience in EC (3)	HDFS 330		
HDFS 431-Family, School & Community (3)	HDFS 311 or HDFS 313		
HDFS 432- Children W/ Special Needs (3)	Recommended: 6 Credits of HDFS, SOC or PSY		
HDFS 444- Family Violence & Neglect (4)	Recommended: 6 Credits of HDFS, SOC, or PSY		
HDFS 447- Families & Poverty (4)			
HDFS 460- Family Policy (4)			
HDFS 465- Special Topics (3)	Recommended: 6 Credits of HDFS, SOC, or PSY		
HDFS 299, 399 or HDFS 499 – Special Topics			

Academic Planning Notes:

- Use the HDFS Course Planning page to create your academic plan, review plans with an academic advisor. osucascades.edu/human-development-and-family-sciences/course-listing
- 100-200 level courses taken Freshman/Sophomore year and 300-400 level taken Junior/Senior year unless specified.
- Registration PINs are required each term for HDFS. Plan ahead for registration in PHASE 1 Priority Registration.
- Students with good academic standing and an academic plan entered in **MyDegrees Planner** will receive PIN with email. media.oregonstate.edu/media/t/1_gl9vorw7
- HDFS Cascades campus program consists of **on-campus classes**. See PHHS E-campus registration restrictions page for Online HDFS course information, restrictions will impact registration. health.oregonstate.edu/advising/resources/faq/ecampus-restrictions
- HDFS Practicum & Internships: beav.es/UFq