

# B.S. in Human Development

2022-2023

## Sample Plan for Human Services Option

	Fall		Winter		Spring		Opportunities
First Year	ALS 199: U-Engage Elective WR 121: English Composition HDFS 201: Contemporary Families Cultural Diversity – Bacc Core MTH Placement Course (MTH 103/MTH 111)	2 4 3 3 4	SOC 204: Introduction to Sociology Western Culture – Bacc Core Literature & Arts – Bacc Core COMM 218: Interpersonal Comm. General Elective or Minor Course OR MTH Placement Course (MTH 105/MTH 111)	3 3 3 3 3 4	H 100: Intro to Public Health HHS 231: Lifetime Fitness for Health Bacc Core PAC – Bacc Core Fitness Biological Science – Bacc Core General Elective	3 3 1 4 3	-Participate in Welcome Week Activities -Explore Student Wellness Resources -Set up your Handshake Profile -Connect with Career Development Center to discuss career goals and explore careers
	Total Credits	16	Total Credits	15	Total Credits	14	
Second Year	HDFS 240: Human Sexuality HDFS 311: Infant & Child Development PSY 201: General Psychology Science, Tech, & Society – Bacc Core	3 4 4 4	WR 327: Technical Writing HDFS 313: Adolescent Development PSY 202: General Psychology Biological Science or Physical Science – Bacc Core	3 4 4 4 4	NUTR 225: General Human Nutrition HDFS 314: Adult Development & Aging Physical Science – Bacc Core General Elective or Minor Course	3 4 4 4 4	-Connect with Career Development Center -Explore Internship, Research, Volunteer, and/or Study Abroad Opportunities -Attend Career Fairs, Events, and Workshops -Participate in leadership, clubs, and events -Get to know your professors
	Total Credits	15	Total Credits	15	Total Credits	15	
Third Year	HDFS 341: Family Studies HDFS 360: Critical Thinking in HDFS HDFS 262: Intro to Human Services Statistics for Major (ST 201/202 or ST 351)	4 4 3 4	HDFS 361: Applied Research Methods HDFS Guided Elective General Elective or Minor Course Statistics for Major (ST 201/202 or ST 351)	4 3 4 4	HDFS 447: Families & Poverty HDFS 310: Human Services Practicum HDFS Guided Elective Statistics for Major (ST 201/202 or ST 351)	4 4 4 4	-Meet with Career Development Center to start planning for life beyond OSU-Cascades -Research graduate schools, requirements, and initiate the application prep-process. -Network and make professional connections
	Total Credits	15	Total Credits	15	Total Credits	15	
Fourth Year	HDFS 410: Human Services Internship HDFS Guided Elective General Elective or Minor Course General Elective or Minor Course  Major courses above not yet completed Complete 180 credits, 60 upper division	6 4 3 3	HDFS 462: Professional Helping Skills HDFS 410: Human Services Internship HDFS Guided Elective  Major courses above not yet completed Complete 180 credits, 60 upper division	4 6 4	HDFS 461: Program Dev. & Proposal Wr. HDFS Guided Elective General Elective or Minor Course General Elective or Minor Course  Major courses above not yet completed Complete 180 credits, 60 upper division	4 3 4 4	-Complete last minute graduate application process. -Begin your job search using VMock to develop you resume. -Continue with research and volunteer opportunities -Plan for Commencement in June!
	Total Credits	16	Total Credits	14	Total Credits	15	

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