

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

COCC Transfer Guide

HDFS Human Services 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 Human Services profession is dedicated to improving the human condition by intervening during crises, preventing future crises, helping people access resources and advocating for change in the systems that affect the lives of those in need. The primary purpose of Human Services is to empower individuals, families and communities to survive, function and thrive, even in the face of adversity. A strength-based philosophy, recognizing the importance of physical, mental and psychological wellness and prevention underpins the multidisciplinary approach of the Human Services option.

Coursework includes family relationships, human development across the lifespan, proposal writing, ethics and human services foundations skills.

Oregon State University Graduation 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 out of last 75 credits must be completed through OSU credits.
- Maintain a 2.0 or better university GPA
- Max 18 course withdraws (W grade)
- Max 11 credits in PAC (Physical Activity Coursework)

HDFS MAJOR Requirements:

- OSU Graduation Requirements
- Baccalaureate Core
- HDFS Major & Option Coursework
- All courses required within the major must be completed with a grade of **C- or higher**.
- First attempt may be completed 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.

Connect with OSU-Cascades Transfer Admissions Advisors for questions:

- <https://osucascades.edu/admissions/admissions-advising>

HDFS- General Option Checklist 2022-2023 Curriculum

BACCALAUREATE CORE Requirements:		
<ul style="list-style-type: none"> ▪ COCC Bacc Core Guide: https://admissions.oregonstate.edu/baccalaureate-core-course-equivalencies-central-oregon-community-college ▪ Transfer students who have an AAOT have all Skills and Perspectives completed. ▪ Students with AAOT still need to complete Synthesis for Bacc Core. 		
Skills	Non-AAOT Track COCC coursework	AAOT Track
Fitness	HHP 295	AAOT Completes
Mathematics (3-4cr)	See COCC Bacc Core guide	AAOT Completes
Writing I (4cr)	WR 121	AAOT Completes
Writing II (3cr)	WR 227 (can double count for HDFS Major)	AAOT Completes
Speech (3cr)	COMM 218 (can double count for HDFS Major)	AAOT Completes
Perspectives: No more than two courses from the same department may be used to satisfy the Perspectives Categories.		
Cultural Diversity (3-4cr)	See COCC Bacc Core guide	AAOT Completes
Literature & Arts (3-4cr)	See COCC Bacc Core guide	AAOT Completes
Soc. Processes & Institutions (3-4cr)	PSY 201, PSY 202 (can double count for HDFS Major)	AAOT Completes
Western Culture (3-4cr)	See COCC Bacc Core guide	AAOT Completes
Physical Science (4cr)	See COCC Bacc Core guide	AAOT Completes
Biological Science (4cr)	See COCC Bacc Core guide	AAOT Completes
Additional Phys or Bio Science (4cr)	See COCC Bacc Core guide	AAOT Completes
Difference, Power, & Discrimination (3cr)	HDFS 201 in Major, OSU only	AAOT Completes
Synthesis: Two courses must be upper division and from different departments to satisfy requirements		
Contemporary Global Issues (3-4cr)	<i>OSU Upper Division Coursework Only</i>	<i>OSU Only</i>
Science, Tech & Society (3-4cr)	<i>OSU Upper Division Coursework Only</i>	<i>OSU Only</i>

Human Development and Family Sciences Requirements		
HDFS CORE OSU-Cascades Courses	HDFS CORE COCC Courses	X
H 100- Intro. to Public Health (4)	HHP 100 – Intro to Public Health (4)	
HDFS 240- Human Sexuality (3)	HHP 231 – Human Sexuality (3)	
HDFS 311-Infant & Child Development (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 313- Adolescent Development (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 314- Adult Development & Aging (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 341- Family Studies (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 360- Critical Thinking in HDFS (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 361- Applied Research Methods (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS Supporting OSU-Cascades Courses	HDFS Supporting COCC Courses	X
COMM 218- Interpersonal Comm. (3)	COMM 218 – Interpersonal Communication (3)	
NUTR 225- General Human Nutrition (3)	FN 225 – Human Nutrition (4)	
PSY 201- General Psychology (3)	PSY 201 – Mind and Brain (4)	
PSY 202- General Psychology (3)	PSY 202 – Mind and Society (4)	
SOC 204- Intro to Sociology (3)	SOC 201 – Intro. to Sociology (4)	
WR 327- Technical Writing (3)	WR 227 – Technical Writing (4)	
ST 351 or ST 201 & ST 202 (4-8)	MTH 243 and MTH 244 (4/4)	

12 credits HDFS Electives: select 5-6 classes from list	HDFS Electives: COCC Courses	X
	ED 140-Introduction to ECE @ COCC (4)	
HDFS 201- Contemporary Families in US (3)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 312- Parenting Research & Appl. (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 331- Directed Experience in EC (3)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 431-Family, School & Community (3)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 432- Children W/ Special Needs (3)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 444- Family Violence & Neglect (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 447- Families & Poverty (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 460- Family Policy (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 465- Special Topics (3)	<i>OSU Only – No Equivalent at COCC</i>	
Human Services Option OSU-Cascades Courses	Human Services Option COCC Courses	X
HDFS 262- Intro. to Human Services (3)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 310- HS Practicum (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 410- HS Internship (12)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 461- Program Dev. & Proposal WR (4)	<i>OSU Only – No Equivalent at COCC</i>	
HDFS 462- Professional Helping Skills (4)	<i>OSU Only – No Equivalent at COCC</i>	