

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

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.
- See College of Public Health and Human Services (PHHS) for Policy details:
health.oregonstate.edu/advising/resources/policies

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- General Option Checklist

2023-2024 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 121Z	
Writing II (4cr)	Fulfilled by Major (WR 227Z)	
Speech (4cr)	Fulfilled by Major (COMM 218Z)	
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 (PSY 201 & PSY 202)	
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)		

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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
- Registration PINs are required each term for HDFS. Plan ahead and contact your advisor to review your plan for next term, at least 3 weeks prior to PHASE 1 Priority Registration.
- Current students with good academic standing and an academic plan entered in **MyDegrees Planner** may receive PIN via email by contacting their advisor to review their plan for next term found on their MyDegrees Planner. To reference how to utilize the planner reference:
media.oregonstate.edu/media/t/1_gI9vorw7
- 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/fag/ecampus-restrictions
- HDFS Practicum & Internships: beav.es/UFq

Human Development and Family Sciences 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 218Z- Interpersonal Comm. (4)			
NUTR 225- General Human Nutrition (3)			
PSY 201- General Psychology (4)			
PSY 202- General Psychology (4)			
SOC 204- Intro to Sociology (3)			
WR 227z- Technical Writing (4)	WR 121 (C-)		
ST 351 or ST 243Z & ST 202 (4-8)	High School Algebra	Suggested Year 2	
12 credits HDFS Electives: select 5-6 classes from list	Pre-reqs/Notes		Grade
ED 140- Intro. to ECE @ COCC (4)			
HDFS 201- Contemporary Families in US (3)			
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/Youth w/ Disabilities (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			
Human Services Option Requirements	Pre-Reqs	Notes	Grade
HDFS 262- Intro. to Human Services (3)		Take 1-2 terms before 310	
HDFS 310- HS Practicum (4)	HDFS 262	Suggested Year 3	
HDFS 469- HS Internship (12)	HDFS 310	Suggested Year 4	
HDFS 461- Program Dev. & Proposal WR (4)	HDFS 360	Suggested Year 4	
HDFS 462- Professional Helping Skills (4)	HDFS 310		