

## 2019-2020 HDFS Curriculum Checklist

### 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 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)
- 124—maximum number of credits that will transfer from a community college
- 45 of last 75 credits must be OSU credits
- Maintain a 2.0 or better university GPA

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<b>BACCALAUREATE CORE Requirements-</b> Complete all Bacc Core using the OSU-Cascades Bacc Core course guide. Students who have an AAOT have all Skills and Perspectives completed. Students with AAOT still need to complete Synthesis requirements.		
Skills	Notes	Grade
Lifetime Fitness	HHS 231	
Lifetime Fitness II	Physical Activity Course (PAC)	
Mathematics		
Writing I	WR 121	
Writing II	Fulfilled by Major (WR327) OK to take freshman/sophomore yr	
Speech	Fulfilled by Major (COMM 218)	
<b>Perspectives:</b> No more than two courses from the same department may be used to satisfy the Perspectives Categories.		
Cultural Diversity		
Literature & Arts		
Soc. Processes & Institutions	Fulfilled by Major	
Western Culture		
Physical Science		
Biological Science		
Additional Phys or Bio Science		
Difference, Power, & Discrim.	HDFS 201 Recommended	
<b>Synthesis:</b> Two courses must be upper division and from different departments to satisfy requirements.		
Contemporary Global Issues	HDFS 447 Recommended	
Science, Tech & Society		
<b>Writing Intensive Course</b>		
WIC	Fulfilled by Major (HDFS 461)	

HDFS CORE	Pre-Reqs	Notes	Grade
H 100- Intro. to Public Health (4)			
HDFS 240- Human Sexuality (3)			
HDFS 311-Infant and Child Development(4)		OK to take sophomore year	
HDFS 313- Adolescent Development (4)		OK to take sophomore year	
HDFS 314- Adult Development & Aging (4)		OK to take sophomore year	
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	Best to take junior year	

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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-)	OK to take freshman yr	
ST 351 or ST 201 & ST 202 (4-8)	HS Algebra	Best to take freshman/soph yr	
HDFS Electives- 12 credits is required	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 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 Poverty (4)			
HDFS 465- Special Topics (3)	Recommended: 6 credits of HDFS, SOC or PSY		
HDFS 399 or HDFS 499 – Special Topics (3)			
HS Option Requirements	Pre-Reqs	Notes	Grade
HDFS 262- Intro. to Human Services (3)		Best to take sophomore yr (or when transferring in)	
HDFS 310- HS Practicum (4)	HDFS 262	Best to take junior yr	
HDFS 410- HS Internship (12)	HDFS 310	Best to take senior yr	
HDFS 461- Program Dev. & Proposal WR (4)	HDFS 360	Best to take senior yr	
HDFS 462- Professional Helping Skills (4)	HDFS 310		

Note: Typically 100-200 level courses taken Freshman/Sophomore year and 300-400 level taken Junior/Senior year unless specified.

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