



Occupational and Life Skills 2014-2015

Associate Degree

Student Name: _____

SID: _____

PROGRAM REQUIREMENTS			REQUESTED SUBSTITUTION/TRANSFER CREDIT					
Course	Course	Credits	College/University	Course	Credits	Grade	Quarter	Year
CORE COURSEWORK								
OLS 100	Nutrition, Health and Fitness I	2						
OLS 101	Nutrition, Health and Fitness II	2						
OLS 102	Human Sexuality	2						
OLS 104	Disability Awareness	2						
OLS 105	Introduction to Communication	2						
OLS 106	Communication in the Workplace	2						
OLS 107	Healthy Relationships	2						
OLS 110	Learning Strategies	2						
OLS 111	Learning Strategies in the College Environment	2						
OLS 112	News for Daily Living	3						
OLS 113	Critical Thinking through Writing	2						
OLS 114	Media Advertising	2						
OLS 120	Personal Finance I	2						
OLS 121	Personal Finance II	2						
OLS 122	Personal Finance III	2						
OLS 123	Environment and Our Community I	2						
OLS 124	Environment and Our Community II	2						
OLS 125	Environment and Our Community III	2						
OLS 126	Cultural Awareness	2						
OLS 130	Critical Thinking through Science	2						
OLS 134	Social Change in America	2						
OLS 136	Citizenship	2						
OLS 140	Introduction to Computers	2						
OLS 141	Computer Fundamentals	2						
OLS 142	Computer Applications in the Workplace	3						
OLS 143	Career Portfolio	2						
OLS 144	Office Procedures and Customer Service	2						
OLS 170	Self Determination	2						
OLS 171	Self Determination in the Workplace	2						
OLS 172	Workplace Problem Solving	2						
OLS 174	Career Exploration	3						
OLS 175	Field Experience I	4						
OLS 176	Field Experience II	4						
OLS 177	Workplace Readiness	2						
OLS 179	Controversial Issues in the Workplace	2						
OLS 180	Independent Study	2						

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*Occupational and Life Skills 2014-2015
Associate Degree (continued)*

Course	Course	Credits	College/University	Course	Credits	Grade	Quarter	Year
Choose 5 credits from the following PE electives:		5						
OLS 150	Strength and Fitness (1 Cr)							
OLS 151	Self Defense for Mind and Body (1 Cr)							
OLS 152	Tai Chi for Mind and Body (1 Cr)							
OLS 153	Qigong for Mind and Body (1 Cr)							
OLS 154	Martial Arts for Mind and Body (1 Cr)							
OLS 155	Yoga for Life Balance (1 Cr)							
Choose 6 credits from the following electives:		6						
OLS 160	Visual Thinking I (2 Cr)							
OLS 161	Visual Thinking II (2 Cr)							
OLS 162	Radio Theatre (2 Cr)							
OLS 163	Critical Thinking through Film (2 Cr)							
OLS 164	Historical Analysis through Film (2 Cr)							
OLS 165	World Culture Analysis through Film (2 Cr)							
OLS 166	Music Appreciation (2 Cr)							
TOTAL		90						

Please complete this form prior to meeting with the Program Chair for signature. Completed form must be submitted to the Evaluations/Graduation Office when applying for graduation.

Program Chair: _____ Date: _____

ADMISSIONS TO THE PROGRAM

The Occupational and Life Skills Associate in Arts degree is a selective-admissions program. To be considered for acceptance into the program, students must follow specific admission guidelines. Current information can be found online at <http://bellevuecollege.edu/ols/index.html>

ASSESSMENT

OLS uses a grading system that measures performance indicators directly related to 21st Century Skills and Bellevue College approved course outcomes. All courses for OLS are graded Pass/Fail. Detailed information can be found online at <http://bellevuecollege.edu/ols/Assessment/Assessment.html>

INTERNSHIPS

The internship experience at OLS is designed to provide a safe and practical environment for students to develop a deeper understanding of the occupational and interpersonal skills they have learned. Detailed information can be found online at <http://bellevuecollege.edu/ols/Internships/Internships.html>

COURSE INFORMATION

The Associate in Occupational and Life Skills (OLS) is a 90-credit degree designed to be completed in four years with a course load of 9 credits per quarter. Course descriptions and sequences can be found online at http://bellevuecollege.edu/ols/Course_Info/Course_info.html

FREQUENTLY ASKED QUESTIONS

Answers to frequently asked questions can be found online at <http://bellevuecollege.edu/ols/FAQ/FAQ.html>

PROGRAM CONTACT INFORMATION

OLS holds informational meetings each quarter for prospective students, families and educators. See the current schedule online at http://bellevuecollege.edu/ols/Learn_More/Visit_Us.html, or contact them at ols@bellevuecollege.edu or 425.564.5207.