



STUDENT NAME		SID #	
PROGRAM CHAIR		DATE	

PROGRAM REQUIREMENTS			Requested Substitution/Transfer Credits (if applicable)			Completed		
Course	Course Title	CR	College/University	Course	CR	Grade	Quarter	Year
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 and Daily Living	3						
OLS 113	Critical Thinking through Writing	2						
OLS 114	Critical Thinking through Media	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	6						
OLS 176	Field Experience II	6						
OLS 177	Workplace Readiness	2						
OLS 179	Controversial Issues in the Workplace	2						
OLS 180	Individual Study	2						
<i>Choose 3 credits from the following PE electives:</i>		3						
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)							
<i>Choose 4 credits from the following electives:</i>		4						
OLS 158	Introduction to Theatre (2 Cr)							
OLS 159	Introduction to Acting (2 Cr)							
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						

Unlike any other program in the nation, Occupational & Life Skills (OLS) is a part-time, 90 credit associate degree program for adults with learning disabilities. Students identify and develop a career pathway, grow interpersonal skills, and gain marketable, workplace ready skills interning with local businesses aligned to their career goals. In the last eight years, 85% of our graduates are employed and 30% enjoy upward career mobility.

OLS creates a guided career pathway for graduating students to become gainfully employed, contributing citizens. The program is specific to their self-identified skills, strengths, and passions, and prepares them for the workforce through courses such as Workplace Readiness, Computer Application in the Workplace, Customer Service, Communication and Career Exploration. In the fourth year, an internship of 200 hours related to that career pathway is completed. Some internships translate into jobs and most students are gainfully employed within three months of graduation. Our goal is to help students attain marketable skills for a successful work life.

During our program, students grow interpersonal skills and take steps toward greater autonomy. Courses in Personal Finance, Cultural Awareness, Nutrition, and Social Change in America help make that possible. The confidence they gain at OLS, both onsite and in the community, help students self-advocate and mature so they can become productive community members.

OLS students are eligible for state and federal financial aid. Students with the greatest financial need may attend with minimal financial contribution.

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 www.bellevuecollege.edu/ols/application-process/

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.

Current information about OLS Internship Information can be found at www.bellevuecollege.edu/ols/discover/internships/

PROGRAM CONTACT INFORMATION

If you're ready to learn more about OLS at Bellevue College, the first step is attending an Information Session. These informative meetings are held for potential students, families, counselors, service providers, and special educators so they can find out more about the OLS experience.

To find out more or to register: www.bellevuecollege.edu/ols/application-process/information-sessions

FOR MOST UP-TO-DATE INFORMATION, GO TO:

www.bellevuecollege.edu/ols

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