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| 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 | 2 | | | | | | |
| 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 8 credits from the following electives:</i> | | 8 | | | | | | |
| OLS 150 | Strength and Fitness (1 Cr) | | | | | | | |
| OLS 152 | Tai Chi for Mind and Body (1 Cr) | | | | | | | |
| OLS 153 | Qigong for Mind and Body (1 Cr) | | | | | | | |
| OLS 155 | Yoga for Life Balance (1 Cr) | | | | | | | |
| OLS 158 | Introduction to Theatre (2 Cr) | | | | | | | |
| OLS 159 | Introduction to Acting (2 Cr) | | | | | | | |
| OLS 160 | Visual Thinking I (2 Cr) | | | | | | | |
| OLS 162 | Podcasts (2 Cr) | | | | | | | |
| OLS 163 | Critical Thinking through Film (2 Cr) | | | | | | | |
| OLS 166 | Music Appreciation (2 Cr) | | | | | | | |
| OLS 167 | Mindfulness (2 Cr) | | | | | | | |
| OLS 168 | Walking and Jogging (1 Cr) | | | | | | | |
| OLS 169 | Apps and Technology (2 Cr) | | | | | | | |
| TOTAL | | 90 | | | | | | |

Unlike any other program in the nation, Occupational & Life Skills (OLS) at Bellevue College is an accredited degree program for adults with learning disabilities. In our uniquely supportive program, students learn to identify and develop a career pathway, grow interpersonal skills, build friendships, and gain marketable, workplace-ready skills. OLS creates a guided pathway for graduating students to become gainfully employed, contributing citizens.

More information is available at www.bellevuecollege.edu/ols/

ADMISSIONS TO THE PROGRAM

The Associate degree program in Occupational and Life Skills has a selective admissions process. To be considered for acceptance into the program, students must take part in the admissions process. Applications and requirements can be found online at www.bellevuecollege.edu/ols/application-process/

INTERNSHIPS

All OLS students complete an internship facilitated by the OLS internship coordinator. 200 hours are required and are completed over six month period in the student's chosen career pathway. Current information about OLS Internships can be found at www.bellevuecollege.edu/ols/discover/internships

PROGRAM CONTACT INFORMATION

The first step is to attend 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 learn more or to RSVP go to www.bellevuecollege.edu/ols/application-process/information-sessions/

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

www.bellevuecollege.edu/ols

NOTES
