

# NorthWest Arkansas Community College

## 2015 Associate Degree Requirements

### Major Emphasis: Occupational Life Skills

Last Name	First Name	Mid. Initial	Student ID Number
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RECOMMENDED SEQUENCE	DATE	COMPLETED	PREREQUISITE (see catalog)	GRADE
<b>FIRST SEMESTER (8 Hours)</b>				
OLS 1103 Learning Strategies	_____	_____	_____	_____
OLS 1112 Computer Fundamentals	_____	_____	_____	_____
OLS 1013 Communication in the Workplace	_____	_____	_____	_____
<b>SECOND SEMESTER (7 Hours)</b>				
OLS 1072 Healthy Relationships	_____	_____	_____	_____
OLS 1302 Critical Thinking through Science	_____	_____	_____	_____
OLS 1433 Self Determination-Career Portfolio	_____	_____	_____	_____
<b>THIRD SEMESTER (8 Hours)</b>				
OLS 1313 Nutrition Health & Fitness	_____	_____	_____	_____
OLS 1323 Critical Thinking through Writing & Media	_____	_____	_____	_____
OLS 1342 Disability Awareness.	_____	_____	_____	_____
<b>FOURTH SEMESTER (7 Hours)</b>				
OLS 1402 Human Sexuality & Body Awareness	_____	_____	_____	_____
OLS 1462 Citizenship	_____	_____	_____	_____
OLS 1442 Career Exploration	_____	_____	_____	_____
OLS xxx1 Physical Education Elective	_____	_____	_____	_____
<b>FIFTH SEMESTER (9 Hours)</b>				
OLS 2113 Environment & Our Community	_____	_____	_____	_____
OLS 2143 Office, Computer & Customer Service	_____	_____	_____	_____
OLS 2443 Self Determination in the Workplace	_____	_____	_____	_____
<b>SIXTH SEMESTER (7 Hours)</b>				
OLS 2213 Personal Finance	_____	_____	_____	_____
OLS 2182 Individual Study	_____	_____	_____	_____
OLS 2212 Social Change & Cultural Awareness	_____	_____	_____	_____
<b>SEVENTH SEMESTER (7 Hours)</b>				
OLS 2314 Field Experience I	_____	_____	_____	_____
OLS 2311 Workplace Readiness	_____	_____	_____	_____
OLS 2322 Controversial Issues in the Workplace	_____	_____	_____	_____
<b>EIGHTH SEMESTER (7 Hours)</b>				
OLS 2414 Field Experience II	_____	_____	_____	_____
OLS xxx1 Physical Education Elective	_____	_____	_____	_____
OLS xxx2 Fine Arts/Humanities Elective	_____	_____	_____	_____
<b>ELECTIVE PHYSICAL EDUCATION COURSES: 3 HOURS REQUIRED FOR OLS DEGREE</b>				
OLS 1501 Strength & Fitness	_____	_____	_____	_____
OLS 1511 Self Defense for Mind & Body	_____	_____	_____	_____
OLS 1521 Tai Chi for Mind & Body	_____	_____	_____	_____
OLS 1531 Qigong for Mind & Body	_____	_____	_____	_____
OLS 1541 Martial Arts for Mind & Body	_____	_____	_____	_____
OLS 1551 Yoga for Life Balance	_____	_____	_____	_____

**ELECTIVE FINE ARTS/HUMANITIES COURSES:4 HOURS REQUIRED FOR OLS DEGREE**

OLS	1582	Introduction to Theater	_____	_____	_____
OLS	1592	Introduction to Acting	_____	_____	_____
OLS	1602	Visual Thinking I	_____	_____	_____
OLS	1612	Visual Thinking II	_____	_____	_____
OLS	1622	Radio Theatre	_____	_____	_____
OLS	1632	Critical Thinking through Film	_____	_____	_____
OLS	1642	Historical Analysis through Film	_____	_____	_____
OLS	1652	World Cultural Analysis Film	_____	_____	_____
OLS	1662	Music Appreciation	_____	_____	_____

**Total Hours: 60**

**OLS Program is by application and admission only. Students must successfully complete internship to graduate.**

**My advisor has explained this degree plan and I understand that I am responsible for following the above guidelines as defined in the**

**Advisor's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Student's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_