



FALL 2019 General Education Requirements for the Associates Degree

Name _____ Student ID _____

Program/Degree _____ Date: _____

Complete at least one course from Areas A – E.	Course	College	Term	Credit
A. PHYSICAL AND LIFE SCIENCES: Complete one course				
AGPS 241, 242; ANTH 201; ASTR *210; BIO *201A, *204, 205, 211, 212, 213, 216, 220, 221, 222, 224; CHEM *201A, *210FL, *211, *231; EET *213; ENVS 200; GEOG 201 (F '18 forward); GEOL *210, *211, 212, 220; METE *212; NUTR 210, 211; OCEN *210, PHYS *205A, *208A; PSCI *210, *211; PSYC *202	A			
B. SOCIAL AND BEHAVIORAL STUDIES: Complete one course				
ANTH 202, <203, 225; AGB *201 (form. ECON 201AG); FTVE (form. BCST) 221, COMM 230, 280; CJ 202; ECE *201; ECON *201A, *201B; HDHS (form. FMST) 212, <213, 214, <215, <218, 219, 270; GEOG 201 (through Sp'18 only), 202; 225, GLST 210, 220; HIST 203A, 203B, 204A, 204B, 207A, 207B, 210, <212, <233, <237, 260; JOUR 200 (form. 201B); LGL <217; POLS 201, 202, 204, 205, 206, 209; PSYC *200, 201, 204, <206, *233; SOC 201A, 201B, <206, <208	B			
C. ARTS AND HUMANITIES: Complete one course				
ARCH 217, 218; ASL 201, *202; ART 200, 203, 204, 205, 207, 208, 209, 210, 220, 221, 240A (form. 240), 244, *270, 271, 280; DRA 200 (form. 201A), 207, 214; ENGL *201B, *205, *206, *212A, *212B, <*213, *215, *216, <*217, *231, 237, 242, *245A, *245B, *246A, *246B; FR 201, *202, *203; GER 201, *202, *203; MUS 201 (form. 239), 235, 236, 237, 238; PHIL 205, 206, 209, 212, 213; SPAN 201, *202, *203	C			
D. COMMUNICATION AND ANALYTICAL THINKING: Complete one course from D1 and one course from D2				
D1: Communications in English. Complete ENGL *201A A "C" grade or better is required in this area.	D1			
D2: Analytical Thinking. Complete one course from: MATH *126B, *127, *128, *220; *229, *230, *231, *232, *236, *242, *247, *255, *265A, *265B, *283, *287; CIS 201, 217, 231; PHIL 208. A "C" grade or better is required in this area.	D2			
E. AMERICAN INSTITUTIONS: Complete one course				
HIST 207A, 207B; POLS 202 (cannot be double counted for Area B)	E			
Legend *Prerequisite required. < Course also meets the Diversity requirement (see back). <u>Underlined courses include a lab.</u>				
Previous Colleges	1	2	3	
Counselor				

Additional Requirements on Back Page

Graduation Requirements:

Health Education Requirement:

After successfully completing this requirement, students will be able to apply a breadth and depth of knowledge that is inclusive of all the dimensions of health, e.g., spiritual, environmental, social, mental and emotional, and physical. The scope and content of the health education course work this requirement provides the student with the knowledge and problem-solving skills essential to evaluate health literature, analyze personal health risks and promote lifestyle choices. This preparation empowers the student to make relevant choices applicable to their genetic, environmental, and health risk factors that ultimately optimize mind/body/spirit health over a lifetime.

- Descriptive and discussion content of the major chronic diseases in the United States.
- Evaluation of individual risk factors for chronic diseases from a genetic, environmental, and lifestyle perspective.
- Descriptive and discussion content about communicable diseases/infections (e.g., STI's, Hepatitis C) including symptoms and prevention.
- Analyzing the influence of environmental and nutritional concepts on food choices.
- Relating diet, exercise, and stress management to prevention of diseases and psychological well-being.
- Developing an appropriate physical fitness program that includes cardiovascular conditioning, muscle strength and endurance training, and flexibility.
- Examining the relationship between values and beliefs and mental health. Utilize this relationship to create effective interpersonal communication in relationships, coping, prevention of addictive behaviors and personal safety.
- Analyze and apply spiritual concepts to improve health and wellness.

Complete one course: HEED 202 or 203 or 208 or 210

Note: HEED 203 or 208 will satisfy both the Health Education and the Diversity Requirement.

The following degree or certificate will also satisfy the Health Education Requirement:

A.S., Nursing, Registered; C.A., Nursing, Registered (30 Credit Option); or possession of a DD214 (Certificate of Release of Discharge from Active Duty)

COURSE COMPLETED AT: _____ **COURSE** _____ **TERM** _____ **CREDITS** _____

Diversity Requirement:

After successfully completing the requirement, students will be able to identify, assess, and challenge biased assumptions and behaviors of individuals and societal institutions; analyze inter-group relations within categories of identity, such as race, ethnicity, gender, religion, sexual orientation, class, ability, nationality, or age; and examine struggles of non-dominant groups for power, justice, and access to resources. **Complete one course:**

ANTH <203, 220; **BUS** 260; **COMM** 212; **CJ** 224, **ECE** 215; **ENGL** <*213, <*217, **HDHS (form. FMST)** <213, <215, <218; **HEED** 203, 208; **HIST** <212, <233, <237; **LGL** <217; **NUTR** 222; **PSYC** <206; **SOC** 202, <206, <208.

Note: HEED 203 or 208 will satisfy both the Diversity and the Health Education requirement. The symbol "<" denotes that the course will also satisfy a general education requirement (See page 1).

The following degree or certificate will also satisfy the Diversity Requirement:

A.S., Nursing, Registered; C.A., Nursing, Registered (30 Credit Option), or possession of a DD214 (Certificate of Release of Discharge from Active Duty)

COURSE COMPLETED AT: _____ **COURSE** _____ **TERM** _____ **CREDITS** _____

Are You Ready To Apply for Your Associates Degree?

	YES	NO
1. 60 Associate Degree applicable semester credits		
2. 18 credits minimum of General Education, with an overall GPA of 2.0 in GE coursework		
3. A minimum of 12 credits completed in residence at Cuesta College		
4. A minimum cumulative grade point average of 2.0 in all degree applicable course work		
5. Health Education Requirement		
6. Diversity Requirement		
7. Official transcripts from all postsecondary institutions on file with the Evaluations Office		
8. Completion of an approved Associates degree pattern, with a "C" grade or better in each course required for the major		