



Fall 2012

GENERAL EDUCATION AND GRADUATION REQUIREMENTS FOR THE ASSOCIATE DEGREE

Name _____ Student ID # _____ Official Eval _____ Unofficial Eval _____

Program/Designated Degree _____

GENERAL EDUCATION REQUIREMENTS:

(Complete at least one course from Areas A – E.)

	Course	College	Term	Credit
A. PHYSICAL AND LIFE SCIENCES: Complete one course Anthropology 201; Astronomy *210; Biology *201A, *204, 205, 211, 212, 213, 216, 220, 221, 222, 224; Chemistry *201A, *210, *210FL, *211; Electronics Technology *213; Geology *210, *211, 212, 220; Nutrition 210, 211; Oceanography *210, *212; Physical Science *201A, *201B; Physics *205A, *208A, *210, *130; Psychology *202				
B. SOCIAL AND BEHAVIORAL STUDIES: Complete one course Anthropology 202, <203, 225; Criminal Justice 202; Early Childhood Education *201; Economics *201A, 201B; Family Studies 212, <213, 214, <215, 270; Geography 201, 202; History 203A, 203B, 204A, 204B, 207A, 207B, 208A, 208B, 210, 212, 219, 233, 235, <237, <239, 260; Legal <217; Political Science 201, 202, 204, 205, 206, 209; Psychology 201, <206, *233; Sociology 201A, 201B, <206, <208				
C. ARTS AND HUMANITIES: Complete one course American Sign Language 215A, *215B, *215C, *215D; Art 200, 203, 204, 205, 206, 220, 221, 240, *270, 271, 280; Drama 201A, 205, 206, 207; English *201B, *205, *206, *212A, *212B, <*213, *215, *216, <*217, *231, *244A, *244B, *246A, *246B; French 201, *202, *203; German 201, *202, *203; Interior Design 282; Music *230A, *230B, 235, 237, 238, 239; Philosophy 205, 206, 209, 212, 213; Spanish 201, *202, *203; Communication 202A				
D. COMMUNICATION AND ANALYTICAL THINKING: Complete one course from D1 and one course from D2 Students who have been in attendance at Cuesta or any regionally accredited institution prior to Fall 2009 should see a Cuesta counselor to establish catalog rights regarding competency requirements. Competency in reading, written expression, and mathematics must be demonstrated. The reading and written expression competency requirement is satisfied by completing English 201A, or an equivalent college level writing course with a grade of "C" or better. The mathematics competency requirement is satisfied in one of two ways: 1) Completing Math 124 or 126B or 127, or a higher college level mathematics course, with a grade of "C" or better, or 2) Demonstrating proficiency in intermediate algebra by scoring at the appropriate level on the Mathematics Assessment (Accuplacer) Test. D1: Communications in English. Complete English *201A D2: Analytical Thinking. Complete one course from: Math *124, *126B, *127, *229, *230, *231, *232, *236, *242, *247, *255, *265A, *265B, *283, *287; CIS 201, 217, 231; EET *216 (formerly ETCH 216); Philosophy 208 (Note: Students who satisfy Area D2 with a course from outside of the Math department must also satisfy the Math competency requirement –see above).				
E. AMERICAN INSTITUTIONS: Complete one course History 207A, 207B; Political Science 202 (cannot be double counted for Area B)				

General Education and Degree requirements are subject to annual revision. For a complete listing of available Associate Degrees, check with Counseling Services, or access the current college catalog at www.cuesta.edu.

Legend * Prerequisite required. < Course also meets the Diversity requirement (see back). Underlined courses include a lab.

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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: Health Education 202 or 203 or 208 or 210

Note: Health Education 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; C.A., Nursing, Registered (30 Credit Option)

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:**

Anthropology <203, 220; **Business** 260; **Criminal Justice** 224, **Early Childhood Education** 215; **English** <*213, <*217, **Family Studies** <213, <215; **Health Education** 203, 208; **History** <237, <239; **Legal** <217; **Nutrition** 222; **Psychology** <206; **Sociology** 202, <206, <208; **Communication** 212.

Note: Health Education 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; CA., Nursing, Registered; C.A., Nursing, Registered (30 Credit Option)

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

Are You Ready To Apply for Your Associates Degree?

YES NO

Are You Ready To Apply for Your Associates Degree?	YES	NO
1. 60 Associate Degree applicable term credits, minimum		
2. 18 term credits of General Education, minimum (see page 1)		
3. A minimum of 12 credits completed in residence at Cuesta College		
4. A minimum cumulative grade point average of 2.0		
5. Math Competency (Area D2, page 1)		
6. English Competency (Area D1, page 1)		
7. Health Education Requirement (page 2)		
8. Diversity Requirement (page 2)		
9. A Designated Degree may be earned by completing a specific course of study. Please consult the Cuesta College catalog.		
10. Official transcripts from all postsecondary institutions are on file with the Evaluations Office		

Counselor _____

Date _____