



**FALL 2016 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
<b>A. PHYSICAL AND LIFE SCIENCES: Complete one course</b>				
ANTH 201; ASTR *210; <u>BIO *201A, *204, 205, 211, 212, 213, 216, 220, 221, 222, 224</u> ; CHEM *201A, *210FL, *211; EET *213; GEOL *210, *211, 212, 220; METE *212; NUTR 210, 211; OCEN *210, PHYS *205A, *208A; PSYC *202	A			
<b>B. SOCIAL AND BEHAVIORAL STUDIES: Complete one course</b>				
ANTH 202, <203, 225; FTVE (form. BCST) 221, COMM 230, 280; CJ 202; ECE *201; ECON *201A, *201AG, *201B; FMST 212, <213, 214, <215, <218, 270; GEOG 201, 202; HIST 203A, 203B, 204A, 204B, 207A, 207B, 210, <212, <233, <237, <239, 260; LGL <217; POLS 201, 202, 204, 205, 206, 209; PSYC *200, 201, <206, *233; SOC 201A, 201B, <206, <208	B			
<b>C. ARTS AND HUMANITIES: Complete one course</b>				
ASL 201, *202; ART 200, 203, 204, 205, 207, 208, 209, 210, 220, 221, 240, 244, *270, 271, 280; DRA 200 (form. 201A), 207, 214; ENGL *201B, *205, *206, *212A, *212B, <*213, *215, *216, <*217, *231, 237, *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			
<b>D. COMMUNICATION AND ANALYTICAL THINKING: Complete one course from D1 and one course from D2</b>				
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. <b>The reading and written expression competency requirement is satisfied by completing ENGL 201A, or an equivalent college level writing course with a grade of "C" or better.</b> <b>The mathematics competency requirement is satisfied in one of two ways:</b> 1) Completing MATH 126B, 127, 128, 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 Cuesta Mathematics Assessment Test				
<b>D1: Communications in English. Complete ENGL *201A</b>	D1			
<b>D2: Analytical Thinking. Complete one course from: MATH *126B, *127, *128, *229, *230, *231, *232, *236, *242, *247, *255, *265A, *265B, *283, *287; CIS 201, 217, 231; EET *216; PHIL 208</b>  Note: Students who satisfy Area D2 with a course from outside of the Math department must also satisfy the Math competency requirement –see above.	D2			
<b>E. AMERICAN INSTITUTIONS: Complete one course</b>				
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				

## 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; 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:**

**ANTH** <203, 220; **BUS** 260; **COMM** 212; **CJ** 224, **ECE** 215; **ENGL** <\*213, <\*217, **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; 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**

<b>Are You Ready To Apply for Your Associates Degree?</b>	<b>YES</b>	<b>NO</b>
1. 60 Associate Degree applicable semester credits		
2. 18 credits of General Education, (see page 1), 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. 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. Completion of a Designated Degree (A.A. or A.S.) pattern, with a "C" grade or better in each course required for the major.		
10. Official transcripts from all postsecondary institutions on file with the Evaluations Office		