

Student Name: _____	SID: _____	Date: _____
Degree Requirements (Common Course Numbering courses are in BOLDFACE italics)		Credits Earned
1. Communication Skills (20 credits)		Credits Needed
English – ENGL& 101 (ENGL 101)		5
ENGL 103 or 104		5
Communication Studies – CMST& 220 (SPCH 121)		10
2. Quantitative Skills (5 cr.)		
Computer Science – CS 142, 143, 210, 211		
Mathematics – MATH& 107, 141 (111), 142 (112), 146 (Math 108, BA 215), 151 (124), 152 (125), 153 (126)		
3. Physical Education (3 cr.)		
Required: PE 100 and two different activities courses (PE 200, 204, 205 not included):		
PE 101-115, 117, 120-122, 125, 127, 129, 131-133, 135-150, 156-162, 164, 167, 169, 170, 181, 208-210, 231-237, 239, 261, SMART		
		Physical Education - Remaining credits:
		3
4. Learning Into Action (1 cr.)		
Required: one LIA credit . LIA is a one credit (30 hour) course, under sponsorship of a faculty member. Complete 45 credits prior to taking LIA.		
		Learning Into Action - Remaining credit:
		1
5. Integrative Learning Experiences		
Required: three Integrative Learning Experiences . Complete any combination of English Linked and/or Learning Community classes.		
		First Integrative Experience - Remaining:
		1
		Second Integrative Experience - Remaining:
		1
		Third Integrative Experience - Remaining:
		1
6. Intensive Course Distribution		
Required: two courses, each with different Skills designations .		
1. Writing (W), or (R) if taken in a learning community.		
2. Reading (B), or (K) if taken in a learning community.		
3. Speech (S), or (P) if taken in a learning community		
4. Quantitative (Q), or (M) if taken in a learning community		
		Intensive Courses - Remaining:
		2
7. Diversity Course Requirement		
Required: one course identified with a Diversity designation		
		Diversity Course Remaining:
		1
8. Distribution Requirements (45 credits minimum) Select credits from the following three areas of study		
A. Studies in the Natural World (15 cr.)		
Select courses from at least two of the following disciplines, with no more than 10 credits from any one discipline. No more than 5 credits in Math or Natural Science. One lab science must also be included in the courses selected (* indicates a lab course).		
Astronomy – ASTR& 100 (EASC 120), & 101* (EASC 121*)		
Biological Sciences – BIOL&100* (100*) or 211* (101*), 212* (102*), 213* (103*), 260* (215*), BIOL 105*, 107, 111*, 133*, 190, 205*, 224		
Chemistry - CHEM& 105 (100), 110* , 121* (131*), 131* (132), 161* (141*), 162* (142*), 163* (143*), 241* (230*), 242* (231*), 243* (232*), 251* , 252*		
Earth Science – EASC 102*, 111*, (see also ASTR, GEOL, OCEA)		
Environmental Conservation – ENVC 202, 245*		
Geology – GEOL& 100 (EASC 100), 101* (EASC 103*), 110* (EASC 201*) 208* (EASC 203*)		
Mathematics – MATH& 107 (107), 141 (111), 142 (112), 146 (108, BA 215), 148 (142), 151 (124), 152 (125), 153 (126)		
Natural Science – NASC 100*		
Nutrition – NUTR& 101 (119)		
Oceanography – OCEA& 101* (EASC 105*)		
Physics – PHYS& 100 , (101), 111*, 121* (104*), 122* (105*), 123* (106*), 221* (217*), 222* (218*), 223* (219*)		
		Studies in the Natural World - Remaining credits:
		15
B. Studies in Culture (15 cr.)		
Select courses from at least two of the following disciplines, with no more than 10 credits from one discipline.		
Anthropology – ANTH& 200 (200) 204 (160), 205 (101), 206 (102), 234 (210)		
Business Administration – BUS& 101 (131), 201 (213), BA 200, 241		
Criminal Justice – CJ& 101 (AJ 100), 111 (AJ 110),		
Computer Science – CS 101		
Early Childhood Education – ECE 100		
Economics – ECON& 201 (202), 202 (201), ECON 101, 104, 150,		
Education - EDUC& 121 (ECE 220), 122 (ECE 225) 202 (200),		
Ethnic Studies – ETHNC 100, 111, 112, 120, 130, 201		
Geography – GEOG 100, 200		
History – HIST& 116 (111), 117 (112), 118 (113), 126 (101), 127 (102), 128 (103), 146 (131), 147 (132), 148 (133), 214 (264), 219 (ETHC 110)		
HIST 121, 220, 242, 270		
International Studies – IS 201, 202		
Political Science – POLS& 101 (101), 202 (202), 203 (203) POSC 200, POSC 201, POSC 204		
Psychology – PSYC& 100 , 180 (117), 200 (110), 220 (101), PYSC 205		
Social Science – SOSOC 100, 101, 110, 190		
Sociology – SOC& 101 (110), 201 (111), 204 (201) SOC 112, 206		
		Studies in Culture - Remaining credits:
		15

C. Studies in the Arts (15 cr.)		
<i>Required: CMST &102 (MEDIA 101)</i>		
Select additional courses from at least two of the following disciplines, with no more than 5 credits total from any one discipline.		
No more than 5 credits may be in 100-level/first-year world languages. No more than 5 credits may be in performance/skills studio courses. (* Indicates first year world language and performance/skills studio courses)		
Art – ART 101*, 111*, 141, 142, 143, 144, 150, 181*,184*, 241*		
Communications – CMST 105(SPCH 105), 141(SPCH 141), 205(SPCH 205)		
Drama – DRMA& 101 (THTR 101), DRMA(THTR) 133*, 134*, 136(146), 236, 237, 238		
English – ENGL& 112 (LIT 112), 113 (LIT 111), 114 (THTR 131), 220 (THTR 145), 236 (201), 254 (LIT 240)		
ENGL 115(LIT 113), 202, 234, 235, 239, 247(LIT 230), 250, 283		
Ethnic Studies – ETHNC 210		
Humanities – HUM& 101 , 116 (110), 117 (111), 118 (112)		
Music – MUSC 100, 105 (121), 124(MUS 122), 125(123), 126(124), 127, 128 (126), 129(125), 137*(131), 138*(132), 141 (101)		
Philosophy – PHIL& 101 (100), 106 (111), PHIL 140, 215		
World Languages: (maximum 5 credits at 100-level will count in the Arts)		
American Sign Language – ASL& 121* (101), 122* (102), 123* (103)		
Chinese – CHIN& 121* (101), 122* (102), 123* 103), 221 (201), 222 (202), 223 (203)		
French – FREN& 121* (101), 122* (102), 123* (103), 221 (201), 222 (202), 223 (203)		
Greek – GREEK 121*(101), 122*(102), 123*(103)		
Japanese – JAPN& 121* (101), 122* (102), 123* (103), 221 (201), 222 (202), 223 (203)		
Lushootseed/Salish – LUSED 121*(101), 121*(102), 123*(103), 221(201), 222(202), 223(203)		
Spanish – SPAN& 121* (101), 122* (102), 123* (103), 221 (201), 222 (202), 223 (203)		
		Studies in the Arts - Remaining credits:
		15
9. Electives		
<i>Additional elective courses at the 100-level or above (except WMATH 100) selected from distribution areas or counseling office elective list to total 90 credits. No more than 14 credits from gray area electives - see below.</i>		
<i>Required: CMST &230 (SPCH 126)</i>		
		<i>Electives credits Earned:</i>
		<i>Elective credits - Remaining:</i>
		<i>Earned</i>
		<i>Required</i>
		Total Degree Credits:
		90
Gray Area Elective credits include but are not limited to the following:		
Agriculture // Allied Health Education // Automotive Technology	Multimedia & Interactive Technology // Nursing	
Business: BUS 112, 212 // Business Management // College Success Skills	Office Administration & Accounting Technologies	
Computer Information Systems // Communication Studies 125	Paralegal // Pharmacy Technician // Physical Education	
Criminal Justice: except CJ& 101(AJ 100), &105(AJ 112), &110 (AJ 201), CJ 130, 201	Political Science 131, 132 // Psychology 104, 105, 107// Reading	
Culinary Arts & Hospitality Management // Diesel Power Technology // Dialysis Technician	Social Science 113, 125, 131,132 // Technical Education	
Early Childhood Education: except ECE 100 // Education Paraprofessional: except	Telecommunications Network Technology	
EDUC& 121(ECE 220), &122(ECE 225), &202(EDUC 200) // Electronics Technology	Truck Driver Training // Welding Technology	
English 170 // Environmental Conservation: except ENVC 202, 245	Any class taken as CLEP or DANTES or for military credit	
Family Life // Firefighter Protection Technology // Geographic Information Systems	Any independent study or workshop.	
Human Services: except HSERV 141 // Journalism: beyond two credits of applied news writing	Any SVC co-op 199 or LIA 299 class	
Library // Marine Maintenance Technology		
Media Communications: except 101 // Mechatronics // Medical Assistant		
	NOTE: Classes that are repeated -- for example PE activities, music performance, English 101 -- may be completed once for credit. Repeat classes will be considered as *gray area electives.	