

General Studies Checklist

Foundational Skills

Written Comm & Information Literacy (6)

- ENGL 121: Intro to Writing (3)
- ENGL 122: Intro to Research (3)
- Writing in the Disciplines (WD)
Cognate (3)

*ENGL 223 required for bulletins prior to
2024-2025

Oral Communication (Choose one)

- SPCH 101: Speech Comm (4)
- SPCH 207: Small Group Comm (4)

Foundations of Faith (Choose one)

- RELB 104: Ministry of Jesus (4)
- RELB 111: Messages of the OT (4)
- RELB 231: Exploring the NT (4)

Physical Education (2) (choose two from PEAC 113-198)

- PEAC (1)
- PEAC (1)

Quantitative Reasoning (Choose one—see major)

- MATH 105: Math for Liberal Arts (4)
- MATH 106: Intro to Stats (4)
- MATH 214: Math for Elementary Teachers (4)
- MATH 121: Precalculus (4)
- MATH 171: Calculus I (4)
- MATH 198: (Transfer Course)

Ways of Knowing

Humanities (Choose one)

- ART 251: Intro to Art (4)
- ENGL 204: Intro to Lit (4)
- ENGL 210, 211, or 212: Lit Survey (4)
- ENGL 274: England Study Tour (4)
- FILM 215: Intro to Film Lit (4)
- MUHL 124: Intro to Music (4)
- PHIL 204: Critical Reasoning (4)
- PHIL 205: Intro to Philosophy (4)
- XXXX 198 (Transfer Course)

History (Choose one)

- HIST 121 or 122: West & the World (4)
- HIST 221 or 222: History of the US (4)
- HIST 240: Middle Eastern History (4)
- HIST 274: England Study Tour (4)
- HIST 275: History of England (4)
- HIST 283: Latin America (4)
- HIST 198 (Transfer Course)

Social Science (Choose one)

- ANTH 225: Cultural Anthropology (4)
- PSYC 130: General Psychology (4)
- PSYC 140: Social Foundations (4)
- PSYC 141: Biological Foundations (4)
- PSYC 217: Psych of Learning (4)
- SOCI 204: General Sociology (4)
- XXXX 198 (Transfer Course)

Natural Science (Choose one—see major)

- BIOL 105 or 106: Contemporary Bio (4)
- BIOL 121: Anatomy & Physiology (4)
- BIOL 141: General Biology (4)
- CHEM 105: Survey of Chemistry (5)
- CHEM 141/144: General Chem + Lab (4)
- PHYS 201/204: Conceptual Phys + Lab (4)
- PHYS 211/214: General Phys + Lab (4)
- PHYS 251/254: Principles of Phys + Lab (4)
- XXXX 198 (Transfer Course)

Religion and Theology (7-8)

(Choose one from each category)

Category 1- Exploring Scripture

- RELB 302: Pentateuch (4)
- RELB 303: OT Psalms, Stories... (4)
- RELB 304: Hebrew Prophets (4)
- RELB 312: Daniel & Jeremiah (4)
- RELB 313: Revelation (4)
- RELB 337: Jesus & the Gospels (4)
- RELB 340: Acts and NT Letters (4)
- RELB 362: Paul and the Gospel (4)
- RELB 408: The Bible and the Human Cond. (4)

Category 2: Exploring SDA Life and Thought

- RELT 110: Intro to SDA Belief (4)
- RELT 202: Christian Beliefs (4)
- RELT 417: Prophetic Inspiration (3)
- RELH 457: History of Adventism (3)

Ways of Engaging

Engaging the Arts (Choose one)

- ART 324, 325, or 326: Hist of Art (3)
- DRMA 101: Intro to Theatre (3)
- DRMA/ENGL 363: Hist of Theatre (4)
- ENGL 214: Themes in Lit (4)
- ENGL 358: Classical Lit (4)
- ENGL 359: World Lit (4)
- ENGL 360: Shakespeare Festival (2)
- ENGL 374 (Elementary Ed Only) (4)
- ENGL 474: England Study Tour (4)
- MUHL 310: Great Composers (3)
- WRIT 324: Creative Non-Fiction (4)
- WRIT 334: Poetry Writing (4)
- WRIT 344: Short Fiction Writing (4)

Engaging History & Philosophy (Choose one)

- HIST 242: Modern East Asia (4)
- HIST 254: History of Christianity (4)
- HIST 257: Voices in African History (4)
- HIST 267: The Black Experience (4)
- HIST 305: Ancient Near East Emps (4)
- HIST 306: Classical Greece & Rome (4)
- HIST 307: Reform & Revolt (4)
- HIST 320: Archaeology & Empire (4)
- HIST 354: Am. Hist & Visual Culture (4)
- HIST 355: The Atlantic World (4)
- HIST 359: The American Economy (4)
- HIST 386 (Education Majors Only) (4)
- HIST 434 Women/Ancient World (4)
- HIST 437: Medieval & Ren Europe (4)
- HIST 448: Becoming America (4)
- HIST 450: U.S. Foreign Policy (4)
- HIST 463: Women & Society (4)
- HIST 474: England Study Tour (4)
- PHIL 305: Moral Philosophy (4)

Engaging Faith (Select 6-7 hours from below or classes not yet taken from Ways of Knowing: Religion & Theology for a total of 18 religion credits)

- RELB 105: Sermon on the Mount (2)
- RELB 106: Parables of Jesus (2)
- RELB 274/474: Holy Lands Study Tour (4)
- RELB 306: Bible & its Transl. (2)
- RELB 307: Creation & the Bible (2)
- RELB 333: Biblical Per./Healing (4)
- RELB 339: Luke-Acts (4)
- RELB 345: Biblical Narratives (4)
- RELB 382P: NT Biographies (3)
- RELB 410: Women in the Bible (2)

- RELB 421P: Interpreting the Bible (4)
- RELB 464: Living Faith: Gen. Epistles (2)
- RELB 465: Living Faith: Prison Epistles (2)
- RELH 205: Biblical Archaeology (4)
- RELH 303: World Religions (4)
- RELH 425: Psychology of Religion (3)
- RELM 233: Cross-Cultural Ministry (3)
- RELT 326: Spirituality & Discipleship (4)
- RELT 340: (Portland Campus Only) (3-4)
- RELT 342: Issues of God and Faith (2)
- RELT 348: Christian Ethics (4)
- RELT 402: Human Forgiveness (2)
- RELT 412: Philosophy of Religion (4)

Engaging Science & Data (Choose one)

- MATH 215: Data Analysis
- CPTR 230: Computing for Insight (4)
- ENVI 385: Envir. Stewardship (4)
- PHIL 407: Philosophy of Science (4)
- Second quarter of any lab science (4)

Engaging Society (Choose one)

- COMM 145: Media & Culture (4)
- CPTR 308: Ethical Issues for Comp. (4)
- ECON 210: Prin of Microeconomics (4)
- ECON 211: Prin of Macroeconomics (4)
- ECON 220: Prin of Global Dev (4)
- ECON 359: The American Economy (4)
- EDUC 444 (Education Majors Only) (4)
- FINA 101: Personal Finance (4)
- FINA 325: Investments (4)
- GBUS 270: Business Communication (4)
- GBUS 361: Business Law I (4)
- HLTH 110: Wellness for Living (3)
- HLTH 220: Human Nutrition (4)
- LANG 406: Language and Culture (3)
- MGMT 463: Business Ethics (4)
- PHIL 440: Social/Political Philosophy (4)
- PLSC 224: American Government (4)
- PSYC 344: Social Psychology (4)
- SOCI 225: Marriage & Family Life (2)
- SOCI 234: Current Social Problems (4)
- SOCI 236: Privilege & Oppression (4)
- SOCI 420: Immigration & Identity (4)
- SOWK 260 or 261: Human Behavior (4)
- SPCH 341: Argumentation (4)
- SPCH 443: Persuasion (4)
- TECH 321: Technology & Society (4)
- One quarter of Foreign Language (4)*

*See separate Language requirements for BA