**FALL SEMESTER**

**YEAR 1**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Lower Division</th>
<th>Upper Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>COR101</td>
<td>Foundation/Liberal Arts Tradition</td>
<td>3.00</td>
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</tr>
<tr>
<td>HST101</td>
<td>Western Civilization</td>
<td>3.00</td>
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</tr>
<tr>
<td>PSY101</td>
<td>General Psychology</td>
<td>3.00</td>
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<tr>
<td>SOC101</td>
<td>Principles of Sociology</td>
<td>3.00</td>
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<tr>
<td>SWK205</td>
<td>Intro to Social Work</td>
<td>3.00</td>
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**SPRING SEMESTER**

**YEAR 1**

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<tbody>
<tr>
<td>COM101</td>
<td>Speech Communication</td>
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<tr>
<td>COR101</td>
<td>Cross Cultural</td>
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<tr>
<td>ENG105</td>
<td>Research and Writing</td>
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<tr>
<td>HPR101</td>
<td>Wellness: Basic Concepts</td>
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<td>HPR102</td>
<td>Lab Science</td>
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**YEAR 2**

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<td>Fine Arts</td>
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<td>HPRA</td>
<td>Activity</td>
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<td>SOC202</td>
<td>Statistics</td>
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<td>SOC271</td>
<td>Professional Seminar I</td>
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**YEAR 3**

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<tbody>
<tr>
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<td>SOC210</td>
<td>Research Methods</td>
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<td>SOC371</td>
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**YEAR 4**

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<tr>
<td>COR401</td>
<td>Capstone Seminar</td>
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<td>CRJ, SOC, or SWK Upper Division Elective</td>
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<td>SOC380</td>
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<tr>
<td>Elective</td>
<td>Elective</td>
<td>3.00</td>
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<td>Upper Division Elective</td>
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<td><strong>11.00</strong></td>
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**OVERALL TOTAL CREDITS:** 127.00

**Year**  **Lower Division**  **Upper Division**

| One      | 29.00 | 0.00  |
| Two      | 28.00 | 3.00  |
| Three    | 18.00 | 15.00 |
| Four     | 12.00 | 22.00 |
| **Total Credits** | **87.00** | **40.00** |

**Note:** Variations to this four year plan are likely as this is a sample course of study. You and your advisor will determine the course of study that works best for your specific situation. Please note transfer, dual, AP and CLEP credit; withdrawn or failed courses; and developmental courses are not accounted for in this plan.

FALL 2013