

PLAN B: CSU GENERAL EDUCATION REQUIREMENTS

Plan B is designed primarily for students who will transfer to a California State University (CSU) campus and are not interested in attending a University of California campus. Students may use this plan to combine completion of both the Associate of Arts general education requirement, with one caveat, and the CSU General Education Certification pattern. Students should see a counselor for advice on selecting the A.A. general education plan that in combination with a major will best match their educational and career goals.

To earn an Associate of Arts degree using Plan B, students must complete a minimum of 60 degree applicable units with an overall grade point average of "C" (2.0) or higher, which must include the specified general education requirements and designated courses for a major. The Health and Wellness Proficiency requirement must be completed (See description in Plan A).

However, a student may not use Plan B to fulfill the Math Proficiency Requirement for a local, regular (non-AAT/AST) degree if they have taken FIN 125M Personal Finance, Personal Finance. They would have to meet one of the criteria specified in the Math Proficiency Requirement section for Plan A. Students should consult with a counselor if they have questions about this.

If a student wishes only to transfer and is not seeking an A.A. degree, there are no proficiencies required for CSU GE certification. Credits from international transcripts will not be used to certify general education requirements for transfer. Please see a counselor for more information.

It should be noted that completion of the CSU General Education Certification is not required for admission to the CSU nor is it the only way to fulfill the lower division general education requirements. Depending upon the student's major, it may be advantageous to complete the requirements of the specific campus the student plans to attend.

California State University General Education Certification Requirements

A maximum of 39 units is required to fulfill the CSU lower division general education requirements, with the units to be distributed as follows: Nine (9) units in Area A; nine (9) units in Areas B, and C; six (6) units in Area D; three (3) units in Area E; and three (3) units in Area F.

A letter grade of "C" or higher is required in Oral Communication, Written Communication, Critical Thinking, and Mathematical Concepts.

Note: Courses appearing in more than one category may be used to satisfy only one category. Such courses are marked with an ¹.

A. Area A Communications: 9 Units Minimum.

Must take one course from category 1, 2, 3

1. Oral Communication

Code Number	Course Title	Credits
COMM 100	Introduction to Communications Studies	3.0
COMM 120	Interpersonal Communication	3.0
COMM 125	Organizational Communication	3.0
COMM 130	Public Speaking	3.0
COMM 132	Small Group Communication	3.0

2. Written Communication

Code Number	Course Title	Credits
ENGL 100	Freshman Composition	4.0
ENGL 100S	Enhanced Freshman Composition	4.5
ESL 180	College Composition for Multilingual Students	5.0

3. Critical Thinking

Code Number	Course Title	Credits
COMM 103	Argumentation, Persuasion, and Critical Thinking	3.0
ENGL 103	Critical Thinking and Argumentative Writing	4.0
ENGL 110	Critical Thinking Through Literature	4.0
PHIL 103	Philosophical Reasoning: Critical Thinking in Philosophy	3.0
PHIL 106	Introduction to Logic	3.0
PSYC 103	Critical Thinking In Psychology	3.0
READ 103	Critical Thinking and Academic Literacy	3.0

B. Area B Natural Science & Mathematics: 9 Units Minimum.

Take a course from category 1, 2, and 3. AT LEAST ONE LABORATORY (LAB) MUST BE INCLUDED IN CATEGORY A or CATEGORY B.

1. Physical Sciences

Code Number	Course Title	Credits
ASTR 102	Introductory Astronomy: Stars and the Universe	3.0
ASTR 103	Introductory Astronomy: The Solar System	3.0
ASTR 104	Life in the Universe	3.0
ASTR 105L	Observational Astronomy (lab)	1.0
ASTR 106	History of Astronomy	3.0
CHEM 100	Introductory Chemistry (lab)	4.0
CHEM 101	Chemistry in Society	3.0
CHEM 101L	Chemistry in Society Lab (lab)	1.0
CHEM 110	Elementary Chemistry (lab)	4.0
CHEM 111	General Chemistry (lab)	5.0
CHEM 112	General Chemistry (lab)	5.0
ESCI 104	Oceanography	3.0
ESCI 104L	Oceanography Laboratory (lab)	1.0
ESCI 106	Weather and Climate	3.0
ESCI 106L	Weather and Climate Laboratory (lab)	1.0
ESCI 110	Introduction To Earth Science (lab)	4.0
GEOG 101	Physical Geography	3.0
GEOG 101L	Physical Geography Laboratory (lab)	1.0
GEOG 103	Environmental Geography	3.0
GEOG 115	Physical Geography with Laboratory (lab)	4.0
GEOL 101	Physical Geology (lab)	4.0
GEOL 102	Physical Geology Lecture	3.0
GEOL 102L	Physical Geology Laboratory	1.0
GEOL 103	Environmental Geology Lecture	3.0
GEOL 103L	Environmental Geology Laboratory	1.0
GEOL 104	Environmental Geology (lab)	4.0

GEOL 106	Geology of the Solar System: Planets and Moons	3.0
GEOL 201	Earth History (lab)	4.0
GEOL 204	Geology of the Western National Parks and Monuments	3.0
GEOL 207	Paleontology, Life of the Past (lab)	4.0
GEOL 208	The Age of the Dinosaurs	3.0
GEOL 209	Natural Disasters	3.0
PS 100	Physical Science Of Modern Technology	3.0
PS 112	Physical Science for Elementary School Teachers (not considered a lab science for CSU GE)	3.0
PHYS 100	Elementary Physics (lab)	4.0
PHYS 101	General Physics (lab)	4.0
PHYS 102	General Physics (lab)	4.0
PHYS 201	Engineering Physics (lab)	4.0
PHYS 202	Engineering Physics (lab)	4.0
PHYS 203	Engineering Physics (lab)	4.0

2. Biological Science

Code Number	Course Title	Credits
A&P 120	Introduction to Human Anatomy and Physiology (lab)	4.0
A&P 150	Introduction to Human Anatomy (lab)	4.0
A&P 151	Introduction to Human Physiology (lab)	4.0
A&P 200	Human Anatomy (lab)	5.0
A&P 201	Human Physiology (lab)	5.0
ANTH 115	Physical Anthropology	3.0
ANTH 115L	Introduction to Physical Anthropology Lab (lab)	1.0
BIOL 105	Humans and the Environment	3.0
BIOL 110	California Animals and Plants (lab)	3.0
BIOL 115	Marine Biology (lab)	3.0
BIOL 120	Introduction To Biological Science (lab)	4.0
BIOL 200	Principles of Biology (lab)	5.0
BIOL 201	Principles of Biology (lab)	5.0
BIOL 202	Molecular Biology/Genetics	4.0
BOT 120	Introduction To Plant Science (lab)	4.0
BTEC 120	Introduction to Biotechnology (lab)	4.0
MICR 200	Principles and Applications of Microbiology (lab)	5.0
PSYC 241	Introduction to Psychobiology	3.0
ZOOL 120	Introduction to Animal Biology (lab)	4.0

3. Mathematical Concepts

Code Number	Course Title	Credits
ECON 210	Applied Introductory Statistics for Economics	4.0
FIN 125M	Personal Finance	3.0
MATH 104	Survey of Mathematics	4.0
MATH 110A	Mathematics for Elementary Teachers	3.0
MATH 110B	Mathematics for Elementary Teachers	3.0
MATH 112	Elementary Statistics	4.0
MATH 112S	Enhanced Elementary Statistics	4.5

MATH 114	College Algebra	4.0
MATH 115	Finite Mathematics	4.0
MATH 116	Calculus for Managerial, Biological and Social Sciences	4.0
MATH 140	Trigonometry	3.0
MATH 155	Precalculus	5.0
MATH 160	Discrete Mathematics	4.0
MATH 170	Analytic Geometry and Calculus I	4.0
MATH 190	Analytic Geometry and Calculus II	4.0
MATH 225	Calculus III	5.0
MATH 250	Linear Algebra and Differential Equations	5.0
PSYC 210	Elementary Statistics	4.0

C. Fine Arts & Humanities: 9 Units Minimum

Take one course in category 1 and 2. The third course may be taken in either category.

1. Fine Arts

Code Number	Course Title	Credits
ARCH 112	History of Architecture	3.0
ART 100	Introduction to World Art	3.0
ART 101	Art History I: Prehistory to Gothic	3.0
ART 102	Art History II: Renaissance to Rococo	3.0
ART 103	Art History III: Neoclassical to Present	3.0
ART 104	African Art History	3.0
ART 105A	The Arts of Latin America and the Caribbean: Pre-Columbian	3.0
ART 105B	The Arts of Latin America and the Caribbean: Colonial to the Present	3.0
ART 106	Mexican Art	3.0
ART 107	Asian Art History	3.0
ART 108	Black Images in Popular Culture ^{1,2}	3.0
ART 109	Gender and Sexuality In Art ^{1,2}	3.0
ART 110	Freehand Drawing	3.0
ART 113	Art, Science, and Technology	3.0
ART 116	Beginning Printmaking	3.0
ART 118	History of Women in Visual Arts ²	3.0
ART 120	Two-Dimensional Design	3.0
ART 123	African Cinema	3.0
ART 126	History of Furniture Design	3.0
ART 130A	Fundamentals of Painting	3.0
ART 150	Introduction to Ceramics	3.0
ART 193	Motion Picture Editing	3.0
DANC 100	Dance Appreciation	3.0
DANC 101	History of Dance	3.0
FILM 159	World Film	3.0
HUM 108	Black Images in Popular Culture ^{1,2}	3.0
HUM 109	Gender and Sexuality In Art ^{1,2}	3.0
JAMS 151	Motion Pictures, Radio, and Television	3.0
JAMS 152	Introduction to Broadcasting	3.0
MUS 100	Music Appreciation	3.0
MUS 101	Introduction to World Music	3.0
MUS 103	Jazz In America	3.0
MUS 104	American Popular Music	3.0

MUS 104B	History of Rock Music	3.0
MUS 105	Music Fundamentals	3.0
MUS 180	Music Theory/Musicianship I	4.0
PHOT 100	Introductory Photography	3.0
PHOT 160	History of Photography	3.0
TH 101	Introduction to the Theatre	3.0
TH 102	History of the Classical Theatre	3.0
TH 103	History of the Modern Theatre	3.0
TH 104	History and Appreciation of Musical Theatre	3.0
TH 150	Appreciation and History of the Motion Picture	3.0
WGS 118	History of Women in Visual Arts ²	3.0
WMT 126	History of Furniture Design	3.0

2. Humanities

Code Number	Course Title	Credits
ASL 110	American Sign Language I	4.0
ASL 111	American Sign Language II	4.0
ASL 210	American Sign Language III	4.0
ASL 211	American Sign Language IV	4.0
ASL 220	Deaf Culture ¹	3.0
ART 108	Black Images in Popular Culture ^{1,2}	3.0
ART 109	Gender and Sexuality In Art ^{1,2}	3.0
ART 124	Introduction to Media Studies	3.0
ART 125	Introduction to Visual and Cultural Studies ²	3.0
ART 207	Women and Media ²	3.0
CS 108	History of Mexican and Latino Americans in the United States ^{1,3}	3.0
CHIN 101	Elementary Chinese I	5.0
CHIN 102	Elementary Chinese II	5.0
CHIN 201	Intermediate Chinese I	5.0
CHIN 202	Intermediate Chinese II	5.0
CHIN 260	Chinese Culture and Society	3.0
COMM 140	Oral Interpretation of Literature	3.0
ENGL 102	Introduction to Literature	3.0
ENGL 106	Introduction to Linguistics	3.0
ENGL 221A	Literature in the Bible: Hebrew Scriptures	3.0
ENGL 221B	Literature in the Bible: Christian Scriptures	3.0
ENGL 222	Children's Literature	3.0
ENGL 223	Chicana/Chicano Literature	3.0
ENGL 224	Native American Literature	3.0
ENGL 225	Mexican Literature in Translation	3.0
ENGL 226	African-American Literature	3.0
ENGL 227	Modern and Contemporary Literature	3.0
ENGL 228	Shakespeare's Plays	3.0
ENGL 230A	Introduction to American Literature	3.0
ENGL 230B	Introduction to American Literature	3.0
ENGL 231	Literature and Film	3.0
ENGL 232	Readings In Poetry	3.0
ENGL 233	Readings in the Novel	3.0

ENGL 234	Readings in Short Fiction	3.0
ENGL 235	Readings in the Drama	3.0
ENGL 236	Studies in Women's Literature	3.0
ENGL 237	Asian American Literature	3.0
ENGL 239	Literature of India	3.0
ENGL 245	World Mythology as Literature	3.0
ENGL 246A	Survey of British Literature A: Anglo-Saxon to 18th Century	3.0
ENGL 246B	Survey of English Literature B: Romantics to the Present	3.0
ENGL 248A	Masterpieces of World Literature	3.0
ENGL 248B	Masterpieces of World Literature	3.0
ENGL 249	LGBT Literature	3.0
ENGL 257	Readings in Creative Nonfiction	3.0
FREN 101	Elementary French	5.0
FREN 102	Elementary French	5.0
FREN 201	Intermediate French	5.0
FREN 202	Intermediate French	4.0
FREN 203	Intermediate French Advanced Level I	4.0
FREN 281	Beginning Conversational French	3.0
FREN 282	Intermediate Conversational French	3.0
FREN 283	Advanced Conversational French	3.0
FREN 285	Romance Linguistics ²	3.0
GERM 101	Elementary German	5.0
GERM 102	Elementary German	5.0
GERM 201	Intermediate German	4.0
GERM 202	Intermediate German	4.0
HIST 101	American History and Constitution ^{1,3}	3.0
HIST 102	Political and Social History of the United States: 1500s to 1876 ^{1,3}	3.0
HIST 103	Political and Social History of the United States: 1877 to Present ^{1,3}	3.0
HIST 108	History of Mexican and Latino Americans in the United States ^{1,3}	3.0
HIST 110	African/American History ¹	3.0
HIST 120	History of California ¹	3.0
HIST 210	History of the United States in the Post World War II Era ¹	3.0
HIST 220	History of the Americas ¹	3.0
HIST 221	History of the Americas ¹	3.0
HIST 230	History of Mexico ¹	3.0
HIST 235	History of Latin America ¹	3.0
HIST 241	Western Civilization ¹	3.0
HIST 242	Western Civilization ¹	3.0
HIST 245	World Civilization from Antiquity to 1500 ¹	3.0
HIST 246	World Civilization from 1500 to Present ¹	3.0
HIST 250	History of England, Great Britain and the Commonwealth ¹	3.0
HIST 255	History of Russia and the Soviet Union ¹	3.0
HIST 260	Survey of the History of Asia ¹	3.0

HIST 265	Selected Problems in Contemporary Asian History ¹	3.0
HIST 275	Global Studies ¹	3.0
HUM 100	The Art of Being Human	3.0
HUM 102	The Arab, The Muslim, and The West	3.0
HUM 108	Black Images in Popular Culture ^{1,2}	3.0
HUM 109	Gender and Sexuality In Art ^{1,2}	3.0
HUM 125	Introduction to Visual and Cultural Studies ^{1,2}	3.0
JAPN 101	Elementary Japanese	5.0
JAPN 102	Elementary Japanese	5.0
JAPN 201	Intermediate Japanese	5.0
JAPN 202	Intermediate Japanese	4.0
PHIL 100	Introduction to Philosophy	3.0
PHIL 102	Introduction to Ethics	3.0
PHIL 104	Philosophy of Cultural Diversity: Challenge and Change	3.0
PHIL 105	Philosophy of Art and Beauty	3.0
PHIL 107	Philosophy of Science and Technology	3.0
PHIL 108	Philosophy of the Americas	3.0
PHIL 109	Philosophy of the Body, Feminism, and Gender ¹	3.0
PHIL 130	History of Ancient Philosophy	3.0
PHIL 140	History of Modern Philosophy	3.0
PHIL 200	World Religions	3.0
PHIL 201	Contemporary Philosophy	3.0
PHIL 203	Philosophy of Religion	3.0
PHIL 204	Philosophy of the Bible I (Hebrew Scriptures)	3.0
PHIL 205	Introduction to Bioethics	3.0
PHIL 206	Philosophy of the Bible II (Christian Scriptures)	3.0
PHOT 150	Photography and Society	3.0
POL 240	Introduction to Political Theory ¹	3.0
SPAN 101	Elementary Spanish	5.0
SPAN 102	Elementary Spanish	5.0
SPAN 111	Elementary Spanish for Spanish Speakers	5.0
SPAN 112	Elementary Spanish for Spanish Speakers	5.0
SPAN 201	Intermediate Spanish	5.0
SPAN 202	Intermediate Spanish	4.0
SPAN 210	Highlights of Hispanic Culture	3.0
SPAN 245	Introduction to Chicano/Mexican American Culture	3.0
SPAN 260	Frida Kahlo And Mexican Muralists	3.0
SPAN 285	Romance Linguistics ²	3.0
WGS 102	Women and Religion	3.0
WGS 109	Philosophy of the Body, Feminism, and Gender ²	3.0
WGS 207	Women and Media ²	3.0

D. Area D Social Sciences: 6 Units Minimum

Transfer students who have fulfilled Area 4 requirements in their entirety (minimum 6 units) at another Community College or CSU Campus prior to transfer will not be required to take additional courses in Area D even if they have not completed an equivalent American History or American Government course. Please see your counselor to learn about the waiver procedure.

1. American History and American Government

Code Number	Course Title	Credits
CS 108	History of Mexican and Latino Americans in the United States ^{1,2,3}	3.0
HIST 101	American History and Constitution ^{1,3}	3.0
HIST 102	Political and Social History of the United States: 1500s to 1876 ^{1,3}	3.0
HIST 103	Political and Social History of the United States: 1877 to Present ^{1,3}	3.0
HIST 108	History of Mexican and Latino Americans in the United States ^{1,2,3}	3.0

Above courses each meet the CSU Graduation Requirements for United States History

OR

POL 101	American Political Institutions	3.0
POL 201	Introduction to Political Science and American Government	3.0

The above courses each meet the CSU Graduation Requirements for Constitution and American Ideals

2. Social, Political, Historical and Economic Institutions

Code Number	Course Title	Credits
AJ 101	Introduction to Administration of Justice	3.0
AFRS 100	Introduction to Black/Africana Studies	3.0
AFRS 101	Theories and Methods in Black/Africana Studies	3.0
AFRS 107	Black Womanist & Feminist Thought ¹	3.0
AFRS 108	Black Politics: Social and Racial Justice Movements ¹	3.0
ASL 220	Deaf Culture ¹	3.0
ANTH 100	Cultural Anthropology	3.0
ANTH 120	Introduction to Archaeology	3.0
ANTH 170	Introduction to Language and Culture	3.0
ANTH 200	Native Peoples of North America	3.0
ANTH 202	The Maya, Inca and Aztecs: Ancient Civilizations of the Americas	3.0
ANTH 203	The Anthropology of Magic, Witchcraft, and Religion	3.0
ANTH 205	The Anthropology of Sexuality and Gender ^{1,2}	3.0
ANTH 206	The Anthropology of Death and Dying	3.0
BA 100	Fundamentals of Business	3.0
CS 100	Introduction to Ethnic Studies: Chicano/a Studies	3.0
CS 101	Introduction to Social Justice	3.0
CS 108	History of Mexican and Latino Americans in the United States ¹	3.0
CD 110	Child Development ¹	3.0

COMM 110	Intercultural Communication	3.0	KIN 108	Women in Sports ^{1,2}	3.0
COMM 115	Gender, Communication, and the Digital Revolution ²	3.0	KIN 211	Sport Management	3.0
ECON 101	Economic Issues and Policy	3.0	POL 110	California State and Local Government	3.0
ECON 102	Women in the Global Economy ²	3.0	POL 210	International Relations	3.0
ECON 201M	Principles of Macroeconomics	3.0	POL 220	Comparative Government	3.0
ECON 202M	Principles of Microeconomics	3.0	POL 230	Contemporary Political Issues: Middle East	3.0
ECON 204	Money, Ethics, and Economic Justice	3.0	POL 240	Introduction to Political Theory ¹	3.0
ETHN 105	Gender Studies and the Chicana/Latina Experience ^{1,2}	3.0	POL 250	Understanding the United Nations: Theory and Practice	3.0
ETHN 135	Ethnic Studies, Place, and Social Justice ^{1,2}	3.0	POL 255	Global Citizenship	3.0
ETHN 210	Race and Ethnic Relations in the U.S. ^{1,2}	3.0	POL 260	Public Policy and the Supreme Court	3.0
ETHN 262	The Psychology of Oppression ^{1,2}	3.0	POL 280	Race, Gender and Sexual Identity in American Politics ^{1,2}	3.0
ETHN 280	Race, Gender and Sexual Identity in American Politics ^{1,2}	3.0	POL 281	Race, Ethnicity, and Latinx Politics in the U.S. ¹	3.0
ETHN 281	Race, Ethnicity, and Latinx Politics in the U.S.	3.0	POL 282	Race, Ethnicity, and Black Politics in the U.S. ¹	3.0
ETHN 282	Race, Ethnicity, and Black Politics in the U.S. ^{3,4}	3.0	PSYC 101	General Introductory Psychology	3.0
ENVS 200	Environmental Policy	3.0	PSYC 150	Personal and Social Adjustment ¹	3.0
GEOG 102	Cultural Geography	3.0	PSYC 251	Developmental Psychology	3.0
GEOG 105	World Regional Geography	3.0	PSYC 261	Social Psychology	3.0
GEOG 135	Ethnic Studies, Places, and Social Justice ^{1,2}	3.0	PSYC 262	The Psychology of Oppression ^{1,2}	3.0
GEOG 140	California Geography	3.0	PSYC 265	Psychology of Gender	3.0
HIST 108	History of Mexican and Latino Americans in the United States ^{1,3}	3.0	PSYC 271	Abnormal Psychology	3.0
HIST 110	African/American History ¹	3.0	PSYC 275	Cultural Psychology	3.0
HIST 120	History of California ¹	3.0	SOC 101	Introductory Sociology Principles	3.0
HIST 204	Women in American History	3.0	SOC 110	Marriage and the Family ¹	3.0
HIST 210	History of the United States in the Post World War II Era ¹	3.0	SOC 120	Introduction to Human Sexuality ¹	3.0
HIST 220	History of the Americas ¹	3.0	SOC 201	Social Problems	3.0
HIST 221	History of the Americas ¹	3.0	SOC 202	Gender and Society ²	3.0
HIST 230	History of Mexico ¹	3.0	SOC 205	Introduction to Social Research Methods	3.0
HIST 235	History of Latin America ¹	3.0	SOC 210	Race and Ethnic Relations in the U.S. ^{1,2}	3.0
HIST 241	Western Civilization ¹	3.0	SOC 215	Sociology of Cultural Diversity: Challenge and Change	3.0
HIST 242	Western Civilization ¹	3.0	SOC 230	Juvenile Delinquency	3.0
HIST 245	World Civilization from Antiquity to 1500 ¹	3.0	WGS 101	Introduction to Women's and Gender Studies	3.0
HIST 246	World Civilization from 1500 to Present ¹	3.0	WGS 105	Gender Studies and the Chicana/Latina Experience ^{1,2}	3.0
HIST 250	History of England, Great Britain and the Commonwealth ¹	3.0	WGS 107	Men and Masculinities: Constructing Manhood in America ²	3.0
HIST 255	History of Russia and the Soviet Union ¹	3.0	WGS 108	Women in Sports ^{1,2}	3.0
HIST 260	Survey of the History of Asia ¹	3.0	WGS 115	Gender, Communication, and the Digital Revolution ²	3.0
HIST 265	Selected Problems in Contemporary Asian History ¹	3.0	WGS 140	Introduction to LGBT Studies	3.0
HIST 275	Global Studies ¹	3.0	WGS 202	Gender and Society ²	3.0
HUM 107	Men and Masculinities: Constructing Manhood in America ²	3.0	WGS 204	Women in American History ²	3.0
JAMS 100	Mass Communications and Society	3.0	WGS 205	The Anthropology of Sexuality and Gender ¹	3.0
			WGS 206	Women in the Global Economy ²	3.0
			WGS 209	Gender and Science	3.0

WGS 250	Foundations of Feminist, Gender, and Queer Theories	3.0
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WGS 105	Gender Studies and the Chicana/Latina Experience ^{1,2}	3.0
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Please see a counselor for any updates and your options for satisfying this requirement.

¹ These courses appear in more than one category, but may be used only to satisfy one category.

² These courses are cross-listed with another course. See individual cross-listed course descriptions in the college catalog.

³ Above courses each meet the CSU Graduation Requirements for United States History.

⁴ Above courses each meet the CSU Graduation Requirements for Constitution and American Ideals.

⁵ **May not be used for any regular (non-AAT/AST) AA Degree. Please see a counselor for more information.**

Note: Changes in the above general education requirements may occur from time to time. If courses are added to or deleted from the pattern, it may affect a student's selection of courses. Students do not have catalog rights to a certification pattern, regardless of their continual attendance status.

CSU Transfer credit is noted in individual catalog course descriptions. A complete list of CSU transferable courses offered by Cerritos College can be found on the ASSIST website at <https://assist.org/>.

E. Self-Development: 3 Units Minimum

Code Number	Course Title	Credits
Select one of the following:		
ANTH 205	The Anthropology of Sexuality and Gender ^{1,2}	3.0
CD 110	Child Development ¹	3.0
COUN 200	Success in College and Career	3.0
HED 100	Contemporary Health Problems	3.0
HED 101	Stress Management	3.0
HED 103	Women, Their Bodies and Health ²	3.0
HED 105	Mind, Body, and Health	3.0
HO 152	Normal and Therapeutic Nutrition	3.0
HO 245	Drugs and Behavior ²	3.0
KIN 104	Fitness and Wellness	3.0
KIN 108	Women in Sports ^{1,2}	3.0
PSYC 150	Personal and Social Adjustment ¹	3.0
PSYC 245	Drugs and Behavior ²	3.0
PSYC 278	Psychology of Wellness	3.0
READ 101	Literacy and Learning Strategies for College Success	3.0
SOC 110	Marriage and the Family ¹	3.0
SOC 120	Introduction to Human Sexuality ¹	3.0
WGS 103	Women, their Bodies and Health ²	3.0
WGS 108	Women in Sports ^{1,2}	3.0
WGS 205	The Anthropology of Sexuality and Gender ^{1,2}	3.0

F. Ethnic Studies

Code Number	Course Title	Credits
AFRS 100	Introduction to Black/Africana Studies ¹	3.0
AFRS 107	Black Womanist & Feminist Thought ¹	3.0
AFRS 108	Black Politics: Social and Racial Justice Movements ¹	3.0
GEOG 135	Ethnic Studies, Places, and Social Justice ^{1,2}	3.0
POL 280	Race, Gender and Sexual Identity in American Politics ^{1,2}	3.0
POL 281	Race, Ethnicity, and Latinx Politics in the U.S. ¹	3.0
POL 282	Race, Ethnicity, and Black Politics in the U.S. ¹	3.0
PSYC 262	The Psychology of Oppression ^{1,2}	3.0
SOC 210	Race and Ethnic Relations in the U.S. ^{1,2}	3.0