Name: _____   SID #: _____

MAJOR: GENERAL STUDIES: LIFELONG WELLNESS AND SELF-DEVELOPMENT
(**Associate in Arts**)

ASSOCIATE DEGREE MAJOR REQUIREMENTS

Select 15 units in at least two disciplines from the following:
BUSI 22, 60 (3 units each); **COUN** 10 (1), 50 (3), 51 (3), 59 (1), 71 (1); **EMMS** 5 (3); **HLTH** 4, 7 (3 units each);
HOSP 21, 22 (1.5 units each); **KINS** 46 (3), 51 (2) 60 (1); **NUTF** 1 (3), 3 (2); **PSYC** 6, 25, 40, 50 (3 units each);
SOCI 40 (3); **WORK** 98 (.5-4)
Select 3 units from the following activity courses:
ADPE 6 (1), 8 (.5), 9 (1.5), 10 (1), 13 (1.5), 14 (1), 15 (1.5), 16 (1)
DANC 10A/B/C/D (1 unit each), 11A/B/C/D (1 unit each), 12A/B/C/D (1 unit each), 14A/B/C/D (.5-1 unit each), 15A/B/C/D (1 unit each), 17A (1), 18A/B/C/D (1 unit each), 19A/B/C/D (.5 unit each); 21 (1)
PHED (all 1 unit) 2A/B/C/D, 5A/B/D/E, 6A/B/C, 7A/B, 9A/B/C/D, 12B/C/D/E, 15A/B/D/E, 22A/B/C/D, 23A/B/C/D, 24A/B/C/D
PFIT 2 (1), 6 (1), 7 (1), 8 (.5-1), 9 (1), 10A/B/C (.5-1 unit each), 14 (.5), 15A/B/C/D (.5-1 unit each), 16A/B/C/D (.5-1 unit each), 17A/B/C/D (.5-1 unit each), 18A/B/C/D (.5-1 unit each), 19A/B/C/D (1 unit each), 20 (1), 21A/B/C (1 unit each), 22A/B/C/D (1 unit each), 23A/B/C/D (1 unit each), 30A/B/C (1 unit each), 50 (1)
TOTAL MAJOR UNITS   **18**

SELECTED MAJOR COURSES	Units	Other Colleges	Fa/Sp/Su and Year	Grade Earned
TOTAL MAJOR UNITS	**18**			

GRADUATION REQUIREMENTS   IP   C

	IP	C
Reading/Writing Competency:		
Math Competency:		
Information Competency:		
Ethnic Studies Competency:		
12 Units in Residence (at least 6 units in the major)		
General Education Pattern: MPC GE ☐ CSU GE ☐ IGETC ☐ GE Catalog Year:		
Completion of Major (Grade of "C" or better in each course) Major Catalog Year:		
60 Degree-Applicable Units		
GPA 2.0 or higher		

Counselor Signature: _____   Date: _____