



GENERAL STUDIES

Emphasis in Social Behavior and Self-Development

ASSOCIATE OF ARTS DEGREE

Choose at least one course from each category below (A, B, and C). Then complete additional courses from categories A, B, and/or C to reach a total of 18 units from the following list:

General Studies with an Area of Emphasis

The General Studies degree with an area of emphasis is designed to give students a broad introduction to an area of knowledge represented by related disciplines and topics. This degree is intended for students who may not be intending to pursue a specific occupational major, nor are they necessarily planning to transfer. However, careful educational planning with a counselor will help to ensure that if a student did decide at a later date to transfer to a university, they would have a foundation in the transfer planning process. Students will select an "Area of Emphasis" from the following four options based on their interests and educational goals.

These courses provide students knowledge and understanding of social behavior and self-development. This area of emphasis is designed to prepare students to use their understanding of themselves and others to communicate and collaborate more effectively. It combines knowledge of theory with attention to personal growth and purpose, as well as health and wellness. Students learn to become citizens who care for themselves and others, ready to work with people in their communities. Participation in group activities and collaborative projects is a central focus of this emphasis, allowing students to experience group interactions in a variety of contexts. This emphasis includes lower division coursework that prepares students for potential careers in people/community oriented professions including social, health and recreational services.

To acquire the Associate of Arts Degree in General Studies with an Emphasis in Social Behavior and Self-Development, it is necessary to complete the graduation requirements of the College, along with the following:

Category A: Theory and Knowledge		Units	N	IP	C
ANTH 102:	Introduction to Cultural Anthropology	3			
ANTHR 110:	Human Sexuality from a Cross-Cultural Perspective	3			
ANTH 125:	Religion, Magic, Witchcraft, and the Supernatural	3			
CD 106:	Child Growth and Development	3			
CD 208:	Child, Family and Community	3			
HIST 101:	History of World Civilization to the 17 th Century	3			
HIST 102:	History of World Civilization 1500 to the Present	3			
HIST 122:	History of Mexico	3			
HIST 131:	History of the North American Indian	3			
HIST 143:	History of the United States Since 1865	3			
HIST 144 or 144H:	History of the United States Since 1865	3			
HIST 158:	History of Minorities: African Americans and American Indians	3			
HIST 159 or 159H:	History of Minorities: Mexican Americans, Asian Americans and American Women	3			
HIST 167:	History of California	3			
HUM 130:	Contemporary Mexican-American Culture	3			
GEOG 102:	Introduction to Cultural Geography	3			
GEOG 103:	World Regional Geography	3			
POLS 110 or 110H:	Government of the United States	3			
PSY 101 or 101H:	Introductory Psychology	3			
PSY 112:	Lifespan Development	3			
PSY 114:	Introduction to Abnormal Psychology	3			
PSY 116:	Introduction to Cross-Cultural Psychology	3			
PSY 121:	Drugs, Society, and Behavior	3			
PSY 123:	Drug Education and Prevention	3			
PSY 133:	Personal and Social Adjustment	3			
PSY 200:	Research Methods in Psychology	3			
PSY 210:	Biological Psychology	3			
READ 101:	Critical Reading	3			
SOC 101 or 101H:	Introduction to Sociology	3			
SOC 102:	Major Social Problems	3			
SOC 110:	Human Sexuality from a Cross-Cultural Perspective	3			
SOC 114:	Marriage, Family and Intimate Relationships	3			
SOC 116:	Introduction to Race and Ethnic Relations	3			
SOC 118:	Aging: Introduction to Social Gerontology	3			
SPCH 100:	Interpersonal Communications	3			
SPCH 101:	Public Speaking	3			
SPCH 102:	Fundamentals of Oral Communication	3			
SPCH 140:	Argumentation and Debate	3			
Category B: Growth and Purpose					
COUN 151 or 151A, 151B, and 151C:	Career Exploration & Life Planning	3			
Category C: Health and Wellness					
PETH 191:	Health: Personal Issues	3			
PETH 192:	Health: Women's Personal Health	3			
PETH 196:	Health: Fitness and Wellness	3			