

This sheet is intended as a tool for students that are exploring and/or testing out their major options. If you know what major you want to focus on, the classes you choose should be in line with your certificate/degree/transfer goals and you should choose your courses in consultation with a counselor.

Recommended First Semester

Science and Health

“I am interested in understanding the natural world and improving people’s health.”

Select 1 English Course

Suggested English Courses

- **ENGL 122***- First-Year College Composition and Reading (Support Course **ENGL 120**)
or
- **ENGL 122A*** - First-Year College English for Multilingual Students (Support Course **ENGL 120A**)

Select 1 Math Course

Suggested Math Courses

- **Math 121** - Plane Trigonometry (Support Course **MATH 021**)
or
- **Math 142*** - Statistics (Support Course **MATH 042**)
or
- **Math 191*** - Pre-Calculus
or
- **Math 192*** - Analytic Geometry and Calculus I

Select 1 Meta-Major Course

Life Science

- **BIOSC 102***- Fundamentals of Biological Science With Laboratory
- **BIOSC 171*** - Environmental Science with Laboratory
- **HORT 110** - Introduction to Horticulture and Plant Science

Physical Science

- **CHEM 108*** - Introductory Chemistry
- **PHYS 120*** - General College Physics I or **PHYS 129*** - Introductory Physics for Engineers
- **ENGIN 110** - Introduction to Engineering
- **GEOG 120*** - Physical Geography + **GEOG 121*** - Physical Geography Laboratory
- **GEOG 125** - Introduction to Geographic Information Systems (GIS)
- **GEOL 121***- Earth and Life Through Time + **GEOL 124*** - Earth and Life Through Time Laboratory
- **OCEAN 101***- Fundamentals of Oceanography *or* **OCEAN 102*** - Fundamentals of Oceanography w/ Lab

Health and Wellness

- **ADS 170** - Introduction to Codependency and Family Issues
- **CULN 110** - Orientation to Hospitality
- **HSCI 124** - Health and Wellness or **HSCI 130*** - Introduction to Public Health
- **KINES 210** - Introduction to Kinesiology
- **NUTRI 160** - Nutrition: Science and Applications

*IGETC approved course