III. PSYCHOLOGY, CRIMINAL JUSTICE, and SOCIOLOGY

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Guidelines for Mathematical Sciences Courses

Psychology Majors

There is no specific math course required for these majors. Statistical literacy is important in this field, and STAT 269 is a course that gives a good introduction to statistical methods and meets the QuEST requirement. The Math Department recommends STAT 269 as a good choice in preparation for PSYC 271. As an alternative, many students enroll in MATH 101, MATH 107, or CIS 171 in their first year. If you have had a pre-calculus course; then you should consider MATH 108.

Biopsychology Majors

Undergraduate preparation for medical school, dental school, veterinary school and allied health programs (such as chiropractic, occupational therapy, optometry, pharmacy, physician assistant and podiatry) is actually fairly straightforward. Please note that while the requirements are generally standard, there are many exceptions. Students are required to meet with Martha Smith, Coordinator of Pre-Health Professions Advising, in addition to their academic advisor, when planning their course of study. Mathematics requirements vary. Students should check the medical school to which they are applying for math requirements. While often not required, Math 108 (or higher) and statistics are strongly recommended.

Students with Advanced Placement Credit

Requirements for courses in mathematical sciences can be met through Advanced Placement exam credit. Students who have taken AP exams in calculus, computer science, or statistics should go to the math department's website (www.messiah.edu/departments/mathsci/courses/ap_credit.html) to find out how credit is awarded for your scores.

Biopsychology B.S. (Allied-Health Track)

8 Semester Plan

Course #	Course Name	Credits	Course #	Course Name	Credits
	First Year – Fall			First Year – Spring	
IDFY 101	First year seminar*	3	IDCR 151	Created and Called for Community*	3
BIOL 185	Human Anatomy and Physiology I ^a	4	WELL 1xx	Wellness*	1
PSYC 099	Writing for Psychology ^a	1	BIOL 186	Human Anatomy and Physiology II ^a	4
CHEM 105	General Chemistry I ^b	4	CHEM 106	General Chemistry II	4
PSYC 101	Introduction to Psychology	3	PSYC 209	Life Span Development	3
	Total	15		Total	15
	Sophomore – Fall			Sophomore – Spring	
COMM 105	Oral Communication*	3	BIBL 2xx	Knowledge of the Bible*	3
Varies	1st semester of language requirement*	3	Varies	2nd semester of language requirement*	3
Varies	Free Elective	3	BIOL 189	Genetics for Health Professions ^a	3
STAT 269 or PSYC 271	i	3	MATH xxx or Varies	Math meeting QuEST*e (if PSYC 271 taken) or Free Elective	3
CHEM 204	Organic Chemistry for the Life Sciences	4	PSYC 272	Research Methods in Psychology	3
	, , , , , , , , , , , , , , , , , , ,			3,	
	Total	16		Total	15
	Junior – Fall			Junior – Spring	
	Art, Music, Dance, or Theatre meeting	_	PHIL 10x or	Philosophy ^f or	
Varies	QuEST*	3	Varies	Religion meeting QuEST*	3
Varies	Non-Western Studies*	2-3	Varies	3rd semester of language or cross-cultural*†	3
Varies	Free Elective	3	Varies	Free Elective	3
BIOL 470	Neuroscience	3	BIOL xxx	Selected Major Elective	3-4
PSYC 350	Biological Basis of Behavior	3	PSYC 351	Sensation and Perception	3
	S				
	Total	14-15		Total	15-16
	Senior – Fall			Senior – Spring	
ENGL 1xx	QuEST Literature meeting QuEST*	3	Varies	Ethics, World View or Pluralism*	3
PSYC 345 or					
PSYC 319	Abnormal Psychology	3	HIST 1xx	QuEST History*	3
PSYC 408	Experimental Psychology	3	THEO 2xx	Christian Beliefs*	3
BIOL xxx or	Selected Major Electived g or				
Varies	Free Elective	3-4	Varies	Free Elective	3
BIOL 495 or PSYC 494 or Varies	Natural Caianaga Canatana ar	3	BIOL 495 or PSYC 494 or Varies	Natural Sciences Capstone <i>or</i> Psychology Seminar <i>or</i> Free Elective	3
			Varies	Free Elective as necessary	1-3
	Total	15-16		Total	15

Notes:

- * QuEST requirement ** Alternate year course
- ^a Students may alternatively select the Bioscience Track, taking BIOL 170, 171, 172, 260 in place of BIOL 185, 186, 189, PSYC 099.
- ^b Students should take CHEM 105 in the Fall of their first-year. Those for whom CHEM 101 is necessary should enroll in CHEM 105 in the Spring, and CHEM 106 in the Summer term.
 ^c Students may take CHEM 204 in place of CHEM 309, 310.
- ^d Needed only if CHEM 204 taken in place of CHEM 309, 310.
- ^e Students may take PSYC 271 and a Mathematical Science meeting QuEST in place of STAT 269.
- f Recommended. Philosophy is pre-requisite for BIOL 495 Natural Sciences Capstone.
- ⁹ Selected Major Electives:

BIOL 265 Microbiology

BIOL 348 Animal Behavior** BIOL 460 Physiology

BIOL 465 Gross Anatomy

Psychology (B.A.) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year - Spring	
PSYC 101	Introduction to Psychology	3	PSYC 209	Lifespan Development	3
PSYC 099	Writing for Psychology	1	BIO 158	Human Biology	4
IDFY 101	First Year Seminar*	3	IDCR 151	Created & Called for Community*	3
Varies	QuEST Math/CIS/Statistics*	3	Varies	1st semester of language*	3
COMM 105	Fundamentals of Oral Communication*	3	PHIL/RELI	QuEST Philosophy or Religion*	3
	TOTAL	13		TOTAL	15
	Sophomore –Fall	1		Sophomore - Spring	1
PSYC 271	Statistical Methods in Psychology	3	PSYC 272	Research Methods in Psychology	3
PSYC 226	Social Psychology	3	PSYC xxx	Psychology Elective	3
Varies	2nd semester of language*	3	Varies	3rd semester of language or Cross Cultural*	3
BIBL 2xx	Encountering the Bible/OT/NT*	3	Varies	QuEST Literature Elective*	3
HIST xxx	QuEST History*	3	Varies	Free Elective	3
	TOTAL	15		TOTAL	15
	Junior – Fall	1		Junior – Spring	
PSYC 345 or 350	Cognition or Biological Basis Behavior (Fall only)	3	PSYC xxx	Psychology Elective	3
IDNW 2xx	Non-Western Studies*	2-3	PSYC xxx	Psychology Elective	3
Varies	QuEST Art, Music, or Theatre*	3	PSYC 411	History and Systems	3
IDST 2xx	Science, Technology, & World*	3	THEO xxx	Christian Beliefs*	3
PSYC 3xx	PSYC 319 Abnormal Psychology or PSYC 323 Counseling Theories, or PSYC 324 Personality (Fall Only)	3	IDxx xxx	Ethics/World Views/Pluralism	3
			Varies	Free Elective	3
	TOTAL	14-15		TOTAL	18
	Senior – Fall			Senior – Spring	
PSYC 408 or 409	Experimental Psychology (Fall only) or Psychology Testing	3	PSYC 494 PSYC xxx	Psychology Seminar Psychology Elective	3 3
WELL xxX	QuEST Wellness*	1	Varies	Free Elective	3
Varies	Free Elective	3	Varies	Free Elective	3
Varies	Free Elective	3	Varies	Free Elective (or internship)	3
Varies	Free Elective	3	varios	1 100 Liodive (of internalip)	
Varies	Free Elective	3			
	TOTAL	16		TOTAL	15

* QuEST requirement

Total = 123-124 credits

If students enter the major second semester of junior year, they will not be able to graduate on time.

Psychology with Clinical Concentration (B.A.) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits		
	First Year – Fall			First Year - Spring			
PSYC 101	Introduction to Psychology	3	PSYC 209	Lifespan Development	3		
PSYC 099	Writing for Psychology	1	BIO 158	Human Biology	4		
IDFY 101	First Year Seminar*	3	IDCR 151	Created & Called for Community*	3		
MATH/CIS/STAT	QuEST Math/CIS/Statistics*	3	Varies	1st semester of language*	3		
COMM 105	Fundamentals of Oral Communication*	3	PHIL/RELI	QuEST Philosophy or Religion*	3		
	TOTAL	13		TOTAL	15		
	Sophomore –Fall			Sophomore – Spring			
PSYC 271	Statistical Methods in Psychology	3	PSYC 272	Research Methods in Psychology	3		
PSYC 324	Personality (Fall only)	3	PSYC 226	Social Psychology	3		
Varies	2 nd semester of language*	3	Varies	3 rd semester language or Cross Cultural*	3		
BIBL 2xx	Encountering the Bible/OT/NT*	3	Varies	QuEST Literature *	3		
HIST xxx	QuEST History*	3	Varies	Free Elective	3		
	TOTAL	15		TOTAL	15		
Junior – Fall			Junior – Spring				
PSYC 345 / 204	Cognition or Bio. Basis Behavior (Fall only)	3	PSYC 323	Counseling Theories	3		
PSYC 319	Abnormal Psychology	3	PSYC 441	History and Systems	3		
IDNW 2xx	Non-Western Studies*	2-3	Varies	Ethics/World Views/ Pluralism*	3		
Varies	QuEST Art, Music, or Theatre*	3	THEO xxx	Christian Beliefs*	3		
IDST 2xx	Science, Technology, & World*	3	Varies	Free Elective	3		
			Varies	Free Elective	3		
	TOTAL	14-15		TOTAL	18		
	Senior – Fall			Senior – Spring			
PSYC 408 or 409	Experimental Psychology (Fall only) or Psychology Testing	3	PSYC 494	Psychology Seminar Psychology Elective	3		
PSYC 423	Counseling Skills	3	INTE 391 or PSYC 391	Internship or Psychology Practicum	3		
WELL xxx	QuEST Wellness*	1	Varies	Free Elective (or internship)	3		
Varies	Free Elective	3	Varies	Free Elective	3		
Varies	Free Elective	3	Varies	Free Elective	3		
Varies	Free Elective	3					
	TOTAL	16		TOTAL	15		

*QuEST requirement NOTE: If students enter the major second semester of junior year, they will not be able to graduate on time.

Psychology (B.S) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year - Spring	
PSYC 101	Introduction to Psychology	3	PSYC 209	Lifespan Development	3
PSYC 099	Writing for Psychology	1	BIO 158	Human Biology	4
IDFY 101	First Year Seminar*	3	IDCR 151	Created & Called for Community*	3
MATH/CIS/STAT	QuEST Math/CIS/Statistics*	3	Varies	1st semester of language*	3
COMM 105	Fundamentals of Oral Communication*	3	PHIL/RELI	QuEST Philosophy or Religion*	3
	TOTAL	13		TOTAL	15
	Sophomore –Fall			Sophomore – Spring	
PSYC 271	Statistical Methods in Psychology	3	PSYC 272	Research Methods in Psychology	3
	Abnormal Psych, Counseling Theories, or	3	PSYC 226	Social Psychology	3
	Personality (Fall only)		Varies	3rd semester of language or Cross Cultural*	3
	2nd semester of language*	3	Varies	Free Elective	3
	Encountering the Bible/OT/NT*	3	Varies	QuEST Literature Elective*	3
HIST xxx	QuEST History*	3	Varies	Free Elective	3
	TOTAL	15		TOTAL	15
	Junior – Fall			Junior – Spring	
PSYC 350	Biological Bases of Behavior (Fall only)	3	PSYC 351	Sensation and Perception (Spring only)	3
	Non-Western Studies*	2-3	PSYC 345	Cognition	3
Varies	QuEST Art, Music, or Theatre*	3	THEO xxx	Christian Beliefs*	3
IDST 2xx	Science, Technology, & World*	3	IDxx xxx	Ethics/World Views/Pluralism*	3
	Free Elective	3	Varies	Free Elective	3
			Varies	Free Elective	3
	TOTAL	14-15		TOTAL	18
	Senior – Fall			Senior – Spring	
	Psychology Seminar	3	PSYC xxx	Psychology Elective	3
WELL xxX	QuEST Wellness*	1	PSYC xxx	Psychology Elective	3
	Free Elective	3	PSYC 441	History and Systems	3
	Free Elective	3	Varies	Free Elective (or internship)	3
	Free Elective	3	Varies	Free Elective	3
PSYC 408	Experimental Psychology (Fall only)	3			
	TOTAL	16	roquiroment	TOTAL	15

*QuEST requirement

If students enter the major second semester of junior year, they will not be able to graduate on time.

Psychology (B.S) Pre-Occupational Therapy / Occupational Therapy MOT

Suggested Course Sequencing

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Course #	Course name	Credits	Course #	Course name	Credits
	Fall Year 1 – 14 credits			Spring Year 1 – 16 credits	·
PSYC 099	Writing for Psychology	1	PSYC 209	Lifespan Development	3
PSYC 101	Introduction to Psychology	3	BIOL 186	Human Anatomy and Physiology II	4
IDFY 101	First Year Seminar*	3	IDCR 151	Created & Called for Community*	3
BIOL 185	Human Anatomy and Physiology	4	Varies	1st semester of language*	3
COMM 105	Fundamentals of Oral Communication*	3	STAT 269	Statistics (or QuEST Math/CIS)*	3
	Fall Year 2 – 16 credits			Spring Year 2 – 17 credits	
PSYC 271	Statistical Methods in Psychology	3	PSYC 272	Research Methods in Psychology	3
PSYC 350	Biological Bases of Behavior	3	PSYC 226	Social Psychology	3
BIBL 2xx	Encountering the Bible/OT/NT*	3	PSYC 345	Cognition	3
BIOL 158	Human Biology	4	PSYC 351	Sensation and Perception (Spring only)	3
WELL xxx	QuEST Wellness*	1	ATHT 201	Medical Terminology & Topics	2
Varies	2nd semester of language*	3	Varies	3rd semester of language or Cross Cultural*	3
	Fall Year 3 – 18 credits			Spring Year 3 – 18 credits	
PSYC 494	Psychology Seminar	3	PSYC 319	Abnormal Psychology	3
PSYC 408	Experimental Psychology (Fall only)	3	PSYC 441	History and Systems	3
IDxx xxx	Ethics/World Views/Pluralism*	3	HIST xxx	QuEST History*	3
IDNW 2xx	Non-Western Studies*	3	THEO xxx	Christian Beliefs*	3
PHIL/RELI	QuEST Philosophy or Religion*	3	Varies	QuEST Art, Music, or Theatre meeting QuEST*	3
Varies	Elective	3	Varies	QuEST Literature meeting QuEST*	3
	Summer Year 3 – 16 credits		Fall Year 4 – 14 credits		
OCCU 524	Theoretical Perspectives in Occ Therapy #	3	OCCU 524	Theoretical Perspectives in OT #	3
OCCU 526	Analysis of Occupation #	3	OCCU 535	OT Process: Psychosocial Practice &Lab #	4
OCCU 510	Evidence-Based Inquiry #	3	OCCU 553	Common Conditions in OT Practice#	3
OCCU 535	OT Process: Psychosocial Practice #	4	OCCU 555	Neurological Conditions OT Practice &L #	4
OCCU 535L	OT Process: Psychosocial Practice Lab #	0	-	<u> </u>	
OCCU 544	Therapeutic Techniques #	3	-		
OCCU 544L	Therapeutic Techniques Lab #	0	-		
	Spring Year 4 – 14 credits			Summer Year 4 – 13 credits	
OCCU 510	Evidence-Based Inquiry	3	OCCU 530	Research Methods and Design	3
OCCU 544	Therapeutic Techniques	3	OCCU 573	Health Promotion OT: Community Inter	2
OCCU 565	OT Process: Pediatric Practice & Lab	4	OCCU 602	Level 1 Fieldwork Adult Practice	1
OCCU 562	Level I Fieldwork: Pediatric Practice	1	OCCU 605	OT Process: Adult Practice & Lab	4
OCCU 626	Advocacy, Policy and Practice Trends	3	OCCU 615	Adaptations & Assistive Technology &Lab	3
	Fall Year 5 – 14 credits	:		Spring Year 5 – 10 credits	
OCCU 572	Level I Fieldwork: Community Intervent	2	OCCU 509	OT Process and Practice	2
OCCU 620	Global, Cultural & Spiritual Practices in OT	2	OCCU 636	Enrichment Seminar	2
OCCU 623	Administration, Management & Leadership	3	OCCU 622	Fieldwork Level II-A	6
OCCU 625	OT Process: Older Adult Practice &Lab	4			
OCCU 630	Research Seminar	3			
	Summer Year 5 – 6 credits				
OCCU 632	Fieldwork Level II-B	6	1		
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^{*}QuEST requirement; # Graduate course fulfilling undergraduate requirements (total of 23 credits)

UG major requirements: 47 credits. QuEST requirements: 49-52 credits. Free electives 8-5. Total of UG requirements: 123 credits. Unique credits towards graduate degree: 61 credits. Total credits: 184.

MOT Prerequisites that must be completed at Messiah University:

BIOL 185, 186 Anatomy and Physiology I & II PSYC 209 Life Span Development PSYC 319 Abnormal Psychology ATHT 203 Medical Terminology

STAT 269 Introductory Statistics or PSYC 271Statistical Methods in Psychology

Criminal Justice B.A. 8 Semester Plan

Course #	Course Name	Credits	Course #	Course Name	Credits
First Year – Fall				First Year – Spring	
IDFY 101	First year seminar*	3	IDCR 151	Created and Called*	3
Varies	1st semester of language*	3	Varies	2nd semester of language*	3
COMM 105	Foundations of Oral Communication*	3	varies	Elective or minor requirement	3
Varies	QuEST Math/CIS/STAT*	3-4	Varies	Laboratory Science meeting QuEST*	3-4
CRIJ 103	Crime, Justice and Society*	3	varies	Elective or minor requirement	3
	Total	15-16		Total	15-16
	Sophomore – Fall	·		Sophomore – Spring	
Varies	3rd semester of language or cross-cultural*	3	ENGL 1xx	QuEST Literature meeting QuEST*	3
Varies	2 nd social science/history meeting QuEST*	3	Varies	Philosophy or Religion*	3
BIBL 2xx	Knowledge of the Bible*	3	SOAN 285	Research Methods	3
CRIJ 201	Law Enforcement	3	CRIJ 259	Criminal Law and the Court	3
varies	Elective or minor requirement	3	varies	Elective or minor requirement	3
	Total	15		Total	15
	Junior – Fall			Junior – Spring	
Varies	Christian Beliefs*	3	WELL 1xx	QuEST Wellness*	1
Varies	Art, Music, or Theatre meeting Quest*	3	Varies	Non-Western Studies*	3
CRIJ 366	Corrections	3	CRIJ 362	Criminology	3
SOAN 356	Social Inequality (QuEST Pluralism)*	3	CRIJ 367	Victimology	3
varies	Elective or minor requirement	3	varies	Elective or minor requirement	3
			varies	Elective or minor requirement	3
	Total	15		Total	16
	Senior – Fall			Senior – Spring	_
CRIJ 371	Christian Faith and Criminal Justice	3	CRIJ 369	Forensics	3
SOAN 442	Senior Thesis	3	varies	Criminal Justice elective	3
INTE 391	Internship	3	varies	Elective or minor requirement	3
varies	Elective or minor requirement	3	varies	Elective or minor requirement	3
varies	Elective or minor requirement	3	varies	Elective or minor requirement	3
	Total	15		Total	15

*QuEST requirement Students need 123 credits to graduate

Sociology and Anthropology (B.A.) 8 Semester Plan

Course #	Course Name	Credits	Course #	Course Name	Credits
First Year – Fall		First Year – Spring			
IDFY 101	First year seminar*	3	IDCR 151	Created and Called*	3
Varies	1st semester of language *	3	Varies	2nd semester of language *	3
COMM 105	Foundations of Oral Communication*	3	Varies	Elective or minor requirement	3
Varies	QuEST MATH/CIS/STAT *	3-4	Varies	QuEST Laboratory Science *	3-4
SOAN 101	Principles of Sociology*	3	Varies	Elective or minor requirement	3
	Total	15-16		Total	15-16
	Sophomore – Fall			Sophomore – Spring	
Varies	3rd semester of language/cross- cultural*	3	ENGL 1xx	QuEST Literature meeting QuEST*	3
Varies	QuEST History*	3	Varies	Philosophy or Religion*	3
BIBL 2xx	Knowledge of the Bible*	3	SOAN 285	Research Methods	3
SOAN 212	Cultural Anthropology (QuEST N-W)	3	SOAN 335	Social Conflict and Reconciliation	3
SOAN 342	Race and Gender in the U.S. *	3	Varies	Sociology and Anthropology elective	3
	Total	15		Total	15
	Junior – Fall			Junior – Spring	
Varies	Christian Beliefs*	3	WELL 1xx	Wellness*	1
Varies	QuEST ART, THEA, MUSI*	3	Varies	Non-Western Studies*	3
SOAN 356	Social Inequality (QuEST Pluralism)	3	SOAN 236	Ethnography (QuEST N-W)	3
SOAN 331	Sociocultural Theory	3	Varies	Sociology and Anthropology elective	3
Varies	Elective or minor requirement	3	Varies	Elective or minor requirement	3
			Varies	Elective or minor requirement	3
	Total	15		Total	16
	Senior – Fall			Senior – Spring	
Varies	Ethics, World View or Pluralism*	3	Varies	Science, Technology & the World*	3
SOAN 442	Senior Thesis	3	SOAN 341	Religion and Society	3
INTE 391	Internship	3	Varies	Elective or minor requirement	3
Varies	Elective or minor requirement	3	Varies	Elective or minor requirement	3
Varies	Elective or minor requirement	3	Varies	Elective or minor requirement	3
	Total	15		Total	15

*meets quest requirement Students need 123 credits to graduate

Sustainability Studies (B.A.) with Community Development concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year – Spring	
COMM 105	Fundamentals of Oral Communication*	3	IDCR 151	Created and Called for Community*	3
IDFY 101	First Year Seminar*	3	varies	2 nd Language*	3
PHIL/RELI	Philosophy/Religion*	3	STAT 269	Statistics or Quest mathematics	3-4
ENVS 140	Intro to Ecology & Sustainability** (meets lab sci)	3	SOAN 212	Cultural Anthropology (meets NW)	3
varies	1 st Language course*	3	HIST 1xx	History*	3
	TOTAL	15		TOTAL	15-16
	Sophomore – Fall		\	Sophomore – Spring	
varies	3rd Language or Cross-Cultural*	3	Varies	Art, Music, Theatre or Dance*	3
BIBL 20x	Knowledge of the Bible*	3	WELL 1xx	Wellness Course*	1
Varies	Major Elective (ECON 117, POLI 113, SOAN 315 or STAT 269)	3	GIS 245	Intro to Geographic Information System (alt year) or Major Elective (ECON 117, POLI 113, SOAN 315 or STAT 269)	3
ENVS 216	Environmental Issues (meets STW)	3	BIOL 162	Plant Biology	3
CHEM 103	Chemical Science	3	ENGL 1xx	Literature* (suggested: 174)	3
			Varies	Minor or Free Elective	2-3
	TOTAL	15		TOTAL	15-16
	Junior – Fall	0		Junior – Spring	10 10
ENVS 315	Environmental Ethics (meets Ethics)	3	SOAN 310	Food, Power and Society (meets social sci)	3
BIOL 334	Plant Ecology	3	BIOL 335	Plant Propagation	3
Varies	Concentration Elective	J	GIS 245	Intro to Geographic Information System (alt	3
varios	Someonitation Elective	3	010 240	year) or Major Elective (ECON 117, POLI 113, SOAN 315 or STAT 269)	3
varies	Minor or Free Elective	3	Varies	Concentration Elective	3
Varies	Concentration Elective	3	varies	Minor or Free Elective	3
	TOTAL	15		TOTAL	15
	Senior – Fall			Senior – Spring	1
varies	Minor or Free Elective or Study Abroad	3	SUST 495	Environmental Science and Sustainability Capstone	3
varies	Minor or Free Elective or Study Abroad	3	INTE 391 <u>OR</u> SOAN 395	Internship Practicum	3
varies	Minor or Free Elective or Study Abroad	3	varies	Minor or Free Elective	3
varies	Minor or Free Elective or Study Abroad	3	varies	Minor or Free Elective	3
varies	Minor or Free Elective or Study Abroad	3	varies	Minor or Free Elective	3
	TOTAL	15		TOTAL	15

*QuEST requirement

• ECON 117 and GIS 245 alternate years but BOTH occur in the same spring).