

SEEDS GENERAL EDUCATION

Code	Title	Credits
Effective Writing I		
Complete one course from the list below.		3
Effective Writing II		
Complete one course from the list below.		3
Interactive Communication		
Complete one course from the list below.		3
Quantitative Reasoning		
Complete one course from the list below.		4-3
Political and Civic Life		
Complete one course from the list below.		3
World Languages		
Complete two sequential classes in one World Language when starting at the Beginner I or Beginner II level. Complete one class when starting at the Intermediate/Advanced Level. See list of courses below.		3-6
Exploration		
Complete one course from four different Exploration categories. See list below.		12
Total Credits		31-33

Effective Writing I Courses

Code	Title	Credits
ENGL 110	Introduction to Literature: The Analytic Essay	3
ENGL 111	Introduction to Literature: The Short Story	3
ENGL 114	Introduction to Literature: Utopian and Dystopian Fiction	3
HUMN 151	Seminar: Inquiry in the Humanities	3
HUMN 160	Digital Transformations in the Humanities	3
HUMN 288	Mythic Traditions	3
PHIL 106	Logic	3
SPAN 242	Spanish Composition and Stylistics	3
WRIT 105	College Writing I	3-4
WRIT 107	College Writing I: Writing in Science	3
WRT 105A	Argumentative and Analytic Writing	4

Effective Writing II Courses

Code	Title	Credits
BCOM 280	Strategic Business Communications	3
CAT 259	Media Histories	3
HIST 100	Writing History	3
ENGL 260	Art of Poetry	3
ENGL 262	Art of Fiction	3
ENGL 263	Art of Drama	3
HIST 100	Writing History	3
HONP 108	Transformations	3
PHIL 264	Critical Reasoning and Arguments	3
WRIT 106	College Writing II	3-4
WRIT 206	Workplace Writing	3
WRIT 207	Technical Writing and Communication	3

WRIT 240	Special Topics in Writing Studies	3
WRT 109	Synthesis and Research Writing	3

Interactive Communication Courses

Code	Title	Credits
CMST 101	Fundamentals of Speech: Communication Requirement	3
COM 122	Public Speaking	3
FSHD 141	Interpersonal Relations	3
HIST 262	Voices Across Time: Mastering Oral History Communication	3
ITAL 230	Living in Translation	3
LNGN 110	Language of Food	3
THTR 125	Voice and Speech I	2-3
THTR 155	Stage Management	3
WRT 205	Communication in the Workplace	3

Political and Civic Life Courses

Code	Title	Credits
ANTH 105	Introduction to Disability Studies, Rights, and Culture	3
ANTH 160	The Anthropology of Race	3
ANTH 230	Indigenous Languages and Lifeways	3
CHAD 100	Introduction to Child Advocacy and Policy	3
CSJ 101	Introduction to Justice Systems and Systems of Inequality	3
CSJ 208	Advocacy in Action: Civic Engagement through Social Sciences	3
EAES 160	The Human Environment	3
ECEL 200	Perspectives on Early Childhood and Elementary Education in a Democracy	3
ECON 102	Applied Microeconomics	3
ECON 202	Economics and Finance for Non-Business Majors	3
HIED 100	Purposes of Higher Education	3
HIST 261	Public History	3
HIST 270	Digital History	3
HLTH 102	Introduction to Public Health	3
HLTH 290	Human Sexuality	3
HONP 107	Community Matters	3
HUMN 211	Classicism and American Culture	3
HUMN 384	Introduction to Roman Law	3
JURI 210	Perspectives on Law	3
LAWS 200	Introduction to Law	3
LNGN 250	Language of Propaganda	3
NAIS 101	Introduction to Native American Studies	3
PHIL 212	Social and Political Philosophy	3
POLS 100	Introduction to Politics	3
POLS 101	American Government and Politics	3
POLS 104	International Security and Diplomacy	3
POLS 201	Comparative Politics	3
POLS 202	International Relations	3
PSYC 294	Psychology of Leadership: Theory and Application	3
RELG 100	Religions of the World	3
RELG 101	Understanding Religion	3

RELG 221	Religion and Culture	3	ARAB 112	Beginning Arabic II	6
RELG 225	Religion and Social Activism	3	& ARAB 121	and Intermediate Arabic I	
RELG 273	The Holocaust: Religious Perspectives	3	ARAB 121	Intermediate Arabic I	3
RELG 328	Jihad, Just War and the Prospect of Peace	3	Chinese		
SASE 210	Public Purposes of Education: Democracy and Schooling	3	CHIN 101	Beginning Chinese I	6
SOC 241A	Race, Ethnicity, and Social Justice	3	& CHIN 112	and Beginning Chinese II	
SOCI 100	Introduction to Sociology	3	CHIN 112	Beginning Chinese II	6
SOCI 102	Racial and Ethnic Relations	3	& CHIN 121	and Intermediate Chinese I	
SOCI 430	Sociology of Gender	3	CHIN 121	Intermediate Chinese I	3
VIST 290	History of the United States in Art	3	or CHIN 132	Intermediate Chinese II	
WRIT 400	Community Writing: Theories, Practices, and Partnerships	3	French		
WRT 229WI	Language and Society: Western Rhetoric in Contemporary Use	3	FREN 101	Beginning French I	6
			& FREN 112	and Beginning French II	
			FREN 112	Beginning French II	6
			& FREN 121	and Intermediate French	
			FREN 121	Intermediate French	3

Quantitative Reasoning Courses

Code	Title	Credits
AMAT 120	Applied Calculus A	4
CSIT 170	Discrete Mathematics	3
ECON 203	Fundamental Mathematics for Economics	3
FINC 209	Personal Finance	3
HONP 104	Fractals and Infinity	3
HONP 105	Honors Seminar in Computing	3
INFO 240	Statistical Methods in Business	3
LNGN 120	Language and Computers	3
MATH 104	Fractals and Infinity	3
MATH 105	Mathematics in the Movies	3
MATH 106	Creative Thinking through Mathematics	3
MATH 122	Calculus I	4
MTH 131	Understanding Data in Social, Health, and Creative Contexts	3
MTH 221C	Calculus I	4
MTHM 201	Mathematics in Elementary Schools I	3
PHYS 180	Astronomy for Everyone	4
PSYC 220	Introduction to Statistical Methods in Psychology	4
SOCI/JUST 240	Statistics for Social Research	4
STAT 103	The Development of Statistics	3
STAT 109	Statistics	3
STAT 230	Data Science and Statistics	3

World Language Courses

Code	Title	Credits
American Sign Language		
AMSL 101	Beginning American Sign Language I	6
& AMSL 102	and Beginning American Sign Language II	
AMSL 102	Beginning American Sign Language II	6
& AMSL 201	and Intermediate American Sign Language I	
AMSL 201	Intermediate American Sign Language I	3
or AMSL 202	Intermediate American Sign Language II	
Arabic		
ARAB 101	Beginning Arabic I	6
& ARAB 112	and Beginning Arabic II	

ARAB 112	Beginning Arabic II	6
& ARAB 121	and Intermediate Arabic I	
ARAB 121	Intermediate Arabic I	3
Chinese		
CHIN 101	Beginning Chinese I	6
& CHIN 112	and Beginning Chinese II	
CHIN 112	Beginning Chinese II	6
& CHIN 121	and Intermediate Chinese I	
CHIN 121	Intermediate Chinese I	3
or CHIN 132	Intermediate Chinese II	
French		
FREN 101	Beginning French I	6
& FREN 112	and Beginning French II	
FREN 112	Beginning French II	6
& FREN 121	and Intermediate French	
FREN 121	Intermediate French	3
German		
GERM 101	Beginning German I	6
& GERM 102	and Beginning German II	
GERM 102	Beginning German II	6
& GERM 121	and Intermediate German I	
GERM 121	Intermediate German I	3
Greek		
GREK 101	Beginning Greek I	6
& GREK 102	and Beginning Greek II	
GREK 102	Beginning Greek II	6
& GREK 201	and Intermediate Greek I	
GREK 201	Intermediate Greek I	3
or GREK 202	Intermediate Greek II	
Hebrew		
HEBR 101	Beginning Hebrew I	
& HEBR 112	and Beginning Hebrew II	
Italian		
ITAL 101	Italian I	6
& ITAL 102	and Italian II	
ITAL 102	Italian II	6
& ITAL 140	and Comprehensive Italian III and IV	
ITAL 111	Comprehensive Beginning Italian for Spanish Speakers	6
& ITAL 140	and Comprehensive Italian III and IV	
ITAL 140	Comprehensive Italian III and IV	3
or ITAL 242	Italian Grammar and Composition I	
Japanese		
JAPN 101	Beginning Japanese I	6
& JAPN 112	and Beginning Japanese II	
JAPN 112	Beginning Japanese II	6
& JAPN 121	and Intermediate Japanese I	
JAPN 121	Intermediate Japanese I	3
or JAPN 132	Intermediate Japanese II	
Korean		
KORE 101	Beginning Korean I	6
& KORE 102	and Beginning Korean II	
KORE 102	Beginning Korean II	6
& KORE 121	and Intermediate Korean I	
KORE 121	Intermediate Korean I	3

or KORE 132	Intermediate Korean II	
Latin		
LATN 101 & LATN 102	Beginning Latin I and Beginning Latin II	6
LATN 102 & LATN 205	Beginning Latin II and Intermediate Latin I	6
LATN 205 or LATN 206	Intermediate Latin I Intermediate Latin II	3
Spanish		
SPAN 101 & SPAN 102	Spanish I and Spanish II	6
SPAN 102 & SPAN 103	Spanish II and Spanish III	6
SPAN 105 & SPAN 106	Spanish for Health Practitioners I and Spanish for Health Practitioners II	6
SPAN 103 or SPAN 104 or SPAN 107 or SPAN 135 or SPAN 140 or SPAN 241	Spanish III Spanish IV Spanish for Health Practitioners III Basic Spanish for Heritage Learners Spanish for Law and Justice Studies Fundamentals of Spanish Grammar	3

Exploration Categories

Analyzing Cultures and Societies

Code	Title	Credits
ANTH 100	Cultural Anthropology	3
ANTH 102	Linguistic Anthropology	3
ANTH 103	Introduction to Archaeology	3
ANTH 110	Anthropology of Multicultural America	3
ANTH 120	Native North Americans	3
ANTH 130	Cultures of South Asia	3
ANTH 150	Cultures of Latin America	3
ANTH 165	Human Culture in Biodiversity Conservation	3
ANTH 180	Health and Healing in Cross Cultural Perspective	3
ANTH 205	Disability in US Popular Culture	3
ANTH 255	Urban Anthropology	3
ANTH 330	The Anthropology of Food and Nutrition	3
ARTX 201	Culture and Appearance	3
DNCE 145	Worlds of Dance	3
EAES 260	Energy, Environment and Society	3
ECON 101	Applied Macroeconomics	3
ENG 222	African American Literature	3-4
ENG 232	Latin American Literature Survey	3-4
ENG 264	Caribbean Literature	3
FREN/FRIN 289	Francophone Film	3
FSHD 101	Introduction to the Content Areas in Family Science and Human Development	3
FSHD 201	Social Gerontology: The Study of Aging	3
FSHD 205	Women in Contemporary Society	3
FSHD 225	Exploring Family Diversity	3
GLQS 100	Introduction to Gay, Lesbian, Bisexual, Transgender, Queer (GLBTQ) Studies	3
GSWS 102	Introduction to Women's and Gender Studies	3
HIS 106	Introduction to Geography	3

HIS 116	Introduction to Latin American and Caribbean Studies	3
HIS 207	AFR-AM HIST TO 1877	3
HIS 237A	Global History II	3-4
HIST 108	African History	3
HIST 114	Early Latin American History	3
HIST 116	Modern Latin American History	3
HIST 141	Emergence of the Modern World	3
HIST 205	Race and Ethnicity in United States History	3
HIST 206	Latinx Histories	3
HLTH 202	Public Health Foundations, Ethics, and Cultural Competency	3
HUMN 201	General Humanities I (to 1400)	3
HUMN 202	General Humanities II (from 1400)	3
HUMN 217	Reading Asian Cultures	3
HUMN 283	Women, Gender, and Sexuality in the Ancient World	3
INBS 250	Introduction to International Business	3
JUST 101	Criminology	3
JUST 103	Introduction to International Justice	3
JUST 205	Perspectives on Justice Studies	3
JUST 209	Environmental Crime	3
JUST 317	Race and the U.S. Legal System	3
LNGN 230	Language in Society	3
LNGN 240	Languages of the World	3
LNGN 245	Language and Culture	3
LNGN 255	Language and Gender	3
MEDH 101	Introduction to the Medical Humanities	3
NUFD 153	Dynamics of Food and Society	3
NUFD 182	Nutrition: A Socioecological Perspective	3
PEMJ 227	Social Problems in Sports	3
PSYC 101	Introduction to Psychology	3
PSYC 264	Multicultural Psychology	3
RELG 232	Body and Soul	3
RELG 240	Asian Religions	3
RELG 246	Islamic Religious Traditions	3
RELG 250	African Religions	3
RELG 254	Native American Religion	3
RELG 275	Inter-religious Encounters	3
RELG/SOCI 364	Religion, Culture, and Society	3
SOC 100	Introduction to Sociology	3
SOCI 104	Sociology of the Family	3
SOCI 106	Individual and Society	3
SOCI 107	Youth and Society	3
SOCI 208	Men and Masculinities	3
SOCI 220	Sociology of Rich and Poor Nations	3
SOCI 311	Urban Sociology	3
SPAN 347	Spanish in the United States	3
THTR 234	History of Style: Pre-History to Elizabethan	3
VIST 109	Special Topics in Global Art Cultures	3
WLNC 145	Introduction to Asian Studies	3

Creative Expression

Code	Title	Credits
ANIM 101	Drawing Anatomy for Animation	3
ARAN 190	Introduction to the Visual Arts	3
ARFD 100	Perceptual Drawing	3
ARPH 201	Digital Photo and Imaging I	3
ARST 202	3D and Extended Media	3
ARST 204	Painting	3
ARST 205	Photography	3
ARST 206	Printmaking	3
CAT 108	Introduction to Game Design	3
CAT 120	Drawing I	3
CAT 134	Drawing For 2-D Animation	3
DNCE 100	Introduction to Ballet (Non-Major)	3
DNCE 110	Introduction to Modern Dance (Non-Major)	3
DNCE 135	Somatics and Self-care	3
ENG 252	Theater in Practice	3
ENWR 213	Introduction to Fiction Writing	3
HONP 201	Honors Seminar in the Creative Process	3
STCM 130	Fundamentals of Public Relations and Advertising	3
THTR 105	Acting I	3
THTR 115	Acting I - BFA	3
THTR 330	Play Direction I	3
WRIT 209	Visual Rhetoric and Writing	3
WRT 256	Digital Media Writing	3

Ethical Inquiry

Code	Title	Credits
EDFD 220	Philosophical Orientation to Education	3
HUMN 115	Troy and the Trojan War	3
MGMT 201	Business Ethics and Social Impact	3
NURS 328	Ethical and Legal Aspects of Health Care	3
PHIL 100	Introduction to Philosophy	3
PHIL 102	Ethics and Community Engagement	3
PHIL 105	Happiness and Meaning in Life	3
RELG 102	Religious Ethics	3
SOCI 113	Social Problems	3
SOCI 307	Immigration	3
SOCI 315	Social Inequality	3

Historical Thinking

Code	Title	Credits
ANIM 282	History of Animation and VFX	3
ANTH 290	Historical Archaeology	3
CMST 110	Introduction to Communication and Media	3
DNCE 319	Black Dance in the United States	3
EDFD 221	Historical Foundations of American Education	3
HIS 216	Colonial Latin America and the Caribbean, 1500-1825	3
HIS 226A	Modern Latin America and the Caribbean, 1825-Present	3
HIST 103	Gods, Empires, Crusades Plague	3
HIST 105	Emergence of European Civilization, 1500-1914	3
HIST 106	Contemporary Europe	3

HIST 112	Modern Middle Eastern History	3
HIST 117	Foundations of America	3
HIST 118	Emergence of the Modern United States	3
HIST 245	Science, Technology, and Society	3
HUMN 281	Greek Civilization	3
HUMN 282	Roman Civilization	3
MATH 375	History of Mathematics	3
VIST 270	On Photography	3
WRIT 280	Argumentation: from Antiquity to Online	3

Literary and Artistic Analysis

Code	Title	Credits
CAT 150	History and Culture of Games	3
CHIN/CHEN 210	Contemporary Chinese Cinema and Society	3
CMST 227	Television and Culture	3
DNCE 105	Dance Appreciation	3
DNCE 108	Dance on Screens: From Early Cinema to TikTok and Beyond	3
ENFL 208	Introduction to the Film	3
ENG 150A	Introduction to Western Literature	3
ENG 203B	British Literature Survey I	3-4
ENG 223WI	Women's Literature	3-4
ENG 226WI	Literature of Race, Class, and Gender	3-4
ENG 278WI	AMERICAN LITERATURE SURVEY I	3
ENG 279WI	American Literature Survey II	3-4
ENGL 115	Graphic Narratives	3
ENGL 116	World Literature: The Coming of Age Theme	3
ENGL 117	World Literature: Voices of Tradition and Challenge	3
ENGL 210	Myth and Literature	3
ENGL 237	Black Women Writers: US	3
ENGL 238	Black Writers in the United States: A Survey	3
ENGL 255	The Golden Age of Children's Literature	3
ENGL 274	Contemporary U.S. Literature of Immigration	3
ENGL 279	Latinx Writers in the United States	3
FMTV 204	Film Forum	3
FREN/FRIN 283	Introduction to Women Authors of French-Speaking Africa	3
GERM/GRIN 226	Fairy Tales from Grimm to Disney	3
GERM/GRIN 227	Nazi Cinema and Propaganda	3
HONP 100	Honors Seminar in Great Books and Ideas Part I	3
HONP 101	Honors Seminar in Great Books and Ideas Part II	3
HONP 202	Honors Seminar in Contemporary American Issues	3
HUMN 230	Ancient Greece and Rome in the Cinema	3
HUMN 285	Mythology	3
HUMN 314	Greek Art	3
HUMN 315	Roman Art	3
ITAL 262	Italian Americans in Film	3
MUGN 100	Introduction to Music	3
MUGN 109	Introduction to Jazz	3
MUGN 120	Rap and Rock as Cultural Phenomena	3
MUGN 152	Music in Film	3
MUGN 160	Introduction to Music in World Cultures	3
MUHS 106	Diverse Worlds of Music	3

READ 209	Children's Literature for a Multicultural Society	3
RELG 204	New Testament/Christian Scriptures	3
THTR 100	Introduction to the Theatrical Medium	3
THTR 208	Drama in Text	3
THTR 265	The Contemporary Theatre of Cultural Diversity	3
VIST 105	Global Foundations in Art and Visual Culture	3
VIST 106	Modern Visions 1400-1945	3

Scientific Reasoning

Code	Title	Credits
ANTH 101	Physical Anthropology	4
BIO 111B	General Biology: Cell	4
BIOL 100	Biological Sciences	4
BIOL 110	The Biology of Human Life	4
BIOL 112	Principles of Biology: Introduction to the Cell	4
BIOL 113	Principles of Biology: Organisms and Diversity	4
BIOL 244	Anatomy and Physiology I	4
CHEM 100	Introductory Chemistry	4
CHEM 113	Fundamentals of Chemistry	4
CHEM 120	General Chemistry I	4
CSAM 101	Science Matters	4
CSIT 104	Python Programming I	3
DNCE 130	Dance Science	3
EAES 100	Principles of Geography	3
EAES 101	Planet Earth	4
EAES 105	Physical Geology	4
EAES 107	Earth and the Environment	4
EAES 150	General Oceanography	3
EAES 201	Understanding Weather and Climate	4
EAES 250	Introduction to Marine Sciences	4
HONP 210	Honors Seminar in Science	4
HONP 211	Honors Seminar in Contemporary Issues in Science	3
HUMN 181	Introduction to Classical Archaeology	3
LNGN 130	Speech Processing	4
LNGN 210	Introduction to General Linguistics	3
NUFD 150	Food Composition and Scientific Preparation	3
NUFD 192	Nutrition with Laboratory	4
PEGN 230	Personalized Fitness	3
PHIL 266	Philosophy of Science	3
PHYS 109	Energy and Climate Change	3
PHYS 191	University Physics I	4
PSY 100	Introduction to Psychology	3-4
SCI 100A	Integrated Science	3
SCI 103	Astronomy	3