



Are you uncertain about which major to choose?

You are not alone!

Many students initially struggle with this decision when first attending college.

Here are some initial points of clarification:

In order to transfer, and/or earn an associate degree, you will need to earn 60 units.

This could be accomplished within 2 years (as depicted below)

Fall	Spring	Fall	Spring	Finish
15 Units	15 Units	15 Units	15 Units	=60 Units

While this would be ideal, on average, students take 3 years to accomplish this goal.

One reason is being **undecided** about their major, or changing it. Data has shown that college students change their major, on average, **3 ×** (times)

Let's look further at an initial strategy....

Strategies

There is a way to begin coursework while remaining **undecided** on a major, but keep in mind, this should only be for 1 or 2 semesters.

By the start of your 3rd semester, or 2nd year, you would want to focus on a major.

One reason being, is there are often courses required within the major that also satisfy general education requirements.



English



Communication



Math



Other Courses



Sample Schedule

Consider Taking English



When selecting a preliminary schedule, English will be safe, as this is the same for all students regardless of major. As you see in this first area of general education, there is only 1 choice for A2 Written Communication, **ENGL 120**

ENGLISH 120 † **College Composition and Reading**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 099 or English 110 or English as a Second Language 119 or equivalent or assessment recommendation for English 120.

This first semester transfer-level composition course is designed to develop critical reading and writing skills essential to academic inquiry across the disciplines. Based on analysis and evaluation of texts, and in response to particular audiences and purposes, students will construct expository and argumentative papers, including an extended argument, which synthesizes, integrates, and acknowledges multiple sources.

*Satisfies General Education for: Grossmont College A1; CSU A2; IGETC 1A
Transfers to: CSU, UC*

A ENGLISH LANGUAGE, COMMUNICATION AND CRITICAL THINKING - Minimum 9 units

Complete one course from A1, one course from A2 and one course from A3.

A grade of "C" or higher is required in all 3 courses.

A1. Oral Communication	COMM 120, 122, 130
A2. Written Communication	ENGL 120
A3. Critical Thinking	COMM 137, 145; ENGL 124; PHIL 125, 130; SCI 110

This is an important class, as you will find most of your other college classes will require formalized written communication, i.e., research papers, essay answers and lab reports to name a few.

From the catalog description (depicted on the left), you can identify all of the pertinent information—the amount of units, any **Prerequisite** requirement What the course is about, and finally, what areas of general education it **satisfies** and whether it **transfers** to the universities (**CSU, UC**)

Some students might place just below this level. The alternative would be ENGL 099 or ENGL 120 accompanied by 1-unit support course, ENGL 020



Consider Taking Communication

Many college courses often require class participation, this will help you get comfortable ... you have two options that also meet GE requirements (COMM 130 **NOT** offered)

COMMUNICATION 120 † **Interpersonal Communication**

3 units, 3 hours lecture

This course provides the student an opportunity to learn and apply, in daily life, principles of interpersonal communication, effective rhetorical strategies, and public speaking skills. Students present speeches and participate in structured oral and written exercises and simulations; these activities are designed to enhance communicative awareness and skills in interpersonal contexts. Emphasis is on personal, situational and cultural influences on interaction. It is designed to assist students in improving their own interpersonal and oral communication skills. Attention is given to rhetorical strategies, human perception, interpersonal dynamics, listening, conflict management, and verbal/nonverbal communication skills, including delivery of speeches.

*Satisfies General Education for: Grossmont College A2; CSU A1; IGETC 1C
Transfers to CSU, UC*

A ENGLISH LANGUAGE, COMMUNICATION AND CRITICAL THINKING - Minimum 9 units

Complete one course from A1, one course from A2 and one course from A3.

A grade of "C" or higher is required in all 3 courses.

A1. Oral Communication	COMM 120, 122, 130
A2. Written Communication	ENGL 120
A3. Critical Thinking	COMM 137, 145; ENGL 124; PHIL 125, 130; SCI 110

For those of us who may suffer a fear of Public Speaking (which is the majority at 75%), then **COMM 120** might be your choice.

COMMUNICATION 122 † **Public Speaking**

3 units, 3 hours lecture

This course offers an opportunity for improvement in the basic process of public speaking to audiences in diverse settings. An introduction to rhetorical theory is included. Attention is given to the basic elements of topic selection, analysis of diverse audiences, research, organization, argumentation and delivery of speeches and presentations.

*Satisfies General Education for: Grossmont College A2; CSU A1; IGETC 1C
Transfers to: CSU, UC*

If you're looking to overcome this fear, or already enjoy Public Speaking, then you could choose **COMM 122**



How would you choose a **Math** Course?

First, understand that it is NOT mandatory that you initially take a math course, but could be wise.

- ❖ Recent studies have shown, that students completing college level math and English within their 1st college year, are more likely to complete their degree.

Math is more of a challenging selection, course selection is often linked to requirements of major preparation. Your major will assist you with determining which course or courses you will need to take.

At the very least, one math course will be required to complete as a component of general education, for Transfer to a university.

The choice will also be based upon your placement level, and should be discussed with a counselor.
(Note: Statistics is a very commonly required math course for many majors)

B4. Mathematics and Quantitative Reasoning

MATH 120, 125, 126, 160, 170, 175, 176, 178, 180, 245, 280, 281, 284, 285; **PSC** 120;

Statistics: ANTH 215, **BIO** 215, **ECON** 215, **MATH** 160, **PSY** 215, **SOC** 215

This is illustration of math courses that satisfy CSU GE in Area B4. The bottom row, “Statistics” offers a variety of models of statistics within different academic disciplines.



What **other courses** could you choose?

Other courses that could be selected, would be introductory type courses that will also satisfy general education requirements. These can be found within the GE patterns (we'll stay with CSU GE Breadth).

Areas C, D & E are good for choosing additional courses. Many are introductory and can provide more information regarding the subject or major discipline

We know this looks overwhelming, relax, take a breath.

Notice the section headings alert you to how many courses are required to satisfy each area In total, these 3 areas are completed within just 7 courses

C	ARTS AND HUMANITIES - Minimum 9 units
	Complete 3 courses. Complete one course from C1, one course from C2 and one additional course from either C1 or C2.
	C1. Arts ART 100, 120, 126, 130, 140, 141, 142, 143, 145, 146, 147; CCS 126, 134; DANC 110, 120; HUM 110, 120; MCOM 111; MUS 110, 111, 115, 116, 117, 123; PHOT 154; RELG 140; THTR 101, 110, 143, 144, 205
	C2. Humanities ARBC 120, 121, 122, 123, 148, 220, 221, 250, 251; ASL 120, 121, 140, 220, 221; CCS 122, 123, 135, 143, 144, 147, 149, 152, 236, 237, 238; CHIN 120, 121, 220, 221, 250, 251; COMM 136, 144; ENGL 118, 122, 201, 215, 217, 218, 219, 221, 222, 225, 226, 227, 228, 231, 232, 236, 237, 238; FREN 120, 121, 152, 220, 221, 250, 251; GERM 120, 121, 220, 221, 250, 251; HIST 100, 101, 103, 105, 106, 126, 135, 136, 137, 148; HUM 110, 120, 125, 130, 140, 135, 160, 170; ITAL 120, 121, 220, 221, 250, 251; JAPN 120, 121, 149, 220, 221, 250, 251; PHIL 110, 111, 112, 114, 116, 118, 140, 141, 145, 150, 155; RELG 120, 130, 140, 150, 170; RUSS 120, 121, 220, 221, 250, 251; SPAN 120, 121, 122, 123, 141, 145, 220, 221, 250, 251; THTR 143, 144

D	SOCIAL SCIENCES - Minimum 9 units
	Complete 3 courses from at least 2 disciplines. *CSU American Institutions (AI) courses are bolded and underlined .
	Administration of Justice: AOJ 110 Anthropology: ANTH 120, 122, 127, 140 Child Development: CD 115, 125, 131, 145 Communication: COMM 124, 128, 144 Cross-Cultural Studies: CCS 114, 115, 116, <u>118, 119</u> , 124, 125, 127, 128, <u>130, 131</u> , 132, 133, 135, 143, 144, 145, 147, 152, 154, 155, <u>180, 181</u> Economics: ECON 110, 120, 121, 261 Family Studies: FS 115, 120 French: FREN 152 Geography: GEOG 100, 101, 106, 130, 170 History: HIST 100, 101, 103, 105, 106, <u>108, 109</u> , 113, <u>114, 115, 118, 119, 122, 123, 124</u> , 126, <u>130, 131</u> , 136, 137, 148, 154, 155, <u>180, 181</u> Media Communications: MCOM 110 Political Science: POSC 120, <u>121</u> , 124, 130, <u>140</u> , 150, 155, 160 Psychology: PSY 120, 125, 134, 138, 140, 150, 170, 211, 220 Sociology: SOC 114, 120, 125, 130, 138, 140 Spanish: SPAN 145

E	LIFELONG LEARNING AND SELF-DEVELOPMENT - Minimum 3 units
	Complete 1 course.
	BUS 195; CCS 127; CD 125, 145; COUN 120; ENGL 219; FS 110, 120, 129; HED 120, 201; HESC 110; NUTR 155, 158, 159, 255; PSY 132, 134, 140, 150, 180, 220; SOC 125 <i>This area can be certified with a DD214 or military transcript. See catalog or Counselor for additional information.</i>



How does this help me?

Let's examine how **PSY 120** would apply..

Here you see Area D-Social Sciences, requires 3 courses.

Completion of this course, would clear one GE requirement. It will also provide 3 completed units towards required 60.

While a student can decide not to pursue Psychology as a major it is helpful to determine whether a Social Science major is a good fit for you. Also, you will be completing a general education requirement. If you withdraw ("W") or fail ("F") this course, the result is making NO progress towards the goal of completing general education requirements, or the required 60 units.

D SOCIAL SCIENCES - Minimum 9 units

Complete 3 courses from at least 2 disciplines.

*CSU American Institutions (AI) courses are **bolded and underlined**.

Administration of Justice: AOJ 110

Anthropology: ANTH 120, 122, 127, 140

Child Development: CD 115, 125, 131, 145

Communication: COMM 124, 128, 144

Cross-Cultural Studies: CCS 114, 115, 116, 118, 119, 124, 125, 127, 128, 130, 131, 132, 133, 135, 143, 144, 145, 147, 152, 154, 155, 180, 181

Economics: ECON 110, 120, 121, 261

Family Studies: FS 115, 120

French: FREN 152

Geography: GEOG 100, 101, 106, 130, 170

History: HIST 100, 101, 103, 105, 106, 108, 109, 113, 114, 115, 118, 119, 122, 123, 124, 126, 130, 131, 136, 137, 148, 154, 155, 180, 181

Media Communications: MCOM 110

Political Science: POSC 120, 121, 124, 130, 140, 150, 155, 160

Psychology: PSY 120, 125, 134, 138, 140, 150, 170, 211, 220

Sociology: SOC 114, 120, 125, 130, 138, 140

Spanish: SPAN 145

E LIFELONG LEARNING AND SELF-DEVELOPMENT - Minimum 3 units

Complete 1 course.

BUS 195; CCS 127; CD 125, 145; COUN 120; ENGL 219; FS 110, 120, 129; HED 120, 201; HESC 110; NUTR 155, 158, 159, 255; PSY 132, 134, 140, 150, 180, 220; SOC 125

This area can be certified with a DD214 or military transcript. See catalog or Counselor for additional information.



Sample Abbreviated 2-Semester Plan

Let's take a look at a safe 2 semester plan when you remain undecided...

Fall	Units	Spring	Units
ENGL 120 (A1,1A)	3	ENGL 124 (A3,1B)	3
MATH 160 (B4,2)	3	COMM 120 OR 122 (A1,1C)	3
GE (C1,3A)	3	GE (C2,3B)	3
GE (Area E, CSU)	3	GE (D,4)	3
Total Units	12	Total Units	12

Reminder: GE = general education

The parentheses () are identifying areas of the GE patterns for CSU Breadth & IGETC

These can be introductory courses to explore subjects you have interest in, and that could potentially become your major

NOTE: This is not at the previously illustrated 15-unit, 2 year pace, but additional units can be taken during summer and Intersession to make up ground.



Academic Pathways

As a visual overview of potential majors, we have grouped majors into Academic Pathways. There will be more information provided about associated careers in presentations regarding these areas.

Behavioral and Social Sciences

Administration of Justice
Child Development
Cross-Cultural Studies
Early Childhood Education
Political Science
Psychology
Social Work
Sociology

Language and Communications

American Sign Language
Arabic Studies
Communication
English
Media Communication
Journalism
World Languages

Applied Technology

Culinary Arts
Business and Office
Technology

Health Sciences

Kinesiology
Athletic Training
Cardiovascular Technology
EKG/Telemetry
Occupational Therapy Assist.
Orthopedic Technology
Nursing

Visual & Performing Arts

Art
Music
Dance
Theater Arts

Humanities

History
Philosophy

Business

Business Administration
Business General
Economics
Entrepreneurship & Small
Business Management
International Business
Hospitality & Tourism
Management
Management

STEM

Anthropology (Physical
Anthropology)
Biological Sciences
Chemistry
Computer Science Info Systems
Geography
Mathematics