



Attention: Students must request certification from the Grossmont College Admissions Office.

*Disclaimer: Every effort has been made to ensure the information below is accurate and timely.
However, this information is unofficial and should be checked against the
official information found on the ASSIST website @ www.assist.org.

Student: _____ ID#: _____ Date: _____

Major: _____ Transfer University: _____ Counselor: _____

A course may be used in 1 area only (Exception: *CSU American Institution (AI) section)
CSU GE- Breadth courses may differ between Cuyamaca and Grossmont. If you plan to attend both colleges, other colleges, or use External Exam Credit (AP/IB) it is important to meet with a Counselor, refer to college catalogs and visit www.assist.org.

A ENGLISH LANGUAGE, COMMUNICATION & CRITICAL THINKING - 3 Courses: 9 semester, 12 quarter units		Completed	In Progress	Remaining
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; ESL 122			
A3. Critical Thinking	COMM 137, 145; ENGL 124; PHIL 125, 130; SCI 110			
B SCIENTIFIC INQUIRY QUANTITATIVE REASONING - 3 Courses & Lab: min. 9 semester, 12 quarter units		C	IP	R
Complete one course from B1, one course from B2, one course from B3 (if lab is not included in B1 or B2) and one course from B4. A grade of "C" or higher is required in the B4 Math course. Underlined courses do NOT include a laboratory.				
B1. Physical Sciences ASTR <u>110</u> , <u>120</u> ; CHEM 102, <u>110</u> , 113, 115, 116, 120, 141, 142, 231, 232, <u>241</u> , <u>242</u> ; GEOG <u>120</u> , <u>140</u> ; GEOL <u>104</u> , <u>110</u> , 121, <u>210</u> , <u>220</u> ; OCEA <u>112</u> ; PHYC 110, 130, 131, 140, 240, 241; PSC <u>100</u> , <u>110</u> ; SCI <u>110</u>				
B2. Life Sciences ANTH <u>130</u> ; BIO 105, 110, <u>112</u> , <u>114</u> , <u>118</u> , 120, 140, <u>141</u> , 144, 145, 152, 230, 240				
B3. Laboratory - Lab MUST compliment your science lecture course. ANTH 131, ASTR 112 (can be used for both ASTR 110 & ASTR 120), BIO 141L; CHEM 241L, 242L; GEOG 121 (can be used for both GEOG 120 & GEOL 104); GEOL 111; OCEA 113; PSC 111				
B4. Mathematics and Quantitative Reasoning MATH 120, 125, 126, 160, 170, 175, 176, 178, 180, 245, 280, 281, 284, 285; CSIS 240; PSC 120; Statistics: ANTH 215, BIO 215, ECON 215, MATH 160, PSY 215, SOC 215				
C ARTS AND HUMANITIES - 3 Courses: 9 semester, 12 quarter units		C	IP	R
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		C1		
C2. Humanities ARBC 120, 121, 122, 123, 148, 220, 221, 250, 251; ASL 120, 121, 140, 220, 221; CCS 135, 143, 144, 236, 237, 238; CHIN 120, 121, 220, 221, 250, 251; COMM 136, 144; ENGL 122, 201, 215, 217, 218, 219, 221, 222, 225, 226, 227, 228, 231, 232, 236, 237, 238; ESL 115; 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		C2		
		C1 or C2		

D SOCIAL SCIENCES - 3 Courses: 9 semester, 12 quarter units Complete 3 courses from at least 2 disciplines. *CSU American Institutions (AI) courses are bolded and underlined .	Completed	In Progress	Remaining
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, 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 - 1 Course: 3 semester, 4 quarter units Complete 1 course.	C	IP	R
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>			
<p style="text-align: center;">*CSU American Institution (AI)</p> The AI requirement is a CSU GRADUATION REQUIREMENT . Completion is not mandatory for admission, however, completion of this requirement prior to transfer is highly recommended. Select Option 1, 2 or 3 and complete as indicated. Courses <u>bolded and underlined</u> above in Area D may be used to meet both American Institutions and Area D requirements.	C	IP	R
Option 1: Choose 1 course from <u>List A</u> and 1 course from <u>List B</u> : List A: CCS 180, HIST 108, 114, 115, 122, 180 List B: CCS 119, 131, HIST 109, 115, 119, 123, 124, 131, POSC 121, 140			
Option 2: Choose 1 course from <u>List A</u> and 1 course from <u>List B</u> : List A: POSC 121 List B: CCS 118, 119, 130, 181, HIST 109, 118, 119, 130, 181			
Option 3: Choose 1 course from <u>List A</u> : List A: HIST 115			

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