



The courses below have Zero Textbook Cost (ZTC) sections. **Not all sections of these courses are offered as ZTC.** Check [the class schedule](#) to find the ZTC sections. [This video](#) explains how to find ZTC classes.

In addition to this list, there are non-ZTC courses and sections that fulfill these requirements. Check the [Grossmont College Catalog](#) for more information about degree and transfer requirements. **Important! Consult with a counselor when planning your schedule.**

## Associate Degree General Studies AA Wellness and Self-Development

To meet the General Studies degree requirements, a student must complete the following:


I. AA/AS General Education Requirements (see Degree Requirements section of the catalog). Many General Education courses are offered at Zero Textbook Cost.

[List of GE AA/AS Degree Requirements offered ZTC](#)

[List of GE CSU Transfer Requirements offered ZTC](#)

[List of IGETC Requirements offered ZTC](#)

II. Choose a minimum of 18 units. Minimum 3 units from Wellness and 3 units from Self Development. A maximum of 3 units of credit allowed for ES/DANC activity courses. The remaining units can be taken from either category. Courses are listed below. A checkmark indicates ZTC.

Requirement	Course name	 Zero Textbook Cost ZTC
Wellness	BIO 118	X
Wellness	COMM 126	X
Wellness	ES 250, 255	✓
Wellness	HED 101, 105, 120, 201	X

Wellness	NUTR 155, 158, 159, 205, 255	X
Wellness	DANCE 068, 071A, 071B, 072A, 072B, 074A, 074B, 080A, 080B, 080C, 080D, 081A, 081B, 081C, 081D, 082A, 082B, 083A, 083B, 084A, 084B, 084C, 084D, 088A, 088B, 088C, 088D, 094A, 094B, 094C, 094D, 099A, 099B, 099C, 116, 118A, 118B, 118C, 118D	✓
Wellness	ES 001, 002, 003, 004A, 004B, 004C, 005A, 005B, 005C, 006A, 006B, 006C, 007A, 007B, 007C, 008A, 008B, 008C, 009A, 009B, 009C, 016A, 016B, 016C, 017A, 017B, 017C, 021A, 021B, 021C, 022, 023A, 023B, 023C, 024A, 024B, 024C, 026, 027A, 027B, 027C, 028A, 028B, 028C, 029, 030, 035, 037A, 037B, 037C, 039, 040A, 040B, 040C, 041, 043A, 043B, 043C, 044A, 044B, 044C, 060A, 060B, 060C, 061A, 061B, 061C, 076A, 076B, 076C, 125A, 125B, 125C, 130A, 130B, 130C, 155A, 155B, 155C, 170A, 170B, 170C, 171A, 171B, 171C, 172A, 172B, 172C, 175A, 175B, 175C, 176A, 176B, 176C, 180, 185A, 185B, 185C	✓
Self Development	BIO 112	X
Self Development	BUS 195	X
Self Development	CD 125, 153	X
Self Development	CHEM 110	X
Self Development	COMM 128	X
Self Development	COUN 104, 110, 120, 130	✓ Only COUN 120
Self Development	ENG 219	X
Self Development	ETHN 115	X

Self Development	FS 110, 120, 129	X
Self Development	HESC 110	X
Self Development	LIR 110	✓
Self Development	PSY 132, 134, 140, 150, 180, 220	✓ Only PSY 150
Self Development	SOC 125	✓