

GENERAL STUDIES

In Social Behavior and Self-Development

ASSOCIATE OF ARTS DEGREE

Choose at least one course from each category below (A and B). Then complete additional courses from categories A and B to reach a total of 18 units from the following list:

These courses provide students knowledge and understanding of social behavior and self-development. This area of emphasis is designed to prepare students to use their understanding of themselves and others to communicate and collaborate more effectively. It combines knowledge of theory with attention to personal growth and purpose, as well as health and wellness. Students learn to become citizens who care for themselves and others, ready to work with people in their communities. Participation in group activities and collaborative projects is a central focus of this emphasis, allowing students to experience group interactions in a variety of contexts. This emphasis includes lower division coursework that prepares students for potential careers in people/community oriented professions including social, health and recreational services.

To acquire the **Associate of Arts Degree in General Studies with an Emphasis in Social Behavior and Self-Development**, students must complete the required major courses below with a grade of "C" or better along with one of the following:

- o RHC GE and Proficiency requirements
- o CSU GE (California State University General Education Breadth)
- o IGETC (Intersegmental General Education Transfer Curriculum)

Category A: Theory and Knowledge		Units	N	IP	C
AJ 101	Introduction to Administration of Justice	3			
ANTH 101* or 101H*	Introduction to Physical Anthropology	3			
ANTH 102 or 102H*	Introduction to Cultural Anthropology	3			
ANTH 103	Introduction to Archaeology	3			
ANTH 104	Introduction to Language and Culture	3			
ANTH 110	Gender and Sexuality	3			
ANTH 115	Medical Anthropology: Culture, Health, Healing	3			
ANTH 125	Religion, Magic, Witchcraft, and the Supernatural	3			
CHST 101	Introduction to Chicano Studies	3			
CHST 146	The Mexican American in the History of the U.S.	3			
CHST 148 or 148H	La Chicana: Mexican-American Women in Contemporary Society/*Honors	3			
CHST 150	Chicana/o/s Politics	3			
CD 106	Child Growth and Development	3			
CD 208	Child, Family and Community	3			
ECON 101* or 101H*	Principles of Macroeconomics	3			
ECON 102* or 102H*	Principles of Microeconomics	3			
ECON 135	International Political Economy	3			
EGSS 110	Introduction to Ethnic Studies	3			
EGSS 120	Introduction to Women's Studies	3			
EGSS 130	Introduction to LGBTQ+ Studies	3			
GEOG 102	Introduction to Cultural Geography	3			
GEOG 103	World Regional Geography	3			
HIST 101	History of World Civilization to the 17 th Century	3			
HIST 102	History of World Civilization, 1500 to the Present	3			
HIST 122	History of Mexico	3			
HIST 131	History of the North American Indian	3			
HIST 143 or 143H*	History of the United States to 1877	3			
HIST 144 or 144H*	History of the United States Since 1865	3			
HIST 156	Black American Experience to 1865	3			
HIST 157	Black American Experience Since 1865	3			
HIST 158	US Comparative History of American Indians and Black Americans	3			
HIST 159 or 159H*	US Comparative History of Mexican and Asian Americans and Women	3			
HIST 167	History of California	3			
HIST 170	Women in American History	3			
HUM 110	Survey of Humanities	3			
HUM 111	Survey of Humanities	3			
HUM 125 or 125H*	Introduction to Mexican Culture	3			
HUM 130	Contemporary Mexican-American Culture	3			
HUSR 123	Drug Education and Prevention	3			
KIN 170	Sport and Exercise Psychology	3			
KIN 190	Women in Sports	3			
KIN 195	Social Issues/Media in Sport	3			
MSCM 128	Mass Media in Modern Society	3			
PHIL 128 or 128H*	Introduction to Political Philosophy	3			
PHIL 135	Philosophy of Social Justice	3			
POLS 110 or 110H*	Government of the United States	3			
POLS 115	Women in U.S. Politics	3			
POLS 125	Law and Democracy	3			

POLS 128 or 128H*	Introduction to Political Philosophy	3			
POLS 130	Comparative Government	3			
POLS 135	International Political Economy	3			
POLS 140	International Relations	3			
POLS 150	Latinx Politics	3			
PSY 101 or 101H*	Introductory Psychology	3			
PSY 112	Lifespan Development	3			
PSY 114	Introduction to Abnormal Psychology	3			
PSY 121	Drugs, Society, and Behavior	3			
PSY 170	Introduction to Learning and Memory	3			
PSY 180	Positive Psychology	3			
PSY 200*	Research Methods in Psychology	3			
READ 101*	Critical Reading	3			
SOC 101 or 101H*	Introduction to Sociology/*honors	3			
SOC 102	Major Social Problems	3			
SOC 105	Introduction to Human Sexuality	3			
SOC 110	Human Sexuality from a Cross-Cultural Perspective	3			
SOC 114	Hookups, Breakups, and Makeups	3			
SOC 116	Power, Oppression, and Privilege: Introduction to Race and Ethnic Relations	3			
SOC 120	She, He, They: Intersections of Gender	3			
SOC 127	Introduction to Criminology	3			
SPCH 100	Interpersonal Communication	3			
SPCH 120	Small Group Communication	3			
SPCH 101 or 101H*	Public Speaking	3			
SPCH 140	Argumentation and Debate	3			
SPCH 150	Intercultural Communications	3			
Category B: Growth and Purpose/Health and Wellness					
ANTH 110	Gender and Sexuality	3			
CD 106	Child Growth and Development	3			
COUN 101	College and Life Success	3			
COUN 104	Stress and Anxiety Management for Emotional Well-Being	3			
COUN 151	Career Exploration & Life Planning	3			
EDEV 101	College and Life Success	3			
EDEV 151	Career Exploration & Life Planning	3			
HUSR 123	Drug Education and Prevention	3			
KIN 159	Leadership in Sport	3			
KIN 170	Sport and Exercise Psychology	3			
KIN 190	Women in Sports	3			
KIN 191	Health: Personal Issues	3			
KIN 192	Health: Women's Personal Health	3			
KIN 196	Health: Fitness and Wellness	3			
NUTR 110	Introduction to Nutrition Science	3			
PHIL 122	Philosophical Perspectives on Death & Dying	3			
PSY 112	Lifespan Development	3			
PSY 121	Drugs, Society, and Behavior	3			
SOC 105	Introduction to Human Sexuality	3			
SOC 110	Human Sexuality from a Cross-Cultural Perspective	3			
DD214	(Please see counselor for details)				
*Prerequisite/Corequisite					