

# 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)

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

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