Student:

ID:

GENERAL EDUCATION REQUIREMENTS (36-38 credit hours)

Outcome	Outcome Categories, Credit Hours	Complete the following courses:	Sem.	Grade
Communication	Written Communication 6 hours (both required)	ENGL 101 English I (C or better required to complete course) Prerequisite: placement or completion of ENGL 090 with C or ENGL 102 English II (C or better required to complete course) Prerequisite: completion of ENGL 101 with C or better		
Communication	Oral Communication 3 hours (choose one)	COMS 131 Public SpeakingCOMS 151 Speech Communication Co-requisite: ENGL 101 – English I		
Qualitative and Quantitative	Humanities and Arts 3 hours (choose one)	ART 100 Art AppreciationART 240/241 Art HistoryEED 208 Exploring Cultural Art, Music, and Dance with TechnologyENGL 210 Themes and Issues in LiteratureENGL 215 Fiction and Film (prereq ENGL 102)MCOM 231 Mass CommunicationMUS 137/138 Music Appreciation through Classical Period/Contemporary TimesTHEAT 100 Introduction to Theatre		
Thinking	Quantitative Reasoning 3 hours (choose one)	MATH 101 College Algebra (C or better required to complete course)MATH 102 Liberal Arts MathMATH 207 Statistics		
	Laboratory Science 5 hours (choose one)	BIOL 103 General Biology and LabCHEM 101 General Chemistry IPHYS 211 College Physics IPSCI 100 Physical Science		
	Historical/Contemporary Indigenous Issues 6 hours (choose two)	AIS 102 American Indian Issues IAIS 110 History of North American Indian TribesART 255 Tribal Art FormsENGL 212 American Indian LiteratureHSES 161 Diabetes and the Native AmericanLANG 101/102, 110/111 Indigenous LanguagesSW 110 Chemical Dependency and the Native AmericanTMGMT 101 Introduction to Tribal ManagementTMGMT 201 Tribal/Federal Government Relations		
Historical and Cultural Forces	iviulicultural, vvolid oi	AIS 301 Native and Western Views of NatureCOMS 246 Intercultural CommunicationGEOG 110 World GeographyGEOG 230 Cultural GeographyHIST 101/102 U. S. History Through/Since the Civil WarHIST 110/112 Western Civilization I/IIHIST 221/222 World Civilization I/II		
	Human Behavior 3 hours (choose one)	BUS 251 Human RelationsCOMS 226 Interpersonal CommunicationCOMS 256 Working in Groups or TeamsCOMS 276 Persuasion and Social InfluencePSYC 101 General PsychologySOC 100 Introduction to Sociology		
	Orientation 3 hour	UNIV 105 Haskell Seminar		
Wellness	Physical Activity Course or Health Class 1-3 hours (choose one)	HSES 100 Personal Hygiene (2 credits)HSES 101/104/105/106/107/108/127 Physical Activity Courses (all 1 credit)HSES 124 Cultural Well-Being: Concepts and Practice to Living Well (3 credits)HSES 125 Fitness for Life (2 credits)HSES 126 Fitness for Life (3 credits)HSES 160 Basic Nutrition (3 credits)HSES 141 Introduction to Native Games and Activities (3 credits)HSES 195 Weight Management and Fitness in Young Adults (1 credit)HSES 201 Personal and Community Health (3 credits)HSES 204 First Aid (2 credits)HSES 210 The Art and Science of Walking, Jogging and Running (3 credits)		

COMMUNICATION STUDIES EMPHASIS REQUIREMENTS (12 credit hours)

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
COMS	COMS 200 or above/C grade or better	3			COMS	COMS 200 or above/C grade or better	3		
COMS	COMS 200 or above/C grade or better	3			COMS	COMS 200 or above/C grade or better	3		

ELECTIVES (12-14 credit hours)

		Credit					Credit			
Number	Course	Hours	Sem	Grade	Number	Course	Hours	Sem.	Grade	
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