



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](http://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, meet with a counselor, refer to the college catalogs and visit [www.assist.org](http://www.assist.org).

		Completed	In Progress	Remaining
<b>A ENGLISH LANGUAGE, COMMUNICATION AND CRITICAL THINKING - Minimum 9 units</b> 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>B SCIENTIFIC INQUIRY QUANTITATIVE REASONING - Minimum 9 units plus laboratory</b> 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 (Math course in B4 must be completed with a grade of "C" or better). Underlined courses do NOT include a laboratory.		C	IP	R
<b>B1. Physical Sciences</b> ASTR <u>110, 120</u> ; CHEM 102, <u>110</u> , 113, 115, 116, 120, 141, 142, 231, 232, <u>241, 242</u> ; GEOG <u>120, 140</u> ; GEOL <u>104, 110</u> , 121, <u>210, 220</u> ; OCEA <u>112</u> ; PHYC 110, 130, 131, 140, 240, 241; PSC <u>100, 110</u> ; SCI <u>110</u>				
<b>B2. Life Sciences</b> ANTH <u>130</u> ; BIO 105, 110, <u>112, 114, 118</u> , 120, 140, <u>141</u> , 144, 145, 152, 230, 240				
<b>B3. Laboratory</b> - 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				
<b>B4. Mathematics and Quantitative Reasoning</b> 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				
<b>C ARTS AND HUMANITIES - Minimum 9 units</b> Complete 3 courses. Complete one course from C1, one course from C2 and one additional course from either C1 or C2.		C	IP	R
<b>C1. Arts</b> 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		
<b>C2. Humanities</b> 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		

<b>D SOCIAL SCIENCES - Minimum 9 units</b> Complete 3 courses from at least 2 disciplines. *CSU American Institutions (AI) courses are <b>bolded and underlined</b> .	Completed	In Progress	Remaining
<b>Administration of Justice: AOJ</b> 110 <b>Anthropology: ANTH</b> 120, 122, 127, 140 <b>Child Development: CD</b> 115, 125, 131, 145 <b>Communication: COMM</b> 124, 128, 144 <b>Cross-Cultural Studies: CCS</b> 114, 115, 116, <b><u>118, 119</u></b> , 124, 125, 127, 128, <b><u>130, 131</u></b> , 132, 133, 135, 143, 144, 145, 154, 155, <b><u>180, 181</u></b> <b>Economics: ECON</b> 110, 120, 121, 261 <b>Family Studies: FS</b> 115, 120 <b>French: FREN</b> 152 <b>Geography: GEOG</b> 100, 101, 106, 130, 170 <b>History: HIST</b> 100, 101, 103, 105, 106, <b><u>108, 109</u></b> , 113, <b><u>114, 115, 118, 119, 122, 123, 124</u></b> , 126, <b><u>130, 131</u></b> , 136, 137, 148, 154, 155, <b><u>180, 181</u></b> <b>Media Communications: MCOM</b> 110 <b>Political Science: POSC</b> 120, <b><u>121</u></b> , 124, 130, <b><u>140</u></b> , 150, 155, 160 <b>Psychology: PSY</b> 120, 125, 134, 138, 140, 150, 170, 211, 220 <b>Sociology: SOC</b> 114, 120, 125, 130, 138, 140 <b>Spanish: SPAN</b> 145			
<b>E LIFELONG LEARNING AND SELF-DEVELOPMENT - Minimum 3 units</b> Complete 1 course.	<b>C</b>	<b>IP</b>	<b>R</b>
<b>BUS</b> 195; <b>CCS</b> 127; <b>CD</b> 125, 145; <b>COUN</b> 120; <b>ENGL</b> 219; <b>FS</b> 110, 120, 129; <b>HED</b> 120, 201; <b>HESC</b> 110; <b>NUTR</b> 155, 158, 159, 255; <b>PSY</b> 132, 134, 140, 150, 180, 220; <b>SOC</b> 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;"><b>*CSU American Institution (AI)</b></p> The AI requirement is a <b>CSU GRADUATION REQUIREMENT</b> . 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. <b>Courses <u>bolded and underlined</u> above in Area D may be used to meet both American Institutions and Area D requirements.</b>	<b>C</b>	<b>IP</b>	<b>R</b>
<b>Option 1:</b> Choose 1 course from <u>List A</u> and 1 course from <u>List B</u> : List A: <b>CCS</b> 180, <b>HIST</b> 108, 114, 115, 122, 180 List B: <b>CCS</b> 119, 131, <b>HIST</b> 109, 115, 119, 123, 124, 131, <b>POSC</b> 121, 140			
<b>Option 2:</b> Choose 1 course from <u>List A</u> and 1 course from <u>List B</u> : List A: <b>POSC</b> 121 List B: <b>CCS</b> 118, 119, 130, 181, <b>HIST</b> 109, 118, 119, 130, 181			
<b>Option 3:</b> Choose 1 course from <u>List A</u> : List A: <b>HIST</b> 115			

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