FOUNDATIONS (15 credits)
[One course from each program goal: U, W, O, H, Q]

First Year Seminar (U)
- UNIV101 Shippensburg University First Year Seminar

Writing (W)
- ENG114 Academic Writing
- ENG115 Advanced Placement Writing
- HON106 Honors: Writing Intensive First-Year Seminar

Oral Communication (O)
- HCS100 Introduction to Human Communication
- HON100 Honors: Introduction to Human Communication

History (H)
- HIS105 Historical Foundation of Global Cultures
- HON122 Honors: Historical Foundation of Global Cultures

Quantitative (Q)
- MAT105 Mathematics for Liberal Studies
- MAT107 Mathematics Models Applied to Money
- MAT111 Fundamentals of Mathematics II
- MAT117 Applied Statistics
- MAT181 Applied Calculus
- MAT211 Calculus I
- MAT217 Statistics I

INTERCONNECTIONS (9 credits)
[At least one D course and at least one G course]

Diversity (D)
- DS100 Introduction to Disability Studies
- ETH100 Introduction to Ethnic Studies
- ETH101 Introduction to African American Studies
- ETH102 Introduction to Latino Studies
- FRN150 French Civilization
- GEO103 Geography of the United States and Canada
- HON102 Honors: Introduction to Women's Studies
- HON140 Honors: Historical Foundation of Global Cultures
- HON140 Honors: Geography of the United States and Canada
- HON151 Honors: General Psychology
- INT252 Costa Rica: Politics, Economy and Society
- PSY101 General Psychology
- SPN150 Spanish Civilization & Culture
- SWK265 Understanding Diversity for Social Work Practice
- WST100 Introduction to Women’s Studies

Foreign Languages (F)
- ASL101 American Sign Language
- ASL102 American Sign Language
- CHN101 Beginner's Chinese
- CHN102 Beginner's Chinese II
- CHN103 Intermediate Chinese
- FRN101 Beginning French I
- FRN102 Beginning French II
- FRN103 Intermediate French
- FRN202 Intermediate French Conversation
- FRN320 French for the Professions
- GER101 Beginning German I
- GER102 Beginning German II
- GER103 Intermediate German
- GER203 Intermediate German Communication
- GER215 German for the Professions
- SPN101 Beginning Spanish I
- SPN102 Beginning Spanish II
- SPN103 Intermediate Spanish
- SPN202 Intermediate Conversation
- SPN330 Spanish for the Professions

CITIZENSHIP AND RESPONSIBILITY (6 credits) [Two courses with no more than one in any goal]

Citizenship (S)
- ESS108 Conservation of Natural Resources
- HIS201 Early History of the United States
- HON279 Honors: U.S. Government and Politics
- PLS100 U.S. Government and Politics
Ethical Reasoning (E)
- HON105 Honors: Ethical Theories and Problems
- PHL105 Ethical Theories and Problems

Critical Reasoning (R)
- ECO113 Principles of Economics
- ENGR110 Modelling and Simulation
- ESC207 Stress Management
- FIN101 Personal Finance
- GEO140 Cultural Geography
- HCS125 Survey of Communication Studies
- HON130 Honors: Introduction to Philosophy
- HON161 Honors: Introduction to Sociology: Society and Diversity
- MAT225 Discrete Mathematics
- PHL101 Introduction to Philosophy
- PHL102 Critical Thinking
- SOC101 Introduction to Sociology: Society and Diversity

NATURAL WORLD AND TECHNOLOGY
(9 credits) [Three courses with at least two N courses]

Natural World (N)
- ANT121 Physical Anthropology
- BIO100 Basic Biology
- BIO145 Environmental Biology
- BIO150 Human Biology
- BIO161 Principles of Biology: Cell Structure and Function
- BIO162 Principles of Biology: Organismal Diversity
- BIO208 Field Biology
- BIO237 Human Anatomy and Physiology I
- CHM103 Chemistry: A Cultural Approach
- CHM105 Chemistry: An Observational Approach
- CHM121 Chemical Bonding
- ESS110 Introduction to Geology
- ESS111 Introduction to the Atmosphere
- ESS210 Physical Geology
- HON108 Honors: Astronomy
- HON142 Honors: Introduction to the Atmosphere
- HON145 Honors: Environmental Biology
- HON159 Honors: Physical Anthropology
- HON180 Honors: Physics for Society
- HON186 Honors: Human Biology
- HON196 Honors: Chemistry: A Cultural Approach
- HON244 Honors: Introduction to Geology
- PHY108 Astronomy
- PHY110 Physics for Society
- PHY121 Introduction to Physics I
- PHY122 Introduction to Physics II
- PHY205 Intermediate Physics I
- PHY221 Fundamentals of Physics I

Technology (T)
- CSC103 Overview of Computer Science
- CSC104 Programming in Python
- CSC120 Introduction to Computer Science and Metacognition
- CSC180 Microcomputer Basic
- ECO102 Principles of Microeconomics
- EDU200 Information Technology and Media Literacy
- ENGR120 - Programming for Engineers
- HON166 Honors: Principles of Microeconomics
- HON182 Honors: Overview of Computer Science
- MAT219 Data Science I
- MIS300 Information Technology and Business Operations

CREATIVITY AND EXPRESSION
(6 credits) [One L course and one A or C course]

Literature (L)
- ENG243 The Art of the Film
- ENG248 Introduction to Culturally Diverse Literature of the United States
- ENG250 Introduction to Literature
- FRN330 Masterpieces of French Literature
- FRN331 Masterpieces of Francophone Literature
- GER151 German Cinema
- HON101 Honors: Introduction to Theatre
- HON224 Honors: The Art of the Film
- HON249 Honors: Introduction to Literature
- SPN152 Latino Literature
- SPN360 Masterpieces of Spanish Literature
- SPN361 Masterpieces of Spanish-American Literature
- THE121 Introduction to Theatre

Arts (A)
- ART101 Art Appreciation
- ART231 Art History I
- ART232 Art History II
- ART233 Art History III
- ART339 History of American Art
- HON111 Honors: Introduction to Interdisciplinary Arts
- HON135 Honors: Art History III
- HON208 Honors: Opera & Music Theatre
- HON210 Honors: Introduction to Music
- HON261 Honors: World Music
- IAP111 Introduction to Interdisciplinary Arts
- MUS121 Introduction to Music
- MUS129 American Popular Music
- MUS227 Opera & Music Theatre
- MUS261 World Music

Creativity (C)
- ENG224 Introduction to Creative Writing
- MECH100 Engineering Graphics