

**Advising Worksheet
Catalog Year 2023-2024
Liberal Arts & Sciences – Self Design
A.A Degree 61 Credits**

The Liberal Arts and Sciences- Self Design Major is designed for students who have identified their bachelor’s degree granting college or university and are certain of their major and its requirements. The Transfer Specialist in the Transfer and Career Pathways Office can assist you in developing a transfer plan. Is it CRITICAL that you collaborate with your transfer institution to ensure you select the correct courses at Penn Highlands. Please be sure to collaborate with an academic advisor who is knowledgeable about transfer as you make your selections.

Semester I--Fall

| Course ID | Course Name | Credits | Prerequisites & Course information |
|---|---|---------|---|
| ACP100 | Academic and Career Planning | 1 | |
| ENG110 | English Composition I | 3 | ENG020 or by placement |
| CIT or MAT Elective | CIT100 or higher-level CIT or additional Math elective: | 3 | |
| Elective | Social Science Track I | 3 | See list; Per Individual Course |
| Math Elective- These and See attached list | MAT116 Mathematical Concepts & Applications OR MAT126 Elements of Math I OR MAT127 Elements of Math II OR MAT 145 College Algebra OR MAT200 Probability & Statistics Additional courses on list | 3/4 | MAT116: MAT085 or placement. MAT126: MAT085 or placement MAT127: MAT085 or placement, MAT145, MAT 131 or placement MAT200: Any 100-level MAT course or higher or by placement |
| Elective | Open | 3 | |

Total Credits 16/17

Semester II --Spring

| | | | |
|------------------|---|---|---------------------------------|
| English Elective | ENG200-English Comp II or ENG205-Research Writing | 3 | ENG110 |
| COM Elective | COM101-Public Speaking or other COM course or ENG205-Research Writing | 3 | |
| Elective | Humanities Track 1 | 3 | See list; Per Individual Course |
| Elective | Open | 3 | |
| Elective | Open | 3 | |

Total Credits 15

Semester III--Fall

| | | | |
|----------|---------------------------|-----|---------------------------------|
| Elective | Humanities/Social Science | 3 | See list; Per Individual Course |
| Elective | Social Science Track 2 | 3 | See list; Per Individual Course |
| Elective | Science | 3/4 | See list; Per Individual Course |
| Elective | Open | 3 | |
| Elective | Open | 3 | |

Total Credits 15/16

Semester IV--Spring

| | | | |
|----------|------------------------|---|---------------------------------|
| Elective | Humanities (Track 1/2) | 3 | See list; Per Individual Course |
| Elective | Open | 3 | |
| Elective | Open | 3 | |
| Elective | Open | 3 | |
| Elective | Open | 3 | |

Total Credits 15

Minimum credits to earn A.A. Degree: 61

Transfer Planning

PA State System Universities (PASSHE Universities): Students who successfully complete the associate of arts degree in Liberal Arts and Sciences may transfer to any PA State System of Higher Education university and have all general education requirements met for their bachelor's degree. Some exceptions apply. It is best to collaborate with the transfer institution to determine your transfer plan.

Program to Program Transfer (P2P): P2P or Program to Program agreements provide a transfer framework for students to complete an associate degree and transfer directly to a bachelor's degree program at junior status and without loss of credit. P2P agreements exist for many Penn Highlands programs. Check with your academic advisor or the Transfer and Career Planning Office for more information.

Local University Transfer Agreements: Penn Highlands has many, many transfer agreements and plans with our regional university partners. Those universities include:
Indiana University of Pennsylvania, Juniata College, Mount Aloysius College, Saint Francis University/Francis Worldwide, Seton Hill University, University of Pittsburgh at Johnstown. Penn State Altoona will be coming soon.

Concentrations and P2P Transfer Plans: Penn Highlands offers several concentrations within the Liberal Arts and Sciences program. Concentrations allow students to focus on a particular subject as well as tailor their transfer to meet established program to program agreements. Concentrations available include:
Biology, Chemistry, Communication, English, History, and Self-Design. A Pre-Radiologic Technology track is also available to assist students in completing coursework included in the Radiologic Technology program offered at Conemaugh Memorial Medical Center. Students must be approved and accepted into this program by Conemaugh.

Advising Worksheet
Catalog Year 2023-2024
Liberal Arts & Sciences A.A Degree
61 Credits

Math Electives

MAT 116 - Math Concepts & Applications
MAT 126- Elements of Mathematics I
MAT 127- Elements of Mathematics II
MAT 145 - College Algebra
MAT 170 – Precalculus
MAT 200 – Probability & Statistics

MAT 204-Discrete Mathematics
MAT 205- Applied Calculus for Business
MAT 210- Calculus I
MAT 220- Calculus II
MAT 230- Calculus III
MAT 240- Differential Equations

Science Electives

AST100-Introduction to Astronomy (3credit)
BIO102- Life Science (3credit)
BIO 104 - Principles of Biology I AND BIO 114-Principles of Biology I Lab
BIO 106- Principles of Biology II AND BIO 116- Principles of Biology II Lab
BIO 108- Forensics Biology AND BIO 118- Forensics Biology Lab
BIO 202- Anatomy and Physiology I AND BIO 212-Anatomy and Physiology I Lab
BIO 204- Anatomy and Physiology II AND BIO 214- Anatomy and Physiology II Lab
BIO 206- Microbiology AND BIO 216- Microbiology Lab
BIO 207- Ecology AND BIO 217- Ecology Lab

BIO 208- Genetics AND BIO 218- Genetics Lab
CHM 106 - Introductory Chemistry
CHM 110 – Survey of Organic & Biochemistry
CHM 120 - General Chemistry I
CHM 122 – General Chemistry II
GLG 102/103 Introduction to Geology and Lab
PHY 102 – Concepts of Physics AND PHY 103 Concepts of Physics Laboratory
PHY 110 - Physics (Algebra-Based) I AND PHY 111 Physics Lab (Algebra-Based) I
PHY 115- Physics (Algebra-Based) II AND PHY 116- Physics Lab (Algebra-Based) II

Social Science Track 1 Electives

*CIV 100 - Western Civilization: Ancient through Renaissance
*CIV 110 - Western Civilization: Renaissance to Present
GEO 100 - Introduction to Geography
GEO 110 - World Regional Geography
*GOV 100 - Introduction to American National Government
GOV 210 - Current Events and Contemporary Issues
*HIS 100 - U.S. History I: Discovery through Reconstruction
*HIS 110 - U.S. History II: Reconstruction to Present
HIS 200 - American Immigration
HIS 205 - American Popular Culture
HIS 210 - The Civil War and Reconstruction
HIS 220 - The Vietnam War
HIS 250 - World War II through Film

Social Science Track 2 Electives

*ANT 100 - Introduction to Cultural Anthropology
CRJ 105- Institutional and Community Corrections
CRJ 110- Introduction to Criminal Justice
CRJ 115- Ethics in Criminal Justice
CRJ 150 – Juvenile Justice
CRJ 215 - Criminal Law and Procedure
CRJ 225 – Criminological Theory
CRJ 235 – Criminal Investigation and Policing
CRJ 260 – Deviance & Victimology
*ECO 100 - Macroeconomics
*ECO 110 - Microeconomics
*PSY 100 - General Psychology
PSY 130 – Human Development Across the Lifespan
PSY 200 - Abnormal Psychology
PSY 210 – Psychology of Aging
PSY 215 - Death and Dying
PSY 220 – Introduction to Counseling
*SOC 100 - Introduction to Sociology
*SOC 200 – Contemporary Social Issues
SOC 205- Race, Class, and Gender in Society

Humanities Track 1 Electives

- *ART 101 - Introduction to Art History
- *MUS 100 - Introduction to Music
- *PHI 110 - Introduction to Philosophy
- REL 100 – World Religions/Religious Studies

Humanities Track 2 Elective

- ART 105 – Drawing Fundamentals
- *ART 110 - Introduction to Painting and Sculpting
- ASL 101- American Sign Language I
- BUS 225 – Business Ethics
- ENG 205 - Research Writing
- ENG 215 – Creative Writing
- ENG 230 - Survey of American Literature I
- ENG 235 - Survey of American Literature II
- ENG 240 - Survey of British Literature I
- ENG 245 - Survey of British Literature II
- ENG 250 - Women and Literature
- ENG 255 – Literature for Children and Adolescents
- ENG 271 – World Literature
- FLM 110 - Introduction to American Cinema
- FRE 101 – French I
- FRE 102 – French II
- GER 101 – Elementary German I
- GER 102- Elementary German II
- HUM 100 - Introduction to Humanities
- HUM 215 - Introduction to Women and Gender Studies
- MUS 200 - Pop American Music in the Twentieth Century
- PHI 100 – Critical Thinking
- PHI 200 – Introduction to Ethics
- PHI 240 - Bioethics
- PHI 245 – Symbolic Logic
- REL 200 – Understanding the Bible
- REL 235/PHI 235 – Philosophy of Religion
- SPA 101 – Spanish I
- SPA 102 – Spanish II
- SPA 203 – Spanish III

*Students who successfully complete these courses can have their credits transferred and counted towards graduation at any of the participating PA TRAC colleges and universities. Please be aware that certain majors may have specific requirements prescribed by external agencies. It is the student's responsibility to collaborate with an advisor and/or transfer counselor to select appropriate courses as they refer to the major. See Transfer Central on myPEAK under Advising for a full list of Transfer Counselors.