

General Education

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Acting Chair

Kanae Omura, PhD

Adjunct Faculty

Jonathan Berk, MSc
Akhanaton Cacao, MA
Lei Chen, PhD
Robert Danielak, MA
John Freese, MDiv
Ryan Gilmore, MFA
Jenifer Hannah, MA
Fredrick Ho, MBA, CPA
Ven. De Hong, PhD
William Lai, PhD
Desiree Montenegro, MA
Tom Moritz, MLS
Faraz Shahbazian, PhD
Mark Treston, MA
Erin Walton, EdD



General Education

General Education (GE) is an integral part of each UWest undergraduate program. All students complete 51 units of GE as part of their bachelor's degree requirements. GE course selections reflect UWest's conviction that the higher education of the whole person requires a breadth of knowledge beyond the specialized study and training covered in the majors.

University of the West's General Education courses empower students to design their own lives, their personal philosophies, their unique ways of being in this world. As they move through their GE coursework, our students explore their inner selves and learn how to face challenges, to make decisions, and to adapt in a rapidly changing world. Along the way, each UWest undergraduate develops and refines the vital skills of writing, critical thinking, and speaking. UWest graduates possess the knowledge, awareness, and skills to be self-reliant, ethical, responsible global citizens who value service to others and respect for the environment.

Program Learning Outcomes for General Education

Written Communication

Students communicate critical thinking, information, and ideas clearly, concisely, and persuasively following the conventions of academic writing.

Oral Communication

Students present information, ideas, and evidence of critical thinking clearly, concisely, and persuasively following the conventions of public speaking.

Quantitative Reasoning

Students create and apply to real-world issues arguments supported by quantitative evidence and clearly communicated using words, tables, graphs, and mathematical equations.

Information Literacy

Students determine the nature and extent of information needed, evaluate information and sources critically, and access and use information ethically and legally.

Character

Students relate General Education course content to their own self-exploration, goals, and character development.

Service

Students recognize the importance of service-oriented approaches to people, society, and the environment, and they find ways to serve others.

General Education Requirements

Area	Required Units
Total	51
1. Core Competencies	15
2. Historical Foundations	6
3. Mathematics & Natural Sciences	6
4. Religion & Philosophy	6
5. Social & Behavioral Sciences	6
6. Humanities	6
7. Wellness	2
8. Service Learning	1
9. Capstone in General Education	3

Transitional Skill Building

Based on an evaluation of entrance assessments, some or all of the following transitional skill-building courses may be required. If required, these courses must be completed before the respective Core Competency. A maximum of six units of ENGL 100 coursework may be applied to general elective requirements.

Courses	Prerequisite For	Units
ENGL 90A Academic Writing	ENGL 100A	3
ENGL 90B Academic Speech	ENGL 100B	3
ENGL 100A College Writing	ENGL 101	3
ENGL 100B College Speech	SPCH 101	3
ENGL 100C English Skills for Business Majors	ENGL 101	3
MATH 025 Pre-Algebra	MATH 101	3

Category 1

Core Competencies (15 units): Students learn to communicate information and ideas clearly, both orally and in writing; to access, examine, and evaluate information using critical thinking and information literacy skills; and to perform quantitative functions.

Students are required to complete the five core competencies during their first two semesters of study as indicated below. Exceptions may be approved with a formal academic plan.

Course	Prerequisite(s)	Units
First Semester		
ENGL 101 English Composition	ENGL 100A (if required)	3
ILR 101 College Success: Research & Study Skills	None	3
MATH 101 Intermediate Algebra	MATH 025 (if required)	3
Second Semester		
ENGL 102 Composition II: Critical Thinking	ENGL 101	3
SPCH 101 Oral Communication	None	3

Category 2

Historical Foundations (6 units): Provides students with an understanding of the cultural contexts and implications of historical developments.

Students complete one course from each section.

Course	Prerequisite(s)	Units
Section A World & US History: Select 1 course		
HIST 110 World History: Origins to 1500	ENGL 101	3
HIST 120 World History: 1500 to Present	ENGL 101	3
HIST 210 History of the United States: Origins to 1865	ENGL 101	3
HIST 220 History of the United States: 1965 to Present	ENGL 101	3
HIST 225 History of the United States: 1945 to Present	ENGL 101	3
HIST 378 Cultural & Intellectual History of Modern Europe	ENGL 101	3
IDS 210 The Great War: Art, Film, & Literature	ENGL 102	3
IDS 330 Environmental Leadership	ENGL 102	3
Section B Asian History: Select 1 course		
HIST 250 Asian History: Earliest Times to 1600	ENGL 101	3
HIST 260 Asian History: 1600 to Present	ENGL 101	3
HIST 318 History of China: Republican to Present	ENGL 101	3

Category 3

Mathematics & Natural Sciences (6 units): Mathematics and natural sciences for daily living and an enhanced understanding of the natural world and what it means for human existence.

Students complete one course from each section.

NOTE: Psychology majors must select MATH 205 under Section A.

Course	Prerequisite(s)	Units
Section A Mathematics: Select 1 course		
MATH 113 Pragmatic Mathematics	MATH 101	3
MATH 181 College Algebra	MATH 101	3
MATH 205 Descriptive & Inferential Statistics	MATH 101	3
Section B Natural Sciences: Select 1 course		
BIO 100 Introduction to Biology	None	4
PSC 100 Introduction to the Physical Sciences	None	3

Category 4

Religion & Philosophy (6 units): Explores how humans have expressed their ideas of self and meaning and discusses them, where appropriate, from a Buddhist perspective.

Students complete one course from each section.

Course	Prerequisite(s)	Units
Section A Religion: Select 1 course		
CONT 301 Buddhist Social Ethics	ENGL 102	3
L&C 120 Life & Culture: World Religion	None	3
REL 201 Religions of the East	ENGL 101	3
REL 202 Religions of the West	ENGL 101	3
REL 300 Dimensions of Religion	ENGL 101	3
REL 301 Fundamentals of Buddhism	ENGL 101	3
REL 322 Living Buddhism	ENGL 101	3
Section B Philosophy: Select 1 course		
CONT 101 Introduction to Contemplative Practice	ENGL 101	3
CONT 301 Buddhist Social Ethics	ENGL 102	3
IDS 330 Environmental Leadership	ENGL 102	3
L&C 121 Life & Culture: World Philosophy	None	3
PHIL 110 Introduction to Western Philosophy: Pre-Socratics to Present	ENGL 101	3
PHIL 120 Introduction to Eastern Philosophy: India, China, & Japan	ENGL 101	3
PHIL 200 Philosophy as a Guide to Living	ENGL 101	3
PHIL 310 Early Western Philosophy	ENGL 101	3
PHIL 320 Early Chinese Philosophy	ENGL 101	3

Category 5

Social & Behavioral Sciences (6 units): Examines the interrelationships, organization, and determinants of human behavior. Students complete a total of 6 units with selections from two different sections.

Business majors may not select options under Business as they will be completing these courses as part of their major courses.

Psychology majors must complete PSYCH 100 as one of the two options.

Course	Prerequisite(s)	Units
Section A: Anthropology		
ANTHR 101 Anthropology	ENGL 101	3
ANTHR 301 Special Topics in Anthropology: Ethnicity & National Identity	ENGL 101 & ANTHR 101 or SOC 100	3
IDS 310 Art & Anthropology	ENGL 102	3
Section B: Psychology		
PSYCH 100 Introduction to Western Psychology	None	3
PSYCH 210 Eastern & Western Perspectives on Cognitive Psychology	PSYCH 100	3
PSYCH 220 Eastern & Western Perspectives on Affective Psychology	PSYCH 100	3
PSYCH 330 Developmental Psychology	PSYCH 100	3
Section C: Sociology		
SOC 100 Introduction to Sociology	ENGL 101	3
Section D: Business		
BUS 201 Principles of Microeconomics	None	3
BUS 202 Principles of Macroeconomics	None	3
Section E: Political Science		
IDS 330 Environmental Leadership	ENGL 102	3
POL 101 Political Science	ENGL 101	3
POL 301 US Government	ENGL 101	3

Category 6

Humanities (6 units): Explores how humans have expressed their cultural and social identity through language and the arts, i.e. painting, sculpture, architecture, literature, drama, and music.

Students complete a total of 6 units with selections from two different sections.

English majors must select LIT 301 or 302 under Section C: Literature as one of their two selections in Humanities.

Course	Prerequisite(s)	Units
Section A: Fine Arts		
ART 101 Art Appreciation	None	3
ART 201 Art Appreciation Museum Tour	ART 101	3
FILM 101 Film Appreciation	ENGL 101	3
FILM 301 Focused Studies in Film History	ENGL 101	3
IDS 210 The Great War: Art, Film, & Literature	ENGL 102	3
IDS 310 Art & Anthropology	ENGL 102	3
PA 210 Theater for One from Page to Stage	ENGL 101, SPCH 101	3
Section B: Languages		
CHN 101 Beginning Mandarin I	None	4
CHN 102 Beginning Mandarin II	CHN 101	4
CHN 301 Intermediate Mandarin	CHN 102	3
JPN 101 Beginning Japanese I	None	4
JPN 102 Beginning Japanese II	JPN 101	4
JPN 301 Intermediate Japanese I	JPN 102	4
JPN 302 Intermediate Japanese II	JPN 301	3
Section C: Literature		
English majors must complete either LIT 301 or LIT 302.		
IDS 210 The Great War: Art, Film, & Literature	ENGL 102	3
LIT 101 Introduction to Literature	ENGL 101	3
LIT 102 Introduction to Asian Literature	ENGL 101	3
LIT 301 Writing about Literature	ENGL 101	3
LIT 302 Creative Writing	ENGL 101 & LIT 101 or ENGL 201	3

Category 7

Wellness (2 units): Teaches and puts into practice skills conducive to integrating and balancing body, mind, and spirit. Students select two courses.

Course	Prerequisite(s)	Units
WELL 100 Yoga for Body & Mind	None	1
WELL 103 Expressive Arts & Movement	None	1
WELL 105 Kung Fu for Body & Mind	None	1
WELL 110 Tai Chi for Body & Mind	None	1
WELL 120 Strength Training & Fitness	None	1
WELL 130 Willpower	None	1
WELL 140 Ballroom Dancing	None	1
WELL 141 Partner Dancing	None	1

Category 8

Service Learning (1 unit): Reflects the mission and values of UWest by embracing the education of the whole person through a commitment to serve with compassion, work for justice, and prepare ethical, moral, and dedicated leaders.

Course	Prerequisite(s)	Units
SRVLG 100 Service Learning	None	1

Category 9

Capstone Course in General Education (3 units): To ensure that students have met the goals of UWest's GE program, the program concludes with one capstone course. This course provides an experience in comparative study at the 400 level, where the skills and knowledge developed in core and breadth are integrated. Students apply knowledge acquired in individual areas to an interdisciplinary field of study.

Course	Prerequisite(s)	Units
CAP 401 Capstone: Religion, Science, & Society	42 units GE	3

Graduation Requirements

All undergraduate students are required to complete 51 GE units in the nine subject categories above in addition to their core degree requirements. A minimum 9 GE units must be in upper-division courses (numbered 300 or higher).

