1) Foundational Areas of Knowledge (FAK)
   - a minimum 3 credit course from each category
   - a maximum of two courses from any single prefix can be used to fulfill the FAK

   a) Community and Identity: understanding of themselves and the communities in which they live and world, and how identity is formed through the interaction of the individual in larger society
   - CMS-112 Small Group Commun (3)
   - ECO-203 Macroecon & Literacy (3)
   - ENG-231 Linguistics (4)
   - HIS-205 History of the US I (3)
   - HIS-206 History of the US II (3)
   - JOU-105 Intro Journalism & Media (3)
   - PSI-101 American Politics (3)
   - PSY-117 Intro to Psychology (3)
   - PSY-259 Lifespan Development (3)
   - SOC-109 Intro to Sociology (3)

   b) Mathematical Reasoning: mathematical thought in order to analyze complex scenarios, make connections, solve problems, explain conclusions, and think more effectively
   - MTH-107 Problem Solving (3)
   - MTH-108 Modeling & Appl (3)
   - MTH-115 Finite Math (3)
   - MTH-125 Precalculus (4)
   - MTH-235 Calculus I (4)
   - PHI-105 Logic and Critical Thinking (3)

   c) Rhetorical Communication: use language purposefully and effectively, thoughtful communicators, aware of what they are doing and why in each phase of the communication process
   - CMS-210 Public Speaking (3)
   - CMS-220 Interpersonal Commun (3)
   - ENG-201 Intermediate Writing (3)
   - ENG-205 World Literature I (3)
   - ENG-329 Great Plains Studies (3)
   - FER-301 Social-Cultural Geog (3)
   - GER-310 Oral German (3)
   - GER-311 Reading and Comp (3)
   - RST-316/416 Book Genesis (3)
   - SPA-305 Spanish Conv and Comp (3)

   d) Global and Cultural Contexts: modern world and interconnections of global cultures; address complex questions about race, gender, nationality, religion, law, economics, business, politics to understand multiple cultural perspectives.
   - ANT/SOC-308 Cultural Anthro (3)
   - ART-204 Visual Comm in History I (3)
   - BUS-101 Understand Envir of Bus (3)
   - BUS-357 International Marketing (3)
   - ENG-101 Writing Seminar (3)
   - ENG-205 World Literature II (3)
   - ENG-329 Great Plains Studies (3)
   - FER-301 Social-Cultural Geog (3)
   - GER-310 Oral German (3)
   - GER-311 Reading and Comp (3)
   - HIS-106 History of Civilization II (3)
   - HIS-304 Military History (3)
   - HIS-321 Amer Race Relations (3)
   - MUS-335 World Music (3)
   - PHI-310 Comparative Philosophy (3)
   - PRE-115 Comparative Religions (3)
   - RST-315/415 Buddhism (3)
   - RST-318/418 Islam (3)
   - RST-325/425 Relig & Pop Cult (3)
   - SPA-101, 102 Elem Spanish (3)
   - SPA-203, 204 Intern Spanish (3)
   - SPA-210 Medical Spanish (3)

   e) Scientific Perspectives: understanding of scientific thinking includes lab or field experiences
   - AST-103 Introductory Astronomy (3)
   - BIO-101 Intro to Biology (4)
   - BUS-101 Understand Envir of Bus (3)
   - CHM-101 Intro to Chemistry (4)
   - CHM-125 General Chemistry I (4)
   - ENG-205 World Literature I (3)
   - GEO-101 Environmental Geology (4)
   - GEO-103 Physical Geography (4)
   - GEO-107 Intro to Meteorology (3)
   - MUS-125 History of Rock & Roll (3)
   - PHY-107 Introductory Physics I (4)
   - PHY-201 General Physics I (4)

   f) Human Creativity: creative process and its reflection of human society
   - ART-101 Art Appreciation (3)
   - ART-107 Two-Dimensional Design (3)
   - ART-205 Visual Comm in History II (3)
   - ART-207 Drawing (3)
   - ART-235 Color Theory & Appl (3)
   - CMM/ENG-210 Intro to Film Studies (3)
   - ENG-238 Intro to Fiction Writing (3)
   - ENG-285 Intro Writ Creative Nonfic (3)
   - FAR-104 Fundamentals of Music (3)
   - MUS-125 History of Rock & Roll (3)
   - RST-325/425 Relig & Pop Cult (3)
   - THE-101 Introduction to Theatre (3)
   - THE-103 Acting I (3)

   g) In Search of Meaning and Values: what it means to be human; existence, philosophy, spirituality, ethical values
   - ENG-237 Introduction to Fiction (3)
   - HIS-105 History of Civilization I (3)
   - PHI-210 Ancient & Medieval Phil (3)
   - PHI-212 Modern & Contemp Philos (3)
   - PRE-110 Philosophical Problems (3)
   - PRE-120 Intro to Old Testament (3)
   - PRE-121 Intro to New Testament (3)
   - RST-309/409 Judaism (3)

2) Liberal Arts Studies
   a) LAR 101: Inquiry Seminar: Learning the Art of Inquiry (3) (A&S Transfers bringing in 30 credits LAR-101 waived)
   b) LAR 202: Integrative Seminar: Democracy and Diversity (3) (A&S Transfers bringing in 90 credits LAR-202 waived)
   c) LAR 303: Impact Seminar: Connecting Knowledge to Choices and Actions (3) or EDU-341: Practicum ID (3)

3) Experiential Learning
   1. Cultural Immersion: Study abroad, Short-term travel
   2. Professional Practice: Internship, Student teaching, Professional practice within a course
   3. Scholarly Practice: Independent research, creative production or performance
   4. Service-learning: Integrated course work with service that meets a community identified need