

SAN DIEGO MESA COLLEGE

Counseling Department, Student Services (619) 388-2672

ASSOCIATE DEGREE GENERAL EDUCATION (GE) & DISTRICT REQUIREMENTS 2024-2025

Students planning to transfer should see a counselor about other Liberal Arts and Sciences or Associate in Arts (AA-T) or Science (AS-T) degree GE options

ELIGIBILITY FOR GRADUATION:

1. Complete a minimum of 60 semester units (90 quarter units) of degree-applicable lower division credit courses.
2. Complete all units required for the major (a minimum of 18 semester units of course work are required; however, many majors require more than 18 units – consult the [catalog](#) for specific major course requirements and any recency limitations).
3. Complete at least 12 semester units (18 quarter units) in residence within the San Diego Community College District.
4. Complete a minimum of 21 units of General Education (GE) Requirements courses, with a minimum of one course in each area.
5. Complete/satisfy District Requirements courses.
6. Achieve a cumulative grade point average of at least 2.0 ("C" average) in the curriculum upon which the degree is based. A grade of "C" or better must be earned in courses required for the major; up to 12 units of "P" (pass) grades count for degree

Note: Students who are following a different catalog year should refer to previous [catalogs](#) for other approved courses

GENERAL EDUCATION (GE) REQUIREMENTS - Courses not taught at Mesa are available at City (C) or Miramar (MMR)

Indicate progress in the checkbox next to each GE Area: C = Completed, IP = In Progress, R = Remaining

- 1. ENGLISH COMPOSITION, ORAL COMMUNICATION, and CRITICAL THINKING:** Complete a minimum of 6 semester units, or 8 quarter units, by selecting one course from Area **1A** and one course from Area **1B**.

C	IP	R

1A. ENGLISH COMPOSITION - ENGL 101, 105

C	IP	R

1B. ORAL COMMUNICATION and CRITICAL THINKING – COMS 103, 135, 160, 170, 180[^]; ENGL 205; HIST 205; PHIL 100, 205

- 2. MATHEMATICAL CONCEPTS and QUANTITATIVE REASONING:** Complete a minimum of 3 semester units, or 4 quarter units, by selecting one course from Area **2**

C	IP	R

BANK 103 (MMR); BIOL 200; BUSE 101; BUSE 115; CHEM 251; CISC 150, 181, 187, 190, 201, 205 (C), 246; ECON 120, 121; ENGE, 151, 200, 240, 260; GISG 104; HEIT 256; MATH 92 (City Apprenticeship Students [CAS] Only), 96 (CAS Only), 98 (CAS Only; C), 104, 107 (C), 107L (C), 109 (C), 115 (C,MMR), 116, 118, 119, 121, 122, 141, 150, 151, 210A, 210B, 215, 245, 252, 254, 255; MFET 210 (C), 220 (C); PHIL 101; PHYS 125, 126, 180A, 180B, 195, 196, 197; POLI 201; PSYC 258

- 3. ARTS and HUMANITIES:** Complete a minimum of 3 semester units, or 4 quarter units, by selecting one course from Area **3**

C	IP	R

AAPI 124[^]*; AMSL 120, 121, 220, 221; ARAB 101 (C), 102 (C), 201A (C); ARCH 126, 127; ARTF 100, 106, 107, 108, 109, 110, 111, 113[^], 115[^], 120[^], 125, 130, 188, 191, 194, 212 (C); BLAS 110[^], 111[^], 120[^], 150[^], 155[^]; CHIC 130, 135[^], 138, 190[^], 210[^]*, 230; CHIN 101, 102, 201, 202; DANC 181; DFLM 101 (MMR), 102 (MMR); DRAM 105, 107 (C) DRAM 108, 109[^], 111 (C), 136, 137, 150, 151, 205 (C); DSGN 104 (C); ENGL 207, 208, 209, 210, 211, 215, 216, 220, 221, 230[^], 234[^], 237, 238 (C), 240; FASH 120, 122[^]; FJMP 100 (C); FREN 101, 102, 201, 202; GERM 101, 102, 201; HIST 100*, 101*, 105*, 106*, 120[^]*, 121[^]*, 123[^]*, 131*, 132*; HUMA 101, 102, 103, 104, 106, 118, 119, 201, 202 (C), 205, 210; INTE 125[^]; ITAL 101, 102, 201; JAPN 101, 102, 201, 202; MULT 116; MUSI 100, 103, 109[^], 111, 114, 117, 118, 119, 125, 126, 131, 138; PHIL 102A, 102B, 103, 104A, 104B, 105, 106, 107, 108*, 110, 111, 112, 125[^]*, 130, 131; PHOT 150 (C); RUSS 101, 102, 201; SPAN 101, 102, 201, 202, 215, 216, 221, 222; TAGA 101 (MMR); 102 (MMR), 201 (MMR); VIET 101, 102, 201

4. SOCIAL and BEHAVIORAL SCIENCES: Complete a minimum of 3 semester units, or 4 quarter units, by selecting one course from Area 4

C	IP	R

AAPI 124^{^*}; ADJU 101 (C,MMR), 106[^] (MMR), 230 (MMR); AGRI 100 (C); AMSL 150[^]; ANTH 103[^], 107, 110, 117, 140, 200[^], 205, 210[^], 215; BLAS 100^{^*}, 104[^], 115[^] (C), 116[^], 125[^], 130[^], 135[^] (C), 140A[^], 140B[^], 145A[^], 145B[^], 165, 175; BUSE 100, 140; CHIC 110A^{^*}, 110B^{^*}, 140[^], 141A[^], 141B[^], 150, 155[^], 170, 201, 210^{^*}; CHIL 101, 103 (MMR), 141[^]; COMS 201 (C,MMR); CRES 101 (C); ECON 120, 121, 220; ENGL 202[^]; FILI 100^{^*} (MMR); FJMP 101 (C); GEND 101[^] (C,MMR); GEOG 102[^], 104, 154; HIST 100^{*}, 101^{*}, 105^{*}, 106^{*}, 109, 110, 115A[^], 115B[^], 120^{^*}, 121^{^*}, 123^{^*}, 130[^], 131^{*}, 132^{*}, 135, 141, 142, 150[^], 151[^], 154, 175; HUMS 101 (C); JOUR 202; NUTR 153[^]; PADM 110, 200 (C,MMR); PEAC 101(C); PHIL 108^{*}, 109, 125^{^*}, 126; POLI 101, 102, 103[^], 121[^], 123, 124, 140[^]; PSYC 101, 111, 121, 123 (C,MMR), 133, 135, 137, 155, 166, 211, 230, 245, 283; SOCO 101[^], 110[^], 125[^], 145, 150[^], 201, 207[^], 220, 223[^]; SUST 101; WMNS 101[^]

5. NATURAL SCIENCES: Complete a minimum of 3 semester units, or 4 quarter units, by selecting one course from Area 5

C	IP	R

AGRI 107 (C), 125 (C); ANTH 102, 104; ASTR 101, 102, 109, 111; AVIA 115 (MMR); BIOL 100, 101 (C, MMR), 107, 110, 111 (C), 115, 120, 130 (MMR), 131 (MMR), 135 (C,MMR), 160, 180, 205, 210A, 210B, 215, 230, 235, 250; CHEM 100, 100L, 103, 111, 111L, 130, 130L, 152, 152L, 160, 200, 200L, 201, 201L, 231, 231L, 233, 233L, 251; GEOG 101, 101L; GEOL 100, 101, 104, 111, 120, 130; MEDA 55; NUTR 150, 155; OCEA 101; PHYN 100, 101, 105, 114; PHYS 100, 125, 126, 180A, 180B, 181A, 181B, 195, 196, 197; PSYC 260

6. ETHNIC STUDIES: Complete a minimum of 3 semester units, or 4 quarter units, by selecting one course from Area 6

C	IP	R

BLAS 100^{^*}; CHIC 110A^{^*}, 110B^{^*}; FILI 100^{^*}(MMR)

NOTE: Courses with an asterisk (*) fulfill more than one GE requirement, but may not be counted in more than one GE area

DISTRICT REQUIREMENTS - Courses used to fulfill this section may be used to fulfill GE Requirements as well

AMERICAN INSTITUTIONS: Select any combination of **two** courses that will cover Areas **US-1, US-2,** and **US-3.**

C	IP	R

US-1: BLAS 140A[^], 140B[^], CHIC 141A[^], 141B[^], HIST 109, 110, 115A[^], 115B[^], 123[^], 141, 142, 150[^], 151[^], POLI 121[^]

US-2: BLAS 140A[^], CHIC 141A[^], HIST 109, 115A[^], 141, 150[^], POLI 102, 121[^]

C	IP	R

US-3: BLAS 140B[^], CHIC 141B[^], HIST 110, 115B[^], 123[^], 142, 151[^], 175, POLI 102

NOTE: Students who have completed the American Institutions requirement except for the California government portion must complete one course approved in Area US - 3 (AP US History - 3 or higher will clear Area US - 1 only; AP US Government & Politics - 3 or higher will clear Area US - 2 only).

C	IP	R

HEALTH EDUCATION: Complete the **Health Education 101** course - 3 units

NOTE: 2 units of credit may be awarded to U.S. Veterans and active duty U.S. military personnel with 6 months of continuous service to fulfill this requirement. Submit a copy of Form DD-214 or 295 or Joint Services (JST) or CCAF transcripts to the Records Office. This requirement is also waived for students who earn degrees in Nursing Education and Physical Therapist Assistant, or are graduates of a certified paramedic training program.

C	IP	R

EXERCISE SCIENCE ACTIVITY (formerly Physical Education): Complete two Exercise Science activity courses numbered below **PHYE 240** or **EXSC 229** or any Dance courses except for **DANC 181, 183, & 253.** **ADJU 127A-D, 128A-D, 323, 381, & 382** and **FIPT 100D, 150A & B, 160, 360A, 380W, & 381F** are also acceptable.

NOTE: Military credit may apply; see note for Health Education. Other options are available for students with physical limitations. This requirement is also waived for students with accredited Fire Fighter I certification or graduates of a POST Commission certified regional law enforcement academy.

C	IP	R

MULTICULTURAL STUDIES: Complete one GE course marked with a caret (^) symbol – 3 units