



# Springfield College Sequencing Guide Integrative Studies Major (INST) ▼ 2023-2024

## Core Curriculum

All students must fulfill 40 credits of the Core Curriculum.

- SCSM 101, Springfield College Seminar (3 credits)
- College Writing (6 credits)
  - ENGL 113 - College Writing I
  - ENGL 114 - College Writing II
- Literature (3 credits)
- Aesthetic Expression (3 credits)
- Spiritual and Ethical (3 credits)
- Historical and Social Literacy (3 credits)
- Quantitative Reasoning (3 credits)
- Scientific Reasoning (4 credits)
- Themed Exploration (9 credits)
  - 3 different prefixes
  - 1 Global course
- Wellness and Physical Literacy
  - 100-level course (1 credit)
  - 200-level course (1 credit)
  - 300-level course (1 credit)

## Writing Across the Curriculum (WAC)

All students must complete **6 credits** of WAC requirements. They must be completed here at SC, and CAN also be used to fill other INST requirements.

- \_\_\_\_\_  \_\_\_\_\_

## Wellness Passport Stamps

All students must complete **24 stamps** upon successful completion of a WLPL 300-level course. Students must complete a minimum of 8 stamps in each of the following three buckets:

- Mental Wellness
- Physical Wellness
- Meaning and Purpose Wellness

### Integrative Studies Major Area of Focus

INST majors must complete **at least 24 credits** of an approved area of focus in a particular discipline or a multi-disciplinary area. Depending on courses taken, students can also use those courses to fulfill an official minor. Courses used for the INST area of focus can **NOT** also be used to fulfill your Core or other major requirements.

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

### Integrative Studies Major Advanced Coursework

INST majors must complete **at least 24 credits** of advanced coursework. These courses cannot be used to fulfill your Core or other Major requirements.

<input type="checkbox"/>	200/300-level course _____	<input type="checkbox"/>	300/400-level course _____
<input type="checkbox"/>	200/300-level course _____	<input type="checkbox"/>	300/400-level course _____
<input type="checkbox"/>	200/300-level course _____	<input type="checkbox"/>	300/400-level course _____
<input type="checkbox"/>	200/300-level course _____		
<input type="checkbox"/>	200/300-level course _____		

### Integrative Studies Major Capstone Course

INST majors must complete the capstone course in their final semester.

- SPCO 401, Beyond Springfield College (1 credit)

### Electives and College Requirements

*In addition to the requirements previously listed, you must complete:*

- Enough elective credits to **total at least 120 credits**
- A **minimum cumulative GPA** of 2.000 or higher
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)