

General Education Requirements for Traditional Undergraduate Students

The APU Core: Pathways to Flourishing

APU's general education (GE) program is titled The APU Core: Pathways to Flourishing and has three components: Pursuing Wisdom, Preparing to Serve, and Living Out God's Love. The APU Core leads students on a transformational journey that prepares them to impact the world for Christ.

Biblical and Theological Formation Minor

Six of the required courses within the APU Core constitute an 18-unit minor in biblical and theological formation (<http://catalog.apu.edu/academics/college-arts-humanities-theology-sciences/school-theology/biblical-studies-theology-ministry/biblical-theological-formation-minor/>). Students who wish to receive the minor must fill out a form (<https://www.apu.edu/student-services/registration/#forms>) to officially declare it.

Traditional Undergraduate GE Policies

Students are required to access their Academic Requirements Report (through home.apu.edu (<https://home.apu.edu>), under the Academics section) to ensure they are on track to satisfy their GE requirements. For more information, visit the APU Core resource websites for students (<https://sites.google.com/apu.edu/apucorestudent/>) or faculty and staff (<https://sites.google.com/apu.edu/apucore/home/>). Any questions should be directed to the Academic Success Center (<https://www.apu.edu/academic-success/>).

- Certain GE requirements may be waived (<http://catalog.apu.edu/academics/general-education/>) based on courses taken at other institutions, the total number of units transferred to APU, or completion of Cal-GETC, IGETC, CSU Breadth, or an ADN.
- A course listed in two categories cannot satisfy both requirements; students must choose which requirement the course will fulfill.
- **Bachelor of Music majors** are not required to take the Fine Arts, Cultivating Wellness, Oral Communication, Quantitative Reasoning, or Ancient or Modern Language requirements.
- Students who complete the **Honors humanities major** are considered to have completed all of their GE requirements. Students who complete only part of the Honors humanities major will be granted GE credit according to the Honors Course Equivalency policy (<http://catalog.apu.edu/academics/general-education/honors-equivalency/>).

Requirements

Courses listed in 2 categories cannot satisfy both requirements; students must choose which category the course will fulfill. The sole exception to this rule is UNRS 386, a 6-unit course that is a combination of two other GE courses that meets the Intercultural Competence and the Civic Knowledge and Engagement categories.

Intellectual and Practical Skills

Inquiry and Analysis, Critical and Creative Thinking, Written and Oral Communication, Personal Wellness, Quantitative Literacy, Information Literacy, and Teamwork and Problem Solving.

Code	Title	Units
GE 100	First-Year Seminar ¹	3
WRIT 110	Writing 1: The Art and Craft of Writing	3
Writing 2		3
Select one of the following:		
WRIT 200	Writing for Christian Practice	
WRIT 201	Writing 2: Philosophy of Math, Logic, and Language	
WRIT 202	Writing 2: Philosophical Writing in C. S. Lewis	
WRIT 203	Writing 2: Writing in Religion, Cinema, and Popular Culture	
WRIT 204	Writing 2: Writing for the Humanities in Spanish	
WRIT 210	Writing 2: Writing in the Humanities	
WRIT 220	Writing 2: Film Analysis and Criticism	
WRIT 221	Writing 2: Writing for Visual Thinkers	

WRIT 222	Writing 2: Writing about Music
WRIT 240	Writing 2: Scientific Writing
WRIT 241	Writing 2: Physical Activity and Health Promotion
WRIT 242	Writing 2: Entrepreneurial Tech Start-ups
WRIT 243	Writing 2: Mathematical Careers and Callings
WRIT 260	Writing 2: Psychology Subdisciplines and Career Trajectories
WRIT 261	Writing 2: Writing in Business
WRIT 262	Writing 2: Criminal Justice Research Methods
WRIT 263	Writing 2: Writing Ethnography in the Social Sciences
UNRS 306	Writing 2: Theoretical Frameworks in Nursing

Writing 3**3**

Select one of the following:

ACCT 425	Accounting Ethics
ART 356	History of Modern Art and Architecture
BIOL 496	Ethics and the Sciences
BUSI 495	Business Ethics
CINE 375	Writing 3: Screenwriting
CINE 387	Writing 3: Nonfiction Writing for Visual Media
CJ 362	Writing 3: Criminal Justice Research Design
CJ 496	Writing 3: Senior Capstone in Criminal Justice
COMM 305	Writing for Communication
CS 496	Ethics in Computing and Engineering
DSGN 380	Visual Storytelling and Design Identity
EDLS 496	Education and Professional Ethics
ENGL 406	Advanced Composition
ENGR 496	Writing 3: Engineering Management, Economics, and Ethics
GLBL 350	Global Study Project
HIST 300	Historical Research and Writing
KIN 490	Writing 3: Research Methods in Kinesiology
MATH 480	Mathematical Reading, Writing, and Presentation
MIN 300	Culture and Ministry
MUS 352	Baroque, Classical, and Early Romantic Music Literature
PHIL 340	Concepts of Human Nature
PHYC 470	Writing 3: Advanced Laboratory
POLI 300	Research and Writing
PSYC 496	Writing 3: Senior Seminar in Psychology and Christian Integration
PUBR 330	Public Relations Writing for Campaigns
SOC 471	Qualitative Social Research Methods
SOC 472	Quantitative Social Research Methods
SOCW 479	Writing 3: Social Work Research Project
SPAN 460	Writing 3: Survey of the Literature of the Spanish-Speaking World
THEO 424	The Formation of Early Christianity
THEO 425	American Christianity
THEO 427	The History of Christian Spirituality
THEO 428	Global Christianity
THTR 374	Writing 3: Playwriting
THTR 496	Writing 3: Ethics in Theater, Film, and Television
UBBL 476	Writing 3: Women in the Biblical Tradition
UNRS 496	Writing 3: Ethics and Issues in Health Care
VOC 300	Writing 3: Writing Within and Between Disciplines

Oral Communication ²**3**

Select one of the following:

BUSI 120	Business Communications
COMM 111	Public Communication
CS 120 & CS 290 & CS 480	Introduction to Computer Science I and Database Management Systems and Senior Capstone Project
CS 120 & ENGR 240 & ENGR 480	Introduction to Computer Science I and Digital Logic Systems and Senior Design Project II
SPAN 420	Public Speaking in Spanish
THTR 200 & THTR 250	Beginning Voice for the Actor and Intermediate Voice for the Actor

Personal Wellness ³**1**

Select one of the following:

ATHL 301	Varsity Baseball: Men
ATHL 302	Varsity Basketball: Men
ATHL 303	Varsity Track and Field: Men and Women
ATHL 304	Varsity Cross Country: Men and Women
ATHL 305	Varsity Tennis: Men and Women
ATHL 307	Varsity Football: Men
ATHL 308	Varsity Basketball: Women
ATHL 309	Varsity Volleyball: Women
ATHL 310	Varsity Soccer: Men
ATHL 311	Varsity Soccer: Women
ATHL 312	Varsity Softball: Women
ATHL 313	Varsity Swimming and Diving: Women
ATHL 314	Varsity Water Polo: Women
ATHL 315	Varsity Acrobatics and Tumbling
ATHL 316	Varsity Cheer
FFL 108	Fitness for Life: Walking/Jogging
FFL 109	Fitness for Life: Cycling
FFL 110	Fitness for Life: Basketball
FFL 112	Fitness for Life: Beginning Swimming and Conditioning
FFL 113	Fitness for Life: Ultimate Frisbee
FFL 114	Fitness for Life: Flag Football
FFL 115	Fitness for Life: Recreational Games
FFL 116	Fitness for Life: Weight Training
FFL 117	Fitness for Life: Cardio Strength Fusion
FFL 118	Fitness for Life: Triathlon
FFL 121	Fitness for Life: Dance for the Theater
FFL 122	Fitness for Life: Hiking
FFL 125	Fitness for Life: Yoga
FFL 126	Fitness for Life: Sand Volleyball
FFL 127	Fitness for Life: Soccer
FFL 128	Fitness for Life: 5K (Beginning)
FFL 129	Fitness for Life: 5k (Intermediate)
FFL 130	Fitness for Life: Zumba
FFL 131	Fitness for Life: Kinesiology

Quantitative Literacy**3**

Select one of the following:

BUSI 111	Business Statistics
MATH 110	College Algebra
MATH 115	Mathematics in Society
MATH 130	Introduction to Statistics

UNRS 299

Statistics and Data Management for Nursing and Health Care

Total Units**19**

- ¹ Due to the first-year focus of GE 100 (First-Year Seminar), students who fail this course in their first semester will be required to repeat the course during their next semester at APU.
- ² ENGR 120 may be taken in place of CS 120, as these are crosslisted courses.
CS 242 may be taken in place of ENGR 240, as these are crosslisted courses.
- ³ The Personal Wellness General Education category is only required for traditional undergraduate students with less than 60 transfer units.

Knowledge of Human Cultures and the Physical and Natural World

Code	Title	Units
History		3
Select one of the following:		
HIST 120	World Civilizations to 1648	
HIST 121	World Civilizations Since 1648	
HIST 151	United States History to 1877	
HIST 152	United States History Since 1877	
HUM 221	Core Texts in History	
or HUM 321	Core Texts in History	
MUS 455	Late Romantic and 20th-Century Music Literature (Bachelor of Music Majors only)	
Literature		3
Select one of the following:		
ENGL 111	Studies in Literature	
ENGL 222	English Literature to 1789	
ENGL 224	World Literature to the Renaissance	
ENGL 232	English Literature Since 1789	
ENGL 234	World Literature Since the Renaissance	
ENGL 244	American Literature to 1865	
ENGL 254	American Literature Since 1865	
HUM 222	Core Texts in Literature	
or HUM 322	Core Texts in Literature	
SPAN 332	Literary Masters	
Fine Arts		3
Select one of the following:		
ART 105	Ceramics I	
ART 145	Drawing I	
ART 150	Visions of the Good Life	
ART 160	Photography I	
ART 310	Fundamental Art Experiences	
ART 354	History of Ancient Art and Architecture	
ART 357	History of Contemporary Art and Architecture	
ART 361	History of Early Christian and Medieval Art and Architecture	
ART 362	History of Renaissance to Rococo Art and Architecture	
ART 403	Multicultural Art	
CINE 101	Christianity and the Creative Process	
CINE 160	Introduction to Digital Filmmaking	
CINE 275	History of Television and Digital Media	
CINE 285	History of Film	
DSGN 115	Using Digital Media in a Visual World	
HUM 223	Core Texts in Aesthetics	
or HUM 323	Core Texts in Aesthetics	
MUS 120	Music Fundamentals	

MUS 121	Music Theory I
MUS 395	History of Film Music
THTR 101	Christianity and the Creative Process
THTR 110	Introduction to Acting
THTR 115	Introduction to Theater
THTR 273	Acting Shakespeare

Social Sciences **3**

Select one of the following:

CJ 110	Introduction to Criminal Justice
CS 115	Impact of Social Media
ECON 200	Survey of Economics
ECON 250	Principles of Macroeconomics
GLBL 465	Globalization and Development
MGMT 211	Organizational Leadership
MGMT 212	Managing Diverse Teams and Groups
PSYC 110	General Psychology
PSYC 290	Human Growth and Development
PSYC 345	Psychology of Child and Adolescent Development
SOC 120	Introduction to Sociology
TESP 502	Science of Teaching I: How Students Learn

Natural Sciences (with lab) **4**

Select one of the following:

BIOL 101	Biology and Society [†]
BIOL 151	General Biology I
BIOL 231	Human Anatomy and Physiology II
BIOL 325	Humans and the Environment
CHEM 101	Chemistry and Society
CHEM 123	General, Organic, and Biological Chemistry for the Health Sciences
CHEM 151	General Chemistry I
PHYC 112	Science and Technology for Everyday Applications
PHYC 155 & PHYC 145	Physics for Life Sciences I and Physics Laboratory I
PHYC 165 & PHYC 145	Physics for Science and Engineering: Mechanics and Physics Laboratory I

Ancient and Modern Languages ¹

ASL 101 & ASL 102	American Sign Language I and American Sign Language II
CHIN 101 & CHIN 102	Elementary Chinese I and Elementary Chinese II
FREN 101 & FREN 102	Elementary French I and Elementary French II
GERM 101 & GERM 102	Elementary German I and Elementary German II
GRKB 200 & GRKB 201	Elementary Greek I and Elementary Greek II
GRKC 200 & GRKC 201	Elementary Classical Greek I and Elementary Classical Greek II
HEBB 200 & HEBB 201	Elementary Hebrew I and Elementary Hebrew II
JAPA 101 & JAPA 102	Elementary Japanese I and Elementary Japanese II
LTN 200 & LTN 201	Elementary Latin I and Elementary Latin II

MODL 101 & MODL 102	Modern Language I and Modern Language II	
SPAN 101 & SPAN 102	Elementary Spanish I and Elementary Spanish II †	
SPAN 103 & SPAN 104	Elementary Spanish I for Healthcare Professionals and Elementary Spanish II for Healthcare Professionals	
TESL 101 & TESL 102	English for Academic Purposes I and English for Academic Purposes II	
Total Units		16

[†] This course is available through one or more of the APU Study Away Semester programs. See full program options at: GE and Study Away (<https://sites.google.com/a/apu.edu/apu-general-education/ge-and-study-away/>).

¹ Ancient and Modern Languages is a proficiency requirement that may be met by taking OPIc, SAT, AP, CLEP, or FLATS test score, or completion of an APU language course numbered 102 or higher. APU language courses are listed here for reference.

Biblical, Theological, and Philosophical Formation

Interpretation, analysis, and application of scriptural principles.

Code	Title	Units
MIN 108	Christian Life, Faith, and Ministry	3
UBBL 100	Introduction to Biblical Literature: Exodus/Deuteronomy	3
UBBL 230	Luke/Acts	3
or UBBL 235	Luke/Acts through a Latinx Lens	
Philosophy		3
Select one of the following:		
HUM 224	Core Texts in Philosophy	
or HUM 324	Core Texts in Philosophy	
PHIL 100	Introduction to Philosophy	
Theology		3
Select one of the following:		
HUM 325	Core Texts in Christianity	
THEO 200	Theology and the Christian Life	
THEO 301	Faith and the Arts	
THEO 352	Church History: Apostolic Era to the Eve of the Reformation	
THEO 354	Church History from the Eve of the Reformation to the Present	
Upper-Division Bible		3
Select one of the following:		
UBBL 310	The Rise of the King: I and II Samuel	
UBBL 311	Old Testament Prophets	
UBBL 317	Ruth and Esther	
UBBL 320	Psalms and Wisdom	
UBBL 330	Life and Teachings of Jesus	
UBBL 331	The Gospel and Letters of John	
UBBL 340	Romans and Galatians	
UBBL 341	Thessalonian and Corinthian Epistles	
UBBL 350	Biblical Lands and Cultures	
Total Units		18

Personal and Social Responsibility

Civic Knowledge and Engagement (local and global), Intercultural Knowledge and Competence, Ethical Reasoning and Action, and Foundations and Skills for Lifelong Learning.

Code	Title	Units
Civic Knowledge and Engagement		3
Select one of the following: ¹		
BIOL 320	Ecology	
BUSI 100	Personal Finance	
BUSI 110	Business and Entrepreneurship	
CINE 475	Civic Engagement Through Media	
CJ 200	Criminal Justice, Civic Engagement and Social Responsibility	
DSGN 430	Applied Design	
ECON 359	Urban and Regional Economics	
EDLS 200	Introduction to Teaching as a Profession K-12	
EDLS 202	Introduction to Teaching as a Profession (7-12)	
ENGR 101	Introduction to Engineering and Computing	
GAME 475	Civic Engagement Through Games	
GLBL 120	Contemporary Global Issues	
GLBL 315	Urban Society	
GLBL 355	Principles and Practice of Community Engagement	
HUM 202	Civic Knowledge and Engagement	
JOUR 220	Press Theory and Democracy	
KIN 424	Disability, Movement, and Inclusive Engagement	
MGMT 448	Organizational and Administrative Behavior	
MKTG 262	Consumer Behavior: An Applied Approach	
MUS XXX - 4 Semesters of Musical Ensembles		
PHIL 301	Practical Ethics	
PHYC 112	Science and Technology for Everyday Applications	
POLI 150	American Government	
PSYC 420	Political Psychology	
SOCW 250	Introduction to Social Work	
SPAN 415	Politics and Society in Latin America	
TESP 504	Schools and Educational Systems	
THTR 365	Theater for Social Change	
UNRS 382	Community Health Nursing	
UNRS 386	Population and Community Health Nursing ²	
VOC 200	Exploring Vocation	
Intercultural Competence		3
Select one of the following:		
BUSI 370	International Business	
CINE 351	Film and Social Issues	
CINE 451	World Cinema	
COMM 260	Intercultural Communication [†]	
CS 110	STEM as Vocation	
EDLS 405	Diversity in the Classroom	
ENGL 364	American Ethnic Literature	
ENGR 110	STEM as Vocation	
ETHN 150	Introduction to Ethnic Studies	
ETHN 355	The Asian American Experience	
ETHN 356	The African American Experience	
ETHN 357	The Chicano(a)/Latino(a) Experience	
ETHN 358	Native American/Indigenous Experience	
GLBL 201	Anthropology for Everyday Life	
GLBL 260	Intercultural Communication	
GLBL 318	Immigration and Integration	

HIST 235	Cultural History/Travel Study [†]
HIST 346	History of American Immigration
HUM 201	Intercultural Knowledge and Competence
MINC 330	Intercultural Ministries
MINC 430	Race, Reconciliation, and Ministry
MKTG 260	Principles of Marketing
MUS 201	Introduction to World Music
MUS 302	Soul Music
PHIL 252	Classical Chinese Ethics
PHIL 451	Race, Sex and Science
PHIL 452	Classical Chinese Ethics
PSYC 400	Multicultural Psychology
RELG 200	World Religions
RELG 350	Judaism: A Story of Hope
RELG 351	Islam: The Way of Submission
RELG 352	Hinduism: Karma, Dharma, and Yoga
RELG 353	East Asian Religions and Mindfulness
SOC 235	Race and Ethnicity
SOC 358	Human Diversity
SOCW 275	Social Justice Foundations for Human Rights
SPAN 301	Spanish Conversation and Community
TESP 503	The Soul of Teaching: Tapestry of American Education
THEO 428	Global Christianity
THEO 480	Theology from the Margins
THTR 225	History of Theater to the Nineteenth Century
UBBL 350	Biblical Lands and Cultures
UBBL 482	Global Biblical Interpretation
UNRS 383	International Health Nursing [†]
UNRS 384	Urban/Rural Health Nursing
UNRS 386	Population and Community Health Nursing ²

Total Units**6**

¹ The Civic Engagement requirement may also be met with 4 semesters of music performing ensembles and a civic engagement paper to be completed during the fourth semester. See the Department of Music (<http://catalog.apu.edu/academics/college-arts-humanities-theology-sciences/school-arts/music/>) section of this catalog for a list of options.

² UNRS 386 is a 6-unit course that combines content from UNRS 382 and UNRS 384. When completed, this course meets the General Education requirements for Civic Knowledge and Engagement, and for Intercultural Competence.

[†] This course is available through one or more of the APU Study Away Semester programs. See full program options at: GE and Study Away (<https://sites.google.com/a/apu.edu/apu-general-education/ge-and-study-away/>).

Integrative and Applied Learning ^{*}

Code	Title	Units
Integrative and Applied Learning		0-6 (3 average)
Select one of the following:		
ART 450	Portfolio	
BIOL 300	Genetics	
BIOL 326	Neurobiology	
BIOL 465	Practicum and Topics in Allied Health	
CHEM 320 & CHEM 330	Instrumental Analysis: Theory and Instrumental Analysis - Lab	
CINE 493	Capstone Project in Cinematic Arts	
CINE 494	Production Capstone	

CJ 460	Criminal Justice Internship
CJ 494	Senior Capstone in Criminal Justice
COMM 490	Communication Internship
CS 470	Software Engineering
CS 491	Computer Science Internship
DSGN 450	Design Portfolio
EDLS 495	Foundations of Education Capstone
ENGL 490	Writing Internship
ENGL 496	English and the Professions
ENGR 491	Engineering Internship
GAME 494	Game Studio Capstone I
GAME 496	Game Studio Capstone II
GLBL 420	Sustainable Societies
HIST 496	Senior Seminar in Faith and History
KIN 495	Internship in Exercise Science
MATH 496	Mathematics Senior Seminar
MGMT 210	Principles of Management
MGMT 214	Project Management
MGMT/BUSI/MKTG 350	Business Management Internship
MGMT 450	Strategic Management
MIN 496	Senior Seminar: Church and Society
MUS 491	Senior Recital
MUS 492	Senior Project in Commercial Music
PE 451	Methods in Physical Education: 7-12
PHIL 496	Senior Seminar
PHYC 300 & PHYC 499	Physics Research Seminar and Physics Thesis
POLI 496	Senior Seminar: Religion and Politics
PSYC 455	Field Experience [†]
PSYC 475	Research Experience
SOC 410	Field Internships
SOCW 467	Senior Practicum Seminar I
SPAN 480	Spanish Capstone Seminar
SPED 550 & SPED 553	Clinical Practice I: Mild to Moderate Support Needs and Clinical Practice II: Mild to Moderate Support Needs
SPED 551 & SPED 552	Clinical Practice I: Mild to Moderate Disabilities and Clinical Practice II: Mild to Moderate Disabilities
SPED 570 & SPED 573	Clinical Practice I: Extensive Support Needs and Clinical Practice II: Extensive Support Needs
SPED 571 & SPED 572	Clinical Practice I: Moderate to Severe Disabilities and Clinical Practice II: Moderate to Severe Disabilities
TEP 551 & TEP 552	Clinical Practice I: Multiple Subject Credential and Clinical Practice II: Multiple Subject Credential
TEP 561 & TEP 562	Clinical Practice I: Single Subject Credential and Clinical Practice II: Single Subject Credential
THEO 496	Senior Seminar: Theology and Social Issues
THTR 472	Business of Acting/Hollywood Showcase
THTR 499	Capstone Project in Theater Arts
UBBL 496	Senior Seminar: Biblical Theology and Ethics
UNRS 412	Clinical Residency Nursing
UNRS 414	Advanced Nursing Care of Adults

VOC 450	Interdisciplinary Internship	
Total Units		0-6

† This course is available through one or more of the APU Study Away Semester programs. See full program options at: GE and Study Away (<https://sites.google.com/a/apu.edu/apu-general-education/ge-and-study-away/>).

* Integrative and Applied Learning options vary by department and range from 0-6 units.

Code	Title	Units
	Intellectual and Practical Skills	19
	Knowledge of Human Cultures and the Physical and Natural World	16
	Biblical, Theological, and Philosophical Formation	18
	Personal and Social Responsibility	6
	Integrative and Applied Learning	3
Average Total Units:		62

Program Learning Outcomes

Program Learning Outcomes

Students who successfully complete this program shall be able to:

1. Analyze the interactions of specific disciplines (e.g., science, mathematics, social science, humanities, history, language, or arts) with human culture.
2. Apply scientific vocabulary, data, methods, and/or principles to explain natural or human phenomena.
3. Critically analyze arguments (e.g., for assumptions, presumptions, alternative viewpoints, and logical consistency) to draw reasoned conclusions.
4. Communicate in writing effectively (e.g., fluent use of thesis, argumentation, support, source materials, organization, language, diction, grammar, syntax, and formatting).
5. Communicate orally effectively (e.g., strong organization, central message, language choice, supporting materials, and delivery techniques such as posture, gesture, eye contact, vocal expressiveness).
6. Demonstrate information literacy competencies by accessing information and evaluating its reliability and value, as well as collaboratively producing and sharing information ethically.
7. Demonstrate quantitative reasoning skills by applying mathematical and/or statistical concepts and techniques to analyze data in order to draw insightful conclusions within a wide variety of personal, professional, and public contexts.
8. Apply disciplinary knowledge in order to evaluate principles and practices of civic engagement and make informed decisions.
9. Engage with people and ideas from their own and other cultures (e.g., by seeking to understanding with curiosity, grace, humility, respect, and compassion).
10. Identify, analyze, and evaluate complex ethical issues within distinct ethical frameworks.
11. Interact with the breadth of Christian thought and practice by integrating at least two of the following: biblical texts, philosophical ideas, and theological traditions.
12. Synthesize and apply learning from multiple contexts including classroom and non-classroom experiences.
13. Utilize appropriate creative techniques or analytical constructs to examine, demonstrate, explain, interpret, or present artistic works in various settings and platforms.
14. Articulate best practices for improved personal wellness.

Courses

CORE 100, Cornerstones, 3 Units

This course introduces students to APU's distinctive Four Cornerstones: Christ, Scholarship, Community, and Service. Students explore the overarching Biblical narrative and its shaping influence on a Christian worldview, with a focus on vocation, service, justice, and the communal practices that unite diverse followers of Jesus as a family reflecting God's image. By engaging the Cornerstones, students develop a vision for integrating faith, learning, and service to guide their studies, habits, and relationships, fostering growth and impact at APU and beyond. *Meets the APU Core: Cornerstones general education requirement.*

CORE 101, Cultivating Wellness: Building Habits for Lifelong Well-Being, 2 Units

This course equips students to cultivate sustainable wellness practices. Expert-led content sessions introduce key dimensions of wellness (spiritual, emotional, social, physical, academic, vocational, digital, and financial). Small group discussions and exercises led by faculty/staff Wellness Ambassadors and trained Peer Wellness Guides foster reflection, goal setting, social support, and accountability in an empathetic and nonjudgmental environment. Outside of class, students engage with campus resources and begin to develop new habits. At the end of the course, students create a long-term Wellness Vision Plan that serves as an effective and adaptable guide for their ongoing well-being. *Meets the APU Core: Cultivating Wellness general education requirement.*

CORE 250, Seeking Shalom Seminar, 3 Units

This course helps students develop a holistic vision of human flourishing in society and work out the implications of that vision in relation to a particular challenge in society today. Students refine their conceptions of societal well-being by reflecting on their personal values and those of their family/community, encountering the visions of shalom embedded within the biblical narrative and engaging in civil discourse with others who may prioritize different values. Students become acquainted with the contributions of academic disciplines to an understanding of the societal challenge and then conduct research on a particular aspect. Students assess possible pathways toward flourishing in this realm of society, guided by the evidence and their values. Instruction is provided in how to identify reliable sources and how to draw upon them in writing a research paper. *Meets the APU Core: Seeking Shalom Seminar general education requirement.*

Prerequisite: WRIT 110

CORE 450, Calling and Character Seminar, 3 Units

In this course, students develop a meaningful vision for their future life, work, and character growth in relation to God's mission to redeem His people and creation. Students explore Christian perspectives on calling and consider how key themes explored in their previous Bible and theology courses can help shape a life of faithful service. Students draw on theological and ethical frameworks to assess common issues related to their potential professional endeavors, and engage in spiritual disciplines and reflect on how these intentional practices can cultivate a spirit of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. *Meets the APU Core: Calling and Character Seminar general education requirement.*

Prerequisite: SOT 250 and senior standing. Students are required to enroll in a section associated with their major unless they receive prior approval from the Director of General Education.

WRIT 110, The Art and Craft of Writing, 3 Units

Writing is a skill that can be practiced and improved. In this course, students learn about writing by approaching it from theoretical, historical, pedagogical, and practical perspectives. Students engage with writing processes, literacies, and genres by reading and writing about research and arguments dealing with all aspects of writing. Students also craft arguments of their own based on their research on the art and craft of writing. *Meets the APU Core: Writing general education requirement.*

Corequisite: WRIT 120 Writing Lab. Writing Questionnaire score of 3 to 6 waives WRIT 120 corequisite.

SOT 150, Understanding the Old Testament: Creation, Covenant, Exile, Restoration, 3 Units

This course is an introductory survey of the Old Testament, with a special focus on its various cultural contexts and genres and the theological themes of creation, covenant, exile, and restoration. The survey is accompanied by deeper engagement with selected books of the Old Testament, including exploration of how those texts are relevant for biblically shaped Christian beliefs and practices. *Meets the APU Core: Understanding the Old Testament general education requirement.*

Prerequisite: CORE 100

SOT 200, Understanding the New Testament: Christ, Redemption, Community, New Creation, 3 Units

This course is a survey of the New Testament, with a thematic focus on some of its key concepts, such as Christ, redemption, community, and new creation. The survey is accompanied by deeper engagement with selected books of the New Testament and how those texts are relevant for biblically-shaped Christian beliefs and practices. *Meets the APU Core: Understanding the New Testament general education requirement.*

Prerequisite: SOT 150

SOT 250, Theology and the Christian Life, 3 Units

This course introduces students to the beliefs of the Christian Church and their implications for Christian living. It grounds these beliefs and practices in the biblical narrative that students explore in Understanding the Old Testament (creation, covenant, exile, restoration) and Understanding the New Testament (Christ, redemption, community, new creation). *Meets the APU Core: Theology and the Christian Life general education requirement.*

Prerequisite: SOT 200

ART 150, Visions of the Good Life, 3 Units

The central theme of this course is "the Good Life"-that is, a life that is meaningful and fulfilling for a human being. To develop a vision of such a life, we will spend time thinking deeply about the kinds of things that are essential for human flourishing: e.g., the care of the soul, family and friendship, freedom, beauty, and meaning. Our reflections will take us through a series of compelling works, both classic and contemporary, by philosophers, poets, novelists, historians, artists, and political leaders throughout time and around the globe. Our study will culminate in a campus-wide reflection on St. Augustine's Confessions, which presents the vision of a Good Life in which human hearts can ultimately find rest. *Meets the APU Core: Visions of the Good Life, Humanities: Fine Arts general education requirement.*

ENGL 150, Visions of the Good Life, 3 Units

The central theme of this course is "the Good Life"-that is, a life that is meaningful and fulfilling for a human being. To develop a vision of such a life, we will spend time thinking deeply about the kinds of things that are essential for human flourishing: e.g., the care of the soul, family and friendship, freedom, beauty, and meaning. Our reflections will take us through a series of compelling works, both classic and contemporary, by philosophers, poets, novelists, historians, artists, and political leaders throughout time and around the globe. Our study will culminate in a campus-wide reflection on St. Augustine's Confessions, which presents the vision of a Good Life in which human hearts can ultimately find rest. *Meets the APU Core: Visions of the Good Life, Humanities: Literature general education requirement.*

HIST 150, Visions of the Good Life, 3 Units

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PHIL 150, Visions of the Good Life, 3 Units

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