General Education
Jump Start
Online Pathway

College of Liberal Arts and Sciences Program Requirements (14 credit hours)

Core course requirements (5 credit hours, all remote)
• ENG 101: College Composition (3 Credits)
• INT 192: Introduction to Career Development (1 credit)
• LAS 102: Success in College (1 credit)

Recommended electives (9 credit hours, all online) Choose 3 from the following categories:

Applications of Scientific Knowledge/ Lab Science
• AST 109/110: Introduction to Astronomy/Lab

Artistic and Creative Expression
• ARH 100: Art and Human Experience
• MUY 101: Fundamentals of Music
• NMD 104: New Media Design

Cultural Diversity and International Perspectives
• ANT 102: Intro to Anthropology: Diversity of Cultures
• GEO 100: World Geography

Ethics
• LDR 200: Leadership Ethics
• PHI 100: Contemporary Moral Problems
• WGS 101: Intro to Women’s, Gender, and Sexuality Studies

Population and the Environment
• FAS 120: People, Places, and Pasts
• PHI 132: Life, Technology, and Evolution

Quantitative Literacy
• STS 232: Principles of Statistical Inference

Social Contexts and Institutions
• LDR 100: Foundations of Leadership
• NAS 102: Intro to Wabanaki Culture

Western Cultural Tradition
• HTY 103: Creating America to 1877
• POS 120: Intro to World Politics

Writing Intensive
• ENG 129: Topics in English
• ENG 205: Intro to Creative Writing

Get a head start on your UMaine degree!

For more information contact
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