

## Essential Studies at the University of North Dakota

Essential Studies (ES) is the academic core of the university experience. The courses offered in the ES program provide broad and diverse perspectives and help students acquire essential intellectual skills. All ES courses contribute to breadth of knowledge. The ES program includes courses that introduce students to academic fields within Communication, Social Science, Arts and Humanities, and Math/Science/Technology. At the same time as courses are selected across these subject areas, students will be choosing courses that are designed to help them achieve these goals:

- Thinking and Reasoning: Use critical thinking, quantitative reasoning, and creative thinking;
- Communication: Communicate effectively, both orally and in writing;
- Information Literacy: Access and evaluate information in a variety of contexts;
- Diversity: Understand and apply knowledge of social-cultural diversity.

**Special Emphasis Areas** - Courses in the Special Emphasis areas provide students with opportunities for intensive focus on particular Essential Studies goals to help prepare them to meet the challenges of the ever-changing world in which we live.

- \_\_\_ Student has met the Oral Communication requirement (O) 3 credits
- \_\_\_ Student has met the Social-Cultural Diversity requirement: United States (U) 3 credits
- \_\_\_ Student has met the Social-Cultural Diversity requirement: Global (G) 3 credits
- \_\_\_ Student has met the Quantitative Reasoning requirement (Q) 3 credits
- \_\_\_ Student has met the Advanced Communication requirement (A) 3 credits

This worksheet is prepared to help students better understand the University's Essential Studies program and measure their own progress in meeting its requirements.

### I. Communication 9 Credits (6 credits writing and 3 credits Oral Communication)

Special Emphasis Area:	Course:	Credits	Semester Completed:
	English 110	3	
	English 120 or 125	3	
O		3	

### II. Social Sciences 9 Credits (minimum of 2 departments)

Special Emphasis Area:	Course:	Credits	Semester Completed:

### III. Arts and Humanities 9 Credits (minimum of 2 departments – 3 credits Fine Arts and 3 credits Humanities)

Special Emphasis Area:	Course:	Credits	Semester Completed:

### IV. Math/Science/Technology 9 Credits (minimum of 2 departments – includes 4 credits Laboratory Science)

Special Emphasis Area:	Course:	Credits	Semester Completed:

### V. Senior Capstone 3 Credits

Course:	Credits	Semester Completed:

#### Special Emphasis Area requirements that may fall outside of Communication, Social Sciences, Arts and Humanities, or Math/Science/Technology

Special Emphasis Area:	Course:	Credits	Semester Completed:

- \_\_\_ Student has met the 3 credits Fine Arts requirement
- \_\_\_ Student has met the 3 credits Humanities requirement
- \_\_\_ Student has met the 4-hour Laboratory Science requirement (Designated with L within Math/Science/Technology)