

1	COURSE		CREDITS	COMPLETED
	ENG 110: Expository Writing (Required Common Core: English Composition)	★	3	<input type="checkbox"/>
	HLT 103: Interpersonal Relations & Teamwork	🏅	3	<input type="checkbox"/>
	MAT 100 OR HIGHER: Intro to College Mathematics I OR Higher (Required Common Core: Mathematical and Quantitative Reasoning)	★	3	<input type="checkbox"/>
	GERO 101: Introduction to Gerontology	🏅 ★	3	<input type="checkbox"/>
	PED ELECTIVE	🏅	1	<input type="checkbox"/>

**SUB-TOTAL 13**

2	COURSE		CREDITS	COMPLETED
	ENG 111: Literature and Composition (Required Common Core: English Composition)	★	3	<input type="checkbox"/>
	PSY 101: General Psychology (Flexible Common Core: Individual and Society)	★	3	<input type="checkbox"/>
	BIO 110/111 OR BIO 230: Principles of Biology (with lab) or Anatomy and Physiology I (Flexible Common Core: Life & Physical Sciences)	★	4	<input type="checkbox"/>
	GERO 102: Therapeutic Recreation in Long Term Care	🏅 ★	3	<input type="checkbox"/>
	FREE ELECTIVES: Any Course(s)		3	<input type="checkbox"/>

**SUB-TOTAL 16**

**GET AHEAD! TAKE CLASSES DURING THE SUMMER**

3	COURSE		CREDITS	COMPLETED
	GERO 103: Health & Aging	🏅	3	<input type="checkbox"/>
	SOC 101: Introduction to Sociology (Flexible Common Core: Individual and Society)		3	<input type="checkbox"/>
	BIO 130/131 OR BIO 240: Organismic Biology (with lab); Anatomy and Physiology II (Flexible Common Core: Scientific World)		4	<input type="checkbox"/>
	ENGLISH ELECTIVE ABOVE 200 OR FOREIGN LANGUAGE: ENG 203, ENG 204, ENG 210, ENG 212, ENG 214, ENG 221 Ex. FRE, ITA, SPA (Flexible Common Core: Choose the English Elective from Creative Expressions or US Experience in Its Diversity)		3	<input type="checkbox"/>
	LAC 118 OR BLS 150: Caribbean Society & Culture or Ethnicity, Health and Illness	🏅	3	<input type="checkbox"/>

**SUB-TOTAL 16**

4	COURSE		CREDITS	COMPLETED
	GERO 299: Fieldwork with Older Population	🏅	3	<input type="checkbox"/>
	HLT 215: Nutrition	🏅	3	<input type="checkbox"/>
	PSY 180: Psychology of Aging	🏅	3	<input type="checkbox"/>
	PPA 121 OR SW 101: Social Services Administration OR Introduction to Social Work	🏅	3	<input type="checkbox"/>
	FREE ELECTIVES: Any Course(s)		3	<input type="checkbox"/>

**SUB-TOTAL 15**

**TOTAL CREDITS 60**



MILESTONES ARE COURSES THAT MUST BE TAKEN IN SEQUENTIAL ORDER

**TWO WRITING INTENSIVE COURSES REQUIRED FOR GRADUATION**

**15 CREDITS PER SEMESTER**  
GRADUATE ON TIME, SAVE MONEY & START YOUR CAREER!

**EXCELSIOR SCHOLARSHIP**

COVERS FULL TUITION  
MUST EARN 30 CREDITS PER YEAR

[www.hostos.cuny.edu/excelsior](http://www.hostos.cuny.edu/excelsior)

**CAMPUS SUPPORT FOR ACADEMIC SUCCESS**

- LIBRARY
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- TECHNOLOGY WORKSHOPS
- COUNSELING
- SCHOLARSHIPS

**CAREER COACH**

CAREER COACH IS AN ONLINE TOOL THAT HELPS STUDENTS EXPLORE MAJORS AND IN-DEMAND CAREERS

[www.hostos.cuny.edu/careercoach](http://www.hostos.cuny.edu/careercoach)

**DEGREE AUDIT**

TO VIEW FULL DEGREE MAP ONLINE, SCAN QR CODE BELOW:



[degreeworks.cuny.edu](http://degreeworks.cuny.edu)

You've **FINISHED!**