



ENGAGE & EMPOWER Checksheet

Student ID _____

Student _____ Total #Credits _____ out of 120

Assessed by: _____ Date _____

Thinking Critically and Analytically (7 credits/2 course required)

First Year/Transfer Seminar NDMU 100/200	NDMU 100/ 200	
Additional approved course		

Communicating Creatively and Effectively (9 credits/3 course required)

Written communication course	ENG 101	
Oral Communication course	COM 106	
Artistic expression course		

Investigating through Scientific and Quantitative Reasoning (7-8 credits/2 course required)

Science		4 credits
Quantitative reasoning course		

Pursuing Meaning, Purpose and Well-Being (7 credits/3 course required)

Religious Studies course RST 105		
Philosophy course PHL 201		
Wellness course (1 credit)		

Understanding and Valuing Diverse Identities and Perspectives (9 credits/3 course required)

Foreign language course at the 102 level or above		
Intercultural course		
Diversity course		

Becoming an Engaged Citizen (3credits/1 course required)

Approved course		
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Additional Requirements (5 courses)

Social & Behavioral Science (1 course)		
Fine Arts (1 course)		
History (1 course)		
Literature (1 course)		
Religious Studies OR Philosophy <i>level 300+</i> (1 course)		