



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

Additional Requirements (5 courses)

Social & Behavioral Science (1 course)

Fine Arts (1 course)

History (1 course)

Literature (1 course)

Religious Studies OR Philosophy *level 300+* (1 course)