About This Major . . .

The study of history prepares the student for understanding present society and culture through a study of the past. The history program familiarizes students with the great historical civilizations and issues that have shaped our present world. History teaches students how to critically analyze information and make a compelling argument; skills that everyone needs to be successful in all their endeavors. Internships are available through museums, historical societies and public agencies. CMU history graduates pursue careers in teaching and public history, as well as private employment, and have also been very successful in gaining entrance to graduate study and law school.

For more information on what you can do with this major, go to http://www.coloradomesa.edu/career/whatmajor.html

POLICIES:
1. It is your responsibility to determine whether you have met the requirements for your degree. Please see the c for a complete list of graduation requirements.
2. You must turn in your “Intent to Graduate” form to the Registrar’s Office by September 15 if you plan to graduate the following May, and by February 15 if you plan to graduate the following December.
3. This program sheet must be submitted with your graduation planning sheet to your advisor during the semester prior to the semester of graduation, no later than October 1 for spring graduates, no later than March 1 for fall graduates.
4. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature.
5. Finally, the Department Head or the department administrative assistant will take the signed forms to the Registrar’s Office. (Students cannot handle the forms once the advisor signs.)
6. If your petition for graduation is denied, it will be your responsibility to reapply for graduation in a subsequent semester. Your “Intent to Graduate” does not automatically move to a later graduation date.
7. NOTE: The semester before graduation, you will be required to take a Major Field Achievement Test (exit exam).

NAME: ___________________________ STUDENT ID # ___________________________

LOCAL ADDRESS AND PHONE NUMBER: ________________________________________

_______________________________ ( ) ___________________________

I, (Signature) __________________________________, hereby certify that I have completed (or will complete) all the courses listed on the Program Sheet. I further certify that the grade listed for those courses is the final course grade received except for the courses in which I am currently enrolled and the courses which I complete next semester. I have indicated the semester in which I will complete these courses.

Signature of Advisor Date

Signature of Department Head Date

Signature of Registrar Date
Students should work closely with a faculty advisor when selecting and scheduling courses prior to registration.

Degree Requirements:
- 120 semester hours total (A minimum of 28 taken at CMU in no fewer than two semesters).
- 40 upper division credits (A minimum of 15 taken at the 300-400 course levels within the major at CMU).
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- 2.00 cumulative GPA or higher in all CMU coursework
- 2.00 cumulative GPA or higher in coursework toward the major content area
- A student must follow the CMU graduation requirements either from 1) the program sheet for the major in effect at the time the student officially declares a major; or 2) a program sheet for the major approved for a year subsequent to the year during which the student officially declares the major and is approved for the student by the department head. Because a program may have requirements specific to the degree, the student should check with the faculty advisor for additional criteria. It is the student’s responsibility to be aware of, and follow, all requirements for the degree being pursued. Any exceptions or substitutions must be approved by the student’s faculty advisor and Department Head.
- When filling out the program sheet a course can be used only once.
- See the “Undergraduate Graduation Requirements” in the catalog for additional graduation information.

GENERAL EDUCATION REQUIREMENTS (31 semester hours)
See the current catalog for a list of courses that fulfill the requirements below. If a course is on the general education list of options and a requirement for your major, you must use it to fulfill the major requirement and make a different selection within the general education requirement.

<table>
<thead>
<tr>
<th>Course No</th>
<th>Title</th>
<th>Sem hrs</th>
<th>Grade Term/Trns</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 111</td>
<td>English Composition</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ENGL 112</td>
<td>English Composition</td>
<td>3</td>
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</tr>
</tbody>
</table>

Math: MATH 110 or higher (3 semester hours, must receive a grade of “C” or better, must be completed by the time the student has 60 semester hours.)
MATH 1 ________________________ 3 _____ ________

Humanities (3 semester hours)
__________________________ __________________ ________

Social and Behavioral Sciences (6 semester hours)
__________________________ __________________ ________
__________________________ __________________ ________

Natural Sciences (7 semester hours, one course must include a lab)
__________________________ __________________ ________
__________________________ __________________ ________
L ________________________ 3 _____ ________

History (3 semester hours)
HIST 131 ________________________ 3 _____ ________

Fine Arts (3 semester hours)
__________________________ __________________ ________

OTHER LOWER DIVISION REQUIREMENTS (6 semester hours)

<table>
<thead>
<tr>
<th>Course No</th>
<th>Title</th>
<th>Sem hrs</th>
<th>Grade Term/Trns</th>
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</thead>
<tbody>
<tr>
<td>KINE 100</td>
<td>Health and Wellness</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>
| KINA 1    | ________________________ 1 _____ ________
| KINA 1    | ________________________ 1 _____ ________

Applied Studies (3 semester hours)
__________________________ __________________ ________

FOUNDATION COURSES (6 semester hours) Two consecutive classes in the same foreign language. Must receive a grade of “C” or better. FLAS 114 & 115 will NOT fulfill this requirement.
FLA ________________________ 3 _____ ________
FLA ________________________ 3 _____ ________

HISTORY MAJOR REQUIREMENTS (48 semester hours)

History Core (15 semester hours) As part of the History core students are required to take HIST 101, 102, 132.

<table>
<thead>
<tr>
<th>Course No</th>
<th>Title</th>
<th>Sem hrs</th>
<th>Grade Term/Trns</th>
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<tr>
<td>HIST 101</td>
<td>Western Civilizations</td>
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<tr>
<td>HIST 102</td>
<td>Western Civilizations</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>HIST 132</td>
<td>U.S. History</td>
<td>3</td>
<td></td>
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<tr>
<td>HIST 202</td>
<td>Intro to Historical Research</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>HIST 404</td>
<td>Senior Seminar in Historical Research</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

History Electives (21 Upper Division Semester Hours)

European History: (6 semester hours) Choose two courses from the Electives list on pg 3.
HIST ________________________ 3 _____ ________
HIST ________________________ 3 _____ ________

World History: (6 semester hours) Choose one course from the Electives list on pg 3.
HIST ________________________ 3 _____ ________

U.S. History: (6 semester hours) Choose two courses from the Electives list on pg 3.
HIST ________________________ 3 _____ ________
HIST ________________________ 3 _____ ________

Topical History: (6 semester hours) Choose two courses from the Electives list on pg 3.
HIST ________________________ 3 _____ ________
HIST ________________________ 3 _____ ________

History Specialization (12 semester hours) Choose four additional Upper Division History courses selected from European, U.S., World or Topical History:
HIST ________________________ 3 _____ ________
HIST ________________________ 3 _____ ________
HIST ________________________ 3 _____ ________
HIST ________________________ 3 _____ ________
### Electives

(All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours.)

(29 semester hours; 4 hours of upper division will be needed.)

<table>
<thead>
<tr>
<th>Course No</th>
<th>Title</th>
<th>Sem hrs</th>
<th>Grade</th>
<th>Term/Trns</th>
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</table>

### History Electives

(21 Upper Division Semester Hours)

**Two courses in European History. Select from:**
- HIST 301 History of England Since 1485 (3)
- HIST 302 History of Modern France (3)
- HIST 303 History of Modern Germany (3)
- HIST 330 History of 19th Century Europe (3)
- HIST 331 The 20th Century (3)
- HIST 350 Renaissance and Reformation (3)
- HIST 360 Medieval Europe (3)
- HIST 400 The Soviet Union and Eastern Europe (3)
- HIST 430 The Ancient Mediterranean World (3)

**One Course in World History. Select from:**
- HIST 306 History of South and Southeast Asia (3)
- HIST 310 Latin American Civilization (3)
- HIST 340 History of the Middle East (3)
- HIST 401 East Asia: The Formative Period (3)
- HIST 403 East Asia and the Modern World (3)
- HIST 406 History of the African Continent (3)

**Two Courses in United States History. Select from:**
- HIST 305 The Old South (3)
- HIST 342 The Early American Republic (3)
- HIST 344 The Age of Industry in America (3)
- HIST 346 The 1950’s and 1960’s (3)
- HIST 370 Early U.S. Women’s History (3)
- HIST 371 20th Century U.S. Women’s History (3)
- HIST 415 Colonial America (3)
- HIST 416 The American Revolution (3)
- HIST 420 Civil War (3)

**Two courses in Topical History. Select from:**
- HIST 315 American Indian History (3)
- HIST 316 American Slavery (3)
- HIST 320 The American West (3)
- HIST 332 History of Modern Warfare (3)
- HIST 355 Ancient and Medieval Cities (3)
- HIST 375 American Sports History (3)
- HIST 405 Introduction to Public History (3)
- HIST 410 Environmental History (3)
- HIST 435 Classical Archaeology (3)
- HIST 440 Early & Medieval Christianity (3)
SUGGESTED COURSE SEQUENCING FOR A MAJOR IN HISTORY

This is a recommended sequence of course work. Certain courses may have prerequisites or are only offered during the Fall or Spring semesters. It is the student’s responsibility to meet with the assigned advisor and check the 2 year course matrix on the Colorado Mesa website for course availability.

### FRESHMAN YEAR

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Hours</th>
<th>Spring Semester</th>
<th>Hours</th>
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<td>ENGL 111 English Composition</td>
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<tr>
<td>General Education History</td>
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<td>General Education Humanities</td>
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<tr>
<td>General Education Applied Studies</td>
<td>3</td>
<td>General Education Mathematics</td>
<td>3</td>
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<tr>
<td>Natural Science</td>
<td>3</td>
<td>HIST 102 Western Civilizations</td>
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<td>KINE 100 Health and Wellness</td>
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<td>KINA Activity (2 courses)</td>
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### SOPHOMORE YEAR

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<tr>
<td>General Education Fine Arts</td>
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<td>General Education Natural Science</td>
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<td>Foundation Courses (Foreign Language)</td>
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<td>Foundation Courses (Foreign Language)</td>
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<td>General Education – Social/Behavioral Science</td>
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<td>General Education – Social/Behavioral Science</td>
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<td>HIST 131 United States History</td>
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<td>HIST 132 United States History</td>
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<td>HIST 202 Intro to Historical Research</td>
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### JUNIOR YEAR

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<td>Upper Division Elective</td>
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### SENIOR YEAR

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