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

All CMU baccalaureate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Formulate the relationships of cause and effect (Specialized Knowledge/Applied Learning);
2. Assess the importance of historical context (Specialized Knowledge/Applied Learning);
3. Critically analyze an argument based on secondary sources (Critical Thinking);
4. Critically analyze primary sources (Critical Thinking);
5. Formulate a clear and persuasive argument based on evidence (Communication Fluency);
6. Construct a clear thesis with strong topic sentences (Communication Fluency).
DEGREE REQUIREMENTS:

- 120 semester hours total (Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher).
- 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.
- Essential Learning Capstone should be completed between 45 and 75 hours.
- See “Requirements for Undergraduate Degrees and Certificates” in the catalog for additional graduation information.

ESSENTIAL LEARNING REQUIREMENTS (31 semester hours):
See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning requirement.

Course | No | Title | Sem.hrs |
--- | --- | --- | --- |
**English** (6 semester hours, must receive a grade of “C” or better and must be completed by the time the student has 60 semester hours.)
ENGL 111 | English Composition | 3 |
ENGL 112 | English Composition | 3 |
**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 | | |
**Humanities** (3 semester hours)
| | |
**Social and Behavioral Sciences** (6 semester hours)
| | |
**Natural Sciences** (7 semester hours, one course must include a lab)
| | |
**History** (3 semester hours)
HIST | 131 | |
**Fine Arts** (3 semester hours)
| | |

OTHER LOWER DIVISION REQUIREMENTS (6 semester hours)

**WELLNESS REQUIREMENT** (2 semester hours)
KINE 100 | Health and Wellness | 1 |
KINA 1 | | 1 |

**ESSENTIAL LEARNING CAPSTONE** (4 semester hours)
ESL 290 | Maverick Milestone | (see English & math pre-reqs) 3 |
ESL 290 | Essential Speech (co-requisite) | 1 |

**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 | | |
FLA | | |

**HISTORY MAJOR REQUIREMENTS**
(51 semester hours)

**History Core** (18 semester hours) As part of the History core students are required to take HIST 101, 102, 132.
HIST 101 | Western Civilizations | 3 |
HIST 102 | Western Civilizations | 3 |
HIST 132 | U.S. History | 3 |
HIST 202 | Intro to Historical Research | 3 |
HIST 394 | Junior Seminar in Historiography | 3 |
HIST 404 | Senior Seminar in Historical Research | 3 |

**History Electives** (21 Upper Division Semester Hours)

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

World History: (3 semester hours) Choose one course from the Electives list on pg 3.
HIST | | |

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

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

**History Specialization** (12 semester hours) Choose four additional
Upper Division History courses selected from European, U.S., World or Topical History:
HIST | | |
HIST | | |
HIST | | |
HIST | | |
### 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>
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### History Electives (21 Upper Division Semester Hours)

**Two courses in European History. Select from:**
- HIST 300 History of England to 1660 (3)
- HIST 301 History of Modern Britain (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)
- HIST 445 The Holocaust (3)
- HIST 450 European History and Film (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 345 The History of Immigration, Race, and Ethnicity 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)

**One Course in World History. Select from:**
- HIST 306 History of South and Southeast Asia (3)
- HIST 310 Latin American Civilization (3)
- HIST 333 The International History of the Cold War (3)
- HIST 334 History of the British Empire (3)
- HIST 340 History of the Middle East (3)
- HIST 403 East Asia and the Modern World (3)
- HIST 406 History of the African Continent (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 425 The History of Sexuality (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>
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<tr>
<th>Fall Semester</th>
<th>Hours</th>
<th>Spring Semester</th>
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<tr>
<td>ENGL 111 English Composition</td>
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<td>ENGL 112 English Composition</td>
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<tr>
<td>Essential Learning History</td>
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<td>Essential Learning Humanities</td>
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<td>Essential Learning Natural Science</td>
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<td>Essential Learning Mathematics</td>
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<td>HIST 101 Western Civilizations</td>
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<td>HIST 102 Western Civilizations</td>
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<td>13</td>
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SOPHOMORE YEAR

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<tr>
<td>Essential Learning Fine Arts</td>
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<td>Essential Learning Natural Science with Lab</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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<tr>
<td>Essential Learning Social/Behavioral Science</td>
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<td>Essential Learning 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>Elective</td>
<td>3</td>
<td>ESSL 290 Maverick Milestone</td>
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<td>ESSL 200 Essential Speech</td>
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JUNIOR YEAR

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<td>Elective</td>
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<td>Upper Division Elective</td>
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<td>HIST 202 Intro to Historical Research</td>
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<td>HIST 394 Junior Seminar in Historiography</td>
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SENIOR YEAR

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<th>Spring Semester</th>
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<tr>
<td>HIST 404 Senior Seminar in Historical Research</td>
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<td>History Elective</td>
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<td>Upper Division Elective</td>
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POLICIES:

1. Please see the catalog for a complete list of graduation requirements.
2. 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. 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. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature. Finally, the Department Head will submit the signed forms to the Registrar’s Office. (Students cannot handle the forms once the advisor signs.)
4. 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.
5. NOTE: During your senior year, you will be required to take a capstone exit assessment/project (e.g., Major Field Achievement Test).