



Springfield College Sequencing Guide Integrative Studies Major (INST) ▼ 2023-2024

Core Curriculum

All students must fulfill 40 credits of the Core Curriculum.

- SCSM 101, Springfield College Seminar (3 credits)
- College Writing (6 credits)
 - ENGL 113 - College Writing I
 - ENGL 114 - College Writing II
- Literature (3 credits)
- Aesthetic Expression (3 credits)
- Spiritual and Ethical (3 credits)
- Historical and Social Literacy (3 credits)
- Quantitative Reasoning (3 credits)
- Scientific Reasoning (4 credits)
- Themed Exploration (9 credits)
 - 3 different prefixes
 - 1 Global course
- Wellness and Physical Literacy
 - 100-level course (1 credit)
 - 200-level course (1 credit)
 - 300-level course (1 credit)

Writing Across the Curriculum (WAC)

All students must complete **6 credits** of WAC requirements. They must be completed here at SC, and CAN also be used to fill other INST requirements.

- _____ _____

Wellness Passport Stamps

All students must complete **24 stamps** upon successful completion of a WLPL 300-level course. Students must complete a minimum of 8 stamps in each of the following three buckets:

- Mental Wellness
- Physical Wellness
- Meaning and Purpose Wellness

Integrative Studies Major Area of Focus

INST majors must complete at least 24 credits of an approved area of focus in a particular discipline or a multi-disciplinary area. Depending on courses taken, students can also use those courses to fulfill an official minor. Courses used for the INST area of focus can NOT also be used to fulfill your Core or other major requirements.

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Integrative Studies Major Advanced Coursework

INST majors must complete **at least 24 credits** of advanced coursework. These courses CAN not be used to fulfill your Core or other Major requirements.

<input type="checkbox"/>	200/300-level course _____	<input type="checkbox"/>	300/400-level course _____
<input type="checkbox"/>	200/300-level course _____	<input type="checkbox"/>	300/400-level course _____
<input type="checkbox"/>	200/300-level course _____	<input type="checkbox"/>	300/400-level course _____
<input type="checkbox"/>	200/300-level course _____		
<input type="checkbox"/>	200/300-level course _____		

Integrative Studies Major Capstone Course

INST majors must complete the capstone course in their final semester.

- SPCO 401, Beyond Springfield College (1 credit)

Electives and College Requirements

In addition to the requirements previously listed, you must complete:

- Enough elective credits to **total at least 120 credits**
- A **minimum cumulative GPA** of 2.000 or higher
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)