

## Year 1

|          | Fall              | Winter                                    | Spring                                       |
|----------|-------------------|---|--|
| Course 1 | Language 1150 (5) | Language 1250* (5)                        | Language 1350* (5)                           |
| Course 2 | UCOR Module I (5) | INST 2000 Global Cultural Citizenship (5) | HIST 1210 Studies in Modern Civilization (5) |
| Course 3 | UCOR Module I (5) | UCOR Module I (5)                         | UCOR Module I (5)                            |

## Steps for Success

- Meet with your Academic Advisor
- Create plan in Student Planning
- Get Involved

## Year 2

|          | Fall                          | Winter                                | Spring                                  |
|----------|-------------------------------|---------------------------------------|---|
| Course 1 | INST 2100 World Geography (5) | INST 2300 Intro to Comp. Politics (5) | ECON 2130 Principles of Econ-Macro (5)  |
| Course 2 | Language 2150* (5)            | Language 2250* (5)                    | Language 2350* (5)                      |
| Course 3 | UCOR Module I (5)             | UCOR Module I (5)                     | HIST 2010 Workshop in World History (5) |

## Steps for Success

- Meet with your Academic Advisor(s)
- Plan for Study Abroad
- Meet with Career Engagement Office

## Year 3

|          | Fall   | Winter                                | Spring                                  |
|----------|--|---------------------------------------|---|
| Course 1 | Study Abroad: 15 quarter credits or equivalent semester credits of INST electives, including at least 5 credits Non-Western Humanities designated elective (5) | INST 2600 Intro to Int'l Politics (5) | INST 3800 Research in Int'l Studies (5) |
| Course 2 |  | UCOR Module II* (5)                   | UCOR Module II* (5)                     |
| Course 3 |  | UCOR Module II* (5)                   | UCOR Module III* (5)                    |

## Steps for Success

- Find Internship or Research Opportunities
- Meet with Faculty Advisor
- Review Educational Plan

## Year 4

|          | Fall   | Winter                         | Spring               |
|----------|--|--------------------------------|----------------------|
| Course 1 | General Elective (5) or INST 4950 Internship | INST 4900 Senior Capstone* (5) | General Elective (5) |
| Course 2 | UCOR Module III* (5)                         | UCOR Module III* (5)           | General Elective (5) |
| Course 3 | General Elective (5)                         | General Elective (5)           | General Elective (5) |

## Steps for Success

- Meet with Faculty Advisor
- Apply for Graduation
- Continue Post Graduation Planning

## University Core Requirements

UCOR classes are listed in the sample plan as Module I, II, and III. See below for UCOR course titles listed by Module. See [my.seattleu.edu](http://my.seattleu.edu) for prerequisites and [www.seattleu.edu/core](http://www.seattleu.edu/core) for course descriptions. Honors and Matteo Ricci students have different Core requirements.

### Module I

**UCOR 1100** Academic Writing Seminar

**UCOR 1200** Quantitative Thinking

**UCOR 1300** Creative Expression & Interpretation

**UCOR 1400** Inquiry Seminar in the Humanities

**UCOR 1600** Inquiry Seminar in the Social Sciences

**UCOR 1800** Inquiry Seminar in the Natural Sciences

### Module II

**UCOR 2100** Theological Expressions

**UCOR 2500** Philosophy of the Human Person

**UCOR 2900** Ethical Reasoning

### Module III

**UCOR 3100** Religion in a Global Context and

**UCOR 3400** Humanities and Global Challenges

**UCOR 3800** Natural Sciences and Global Challenges

## Degree Requirements

- Total Credits Required for Degree: 180
- Credits in Core: 60
- Credits in College: 20
  - HIST 1200, 1210 or 2310 - INST Majors must complete HIST 1210
  - Modern Language 1150, 1250, 1350 or demonstrated proficiency
- Credits in Major: 70
- GPA cumulative minimum: 2.00
- GPA major minimum: 2.00

## Resources for Success

- Map out your own plan through [My.SeattleU.edu](http://My.SeattleU.edu)
- Meet with a Career Advisor from the [Career Engagement Office](#)
- Sign up for academic support with [Learning Assistance Programs](#)
- Learn more about academic advising on the [Advising Services page](#)

## Curriculum Notes

- The INST major requires a learning program in a country other than the U.S. An acceptable study abroad experience for the INST major includes a minimum of 15 quarter credits, or the equivalent in semester credits, provided that the student meets full-time status in the chosen study abroad program. This requirement may be waived due to Covid-19 restrictions.
- Students educated to the age of 16 in schools outside the United States may request a waiver of the INST study abroad requirement.
- INST Electives: Choose a total of 15 credits of approved electives as found in the Course Catalog and listed on the INST department website, in consultation with your academic advisor. At least 5 of these 15 elective credits must have a Non-Western Humanities designation (NWH).
- Students who place out of a second year of language (2000-level) must take 30 credits of INST major electives instead of 15 credits



Use MySeattleU Student Planning to plan your courses and work closely with your academic advisor on your educational plan. You are responsible for knowing information and tracking changes. Contact your Advising Center for support.

Arts & Sciences Advising  
[ASCAdvising@seattleu.edu](mailto:ASCAdvising@seattleu.edu)

Seattle U Advising Services  
<http://www.seattleu.edu/advising>