

# ABOUT THE MAJOR

In addition to the traditional Anthropology major, we offer a concentration in Cross-Cultural Health and Spirituality, which specializes in how spirituality and health intersect in the United States and around the world, addressing newly-emerging interests and employment opportunities in the field of global health and wellness. With a more streamlined and targeted set of course options, this concentration focuses on cultural anthropology, religion, and health/wellness, while still covering coursework in archaeology, and linguistic and biological anthropology.

# ABOUT THIS MAP

This program map is intended ONLY as a guide for students to plan their course of study. It does NOT replace any information in the Undergraduate Catalog, which is the official guide for completing degree requirements. Use this map to help plan and guide your experience at UWG, including academic, co-curricular, and discovery opportunities. Everyone’s experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

## WHERE CAN YOU GO WITH THIS DEGREE?

- Archaeologist
- Crime Scene/Forensic Investigator
- Counselor
- Epidemiologist
- Human Relations/Social Work
- Law
- Lobbying
- Market Researcher/Marketing
- Medical Anthropologist
- Museum Curator/Tour Guide
- Political Activism
- Public Relations
- UX/UI Researcher

## ADD A CERTIFICATE

- Forensic Sciences
- Cultural Heritage Management

## HONORS COLLEGE

Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!



# ANTHROPOLOGY

## CROSS-CULTURAL HEALTH & SPIRITUALITY

Bachelor of Science

60 CORE CREDIT HOURS

34 MAJOR CREDIT HOURS

26 ELECTIVE CREDIT HOURS

Visit [westga.edu/program-maps](https://westga.edu/program-maps) for the latest version of this major map.



VISIT WOLFWATCH FOR MORE INFORMATION.



HAVE A QUESTION? CHECK IN WITH YOUR ADVISOR!



UNIVERSITY OF WEST GEORGIA

2025-2026

TERM 1: FALL

C1: ENGL 1101 3 CREDIT HOURS

M: MATH 1001 OR 1111 3 CREDIT HOURS

I2: XIDS 2002 2 CREDIT HOURS

F: ANTH 1102 3 CREDIT HOURS

T1: SCIENCE + LAB 4 CREDIT HOURS

- MILESTONES:
- COMPLETE ENGL 1101 WITH C OR BETTER.
  - COMPLETE CORE IMPACTS MATH.
  - COMPLETE LAB SCIENCE.

TERM 2: SPRING

C2: ENGL 1102 3 CREDIT HOURS

F: ANTH 1004, 1100, 1105, OR 2002 3 CREDIT HOURS

S: SOCIAL SCIENCE 3 CREDIT HOURS

T2: NON-LAB SCIENCE 3 CREDIT HOURS

I1: ORAL COMMUNICATION 3 CREDIT HOURS

- MILESTONES:
- COMPLETE ENGL 1102 WITH C OR BETTER.
  - COMPLETE NON-LAB SCIENCE.
  - COMPLETE ANTH SUB-DISCIPLINE COURSE.

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 30 CREDIT HOURS

CRUSH YOUR COURSEWORK

- Take ANTH 1102-Intro to Anthropology & ANTH 1105-Intro to Physical Anthropology.
- Take ANTH 1101-Voices of Culture.

FIND YOUR PLACE

- Consider joining the Anthropology Club!
- Come in and meet your Anthropology mentors.
- Apply for a Waring Anthropology Scholarship!

BROADEN YOUR PERSPECTIVES

- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.

CONNECT OFF-CAMPUS

- Visit Wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community.

TAKE CARE OF YOURSELF

- Visit the UWG Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Get fit! Visit URec to see all your options.
- Visit the Center for Economic Education and Financial Literacy.

PAVE YOUR PATH

- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

TERM 1: FALL

F: ANTH 1004, 1100, 1105, OR 2002 3 CREDIT HOURS

Introduction to Archeology, Faces of Culture, Introduction to Physical Anthropology, or Introduction to Cultural Anthropology

P: CITIZENSHIP 3 CREDIT HOURS

F: MAJOR ELECTIVE 3 CREDIT HOURS

A: HUMANITIES 3 CREDIT HOURS

ANTH ELECTIVE 3/4 CREDIT HOURS

- MILESTONE:
- START UPPER DIVISION ELECTIVES

TERM 2: SPRING

F: ANTH 1004, 1100, 1105, OR 2002 3 CREDIT HOURS

Introduction to Archeology, Faces of Culture, Introduction to Physical Anthropology, or Introduction to Cultural Anthropology

A: SOCIAL SCIENCE 3 CREDIT HOURS

A: HUMANITIES 3 CREDIT HOURS

T3: STEM COURSE 3 CREDIT HOURS

ANTH ELECTIVE 3/4 CREDIT HOURS

- MILESTONE:
- COMPLETE ANTH SUB-DISCIPLINE COURSES.

15/16 FALL CREDIT HOURS + 15/16 SPRING CREDIT HOURS = 30/32 CREDIT HOURS

- Additional Information:
- One ANTH Upper Division course is required from the Biological Focus, at least two course are required from the Religion Focus and the Health and Medical Focus, and at least three courses are required from Diverse Cultural Perspectives. The courses are taken from an approved list available on WolfWatch.

CRUSH YOUR COURSEWORK

- Complete Area F Anthropology courses.
- Go ahead and take a Methods class in Anthropology and apply what you are learning!
- Take upper level courses in each Anthropology subfield.

FIND YOUR PLACE

- Get involved in one of the Anthropology labs (Waring Archaeological Lab or BAFAL Biological and Forensic Lab)!
- Talk to your mentors about research topics that interest you and consider doing undergraduate research in Anthropology!
- Apply for various Waring scholarships and awards!

BROADEN YOUR PERSPECTIVES

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students' stories of their experiences.

CONNECT OFF-CAMPUS

- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

TAKE CARE OF YOURSELF

- Take a fitness class, climb the rock wall, or join an intramural team.
- Consider whether counseling is right for you: take a mental health screening.

PAVE YOUR PATH

- Draft your resume and attend a resume blitz.
- Learn about how to network on social media and update your Handshake profile.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

TERM 1: FALL

P: CITIZENSHIP	3 CREDIT HOURS
ANTH METHODS	4 CREDIT HOURS
ANTH ELECTIVE	3 CREDIT HOURS
MINOR/ELECTIVE	3 CREDIT HOURS
MINOR/ELECTIVE	3 CREDIT HOURS

- MILESTONES:
- CONTINUE ANTH UPPER DIVISION ELECTIVE COURSES.
  - BEGIN MINOR/ELECTIVES.
  - COMPLETE ANTH METHODS BEFORE FALL OF YEAR 4.

TERM 2: SPRING

F: MAJOR ELECTIVE	3 CREDIT HOURS
ANTH ELECTIVE	3/4 CREDIT HOURS
ANTH ELECTIVE	3/4 CREDIT HOURS
ANTH ELECTIVE	3/4 CREDIT HOURS
MINOR/ELECTIVE	3 CREDIT HOURS

- MILESTONES:
- CONTINUE ANTH UPPER DIVISION ELECTIVE COURSES.
  - BEGIN MINOR/ELECTIVES.
  - COMPLETE ALL CORE IMPACTS COURSE.

TERM 3: SUMMER

ANTH METHODS	3 CREDIT HOURS
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16 FALL CREDIT HOURS + 15/16 SPRING CREDIT HOURS + 4 SUMMER CREDIT HOURS = 35/36 CREDIT HOURS

CRUSH YOUR COURSEWORK

- Complete Area F Anthropology courses.
- Go ahead and take a Methods class in Anthropology and apply what you are learning!
- Take upper level courses in each Anthropology subfield.

FIND YOUR PLACE

- Get involved in one of the Anthropology labs (Waring Archaeological Lab or BAFAL Biological and Forensic Lab)!
- Talk to your mentors about research topics that interest you and consider doing undergraduate research in Anthropology!
- Apply for various Waring scholarships and awards!

BROADEN YOUR PERSPECTIVES

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students' stories of their experiences.

CONNECT OFF-CAMPUS

- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

TAKE CARE OF YOURSELF

- Take a fitness class, climb the rock wall, or join an intramural team.
- Consider whether counseling is right for you: take a mental health screening.

PAVE YOUR PATH

- Draft your resume and attend a resume blitz.
- Learn about how to network on social media and update your Handshake profile.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

TERM 1: FALL

ANTH 4184 Anthropology Capstone	3 CREDIT HOURS
ANTH 4100 History of Anthropological Thought	3 CREDIT HOURS
ANTH ELECTIVE	3/4 CREDIT HOURS
MINOR/ELECTIVE OR ANTH MINOR/ELECTIVE	3 CREDIT HOURS

- MILESTONES:
- COMPLETE ANTH 4184 CAPSTONE.
  - COMPLETE ANTH 4100 ANTH THOUGHT.

TERM 2: SPRING

ANTH ELECTIVE	3/4 CREDIT HOURS
MINOR/ELECTIVE	3 CREDIT HOURS
MINOR/ELECTIVE	3 CREDIT HOURS
MINOR/ELECTIVE	3 CREDIT HOURS
MINOR/ELECTIVE	3 CREDIT HOURS

- MILESTONE:
- COMPLETE ALL REQUIRED COURSES FOR MAJOR AND (OPTIONAL) MINOR OR ELECTIVES.

15/17 FALL CREDIT HOURS + 15/16 SPRING CREDIT HOURS = 30/32 CREDIT HOURS

- Additional Information:
- ANTH 4100 and ANTH 4184 is offered every Fall. It may be taken in any semester of Year 3 or 4.
  - One methods course is required for the major. Discuss which option is best with your advisor. The methods course may be taken any summer, and there is also an option for taking it during the year. Currently offered methods courses are: ANTH 3188 Ethnographic Field Methods (Summer) and ANTH 4176 Narratives and Storytelling (in-year option). If more methods courses are taken, they can be applied towards ANTH elective credit hour requirements.

CRUSH YOUR COURSEWORK

- Take ANTH 4184 and prepare your professional portfolio in Anthropology.
- Finish your required courses and electives in Anthropology.

FIND YOUR PLACE

- Consider a leadership position in the Anthropology Club.
- Work with your mentor to present your Anthropology research at a professional conference.
- Apply for Waring scholarships and awards in Anthropology!

BROADEN YOUR PERSPECTIVES

- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.

CONNECT OFF-CAMPUS

- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

TAKE CARE OF YOURSELF

- Explore a farmer's market for fresh produce.
- Develop a post-graduation exercise plan.
- Explore your loan repayment options and complete your exit counseling.

PAVE YOUR PATH

- Request references from professors and supervisors.
- Draft your resume cover letter and personal statement and revise it with career services.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.