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.
### Year 1

#### Term 1
- **A1:** ENGL 1101  
  English Composition I  
  3 credits
- **F:** SOCI 1101  
  Intro to Sociology  
  3 credits
- **B2:** XIDS 2002  
  FirstYear Seminar Course  
  2 credits
- **D1:** SCIENCE + LAB  
  4 credits
- **C2:** HUMANITIES  
  3 credits

#### Term 2
- **A1:** ENGL 1102  
  English Composition II  
  3 credits
- **A2:** MATH 1001  
  Quantitative Skills & Reasoning  
  3 credits
- **F:** PSYC 1101  
  Intro to Psychology  
  3 credits
- **E3:** POLS 1101  
  American Government  
  3 credits
- **D1:** NON-LAB SCIENCE  
  3 credits

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

### Year 2

#### Term 1
- **F:** SABH 1101  
  Intro to Social and Behavioral Health  
  3 credits
- **F:** ANTH 1102  
  Intro to Anthropology  
  3 credits
- **E1 OR E2**  
  World or US History  
  3 credits
- **F:** BIOL COURSE  
  3 credits
- **B1:** WRITTEN AND ORAL COMMUNICATION  
  3 credits

#### Term 2
- **E1 OR E2**  
  World or US History  
  3 credits
- **F:** ANTH 1105 OR BIOL  
  Intro to Physical Anthropology, or Biology course  
  3 credits
- **C1:** FINE ARTS  
  3 credits
- **E4:** SOCIAL SCIENCE  
  3 credits
- **D2:** MATH, SCIENCE, OR TECHNOLOGY COURSE  
  3 credits

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 30 CREDIT HOURS
### Year 3

**Term 1**

- **Major Area 4** 3/4
  - Upper Division Electives
- **Major Area 1A** 3
- **Major Area 2B** 3
- **Major Area 1C** 3
- **Minor/General Electives** 3

**Term 2**

- **Major Area 2A** 3
- **Major Area 2B** 3
- **Major Area 1B** 3
- **Minor/General Electives** 3
- **Minor/General Electives** 3

15/16 Fall Credit Hours + 15 Spring Credit Hours = 30/31 Credit Hours

### Year 4

**Term 1**

- **Major Area 4** 3
  - Upper Division Electives
- **Major Area 1A** 3
- **Major Area 1C** 3
- **Minor/General Electives** 3
- **Minor/General Electives** 3

**Term 2**

- **Major Area 3** 3
  - (Internship)
- **Major Area 2A** 3
- **Major Area 1B** 3
- **Minor/General Electives** 3
- **Minor/General Electives** 3

15 Fall Credit Hours + 15 Spring Credit Hours = 30 Credit Hours
A1 Communication Skills
A2 Quantitative Skills
B1 Written and Oral Communications
B2 Other Institutional Options
C1 Fine Arts
C2 Humanities
D1 Natural Science
D2 Mathematics, Science, and Quantitative Technology
E1 World History
E2 American/Georgia History
E3 American/Georgia Government
E4 Social Science
F Major Courses
**FIRST YEAR**

- Ensure a focus on Core Courses
- Take the courses in Area F as soon as possible, especially SOCI 1101: Introductory Sociology. It's a pre-req to all upper division Sociology courses
- Take SABH 1101: Introduction to Social & Behavioral Health to acclimate yourself to your major focus

**FIND YOUR PLACE**

- Attend orientation events
- Start building relationships early (find your roommate on social media; Build your network: search for Facebook groups for incoming freshmen, the Sociology Program and its student groups, and athletic teams or other groups of interest to you at UWG)
- Attend events and traditions at UWG (football game, Wolfstock)

**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**

- Complete a self-assessment to see what careers and majors are right for you
- Visit Career Services
- Create your profile on Handshake
- Consider applying for an on-campus job

**READY**

**SET**

- Make sure you understand the requirements of the major—see an Advisor if you need help
- Follow the SABH Program Map—work through courses in each area of the major
- Try not to overwhelm yourself—take some of your more challenging courses mixed with less challenging ones.
- Visit the UWG Writing Center and make Ingram Library your second home — feel familiar with the research process
- Consider taking summer courses to assist in your progression

**GO**

- Take SOCI 4386: Internship in your final semester. Be sure to speak with the Internship Coordinator for information on placement and requirements of the course
- Explore courses outside the major (consider a minor)
- Attend seminars and/or information sessions and workshops focused on graduate school or getting employment

**FIRST YEAR**

- Get involved in extracurricular activities
- Propose the creation of a Social & Behavioral Health student organization
- Connect with your College: offer to serve on the CACSI Study Advisory Committee
- Give back: volunteer!
- Attend UWG Scholars Day

**MIDDLE YEARS**

- Complete an internship in your field
- Consider a summer or part-time job
- Ask for advice from professionals in your field of interest
- Explore career shadowing opportunities

**LAST YEAR**

- Take advantage of the many experiential learning labs at UWG
- Consider mentoring new social & Behavioral Health majors
- Get a jump-start on your career: take full advantage of the UWG career center (resume building; interview practice; job repository; borrow a suit for your interview)

**FIRST YEAR**

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

**MIDDLE YEARS**

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**LAST YEAR**

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

**FIRST YEAR**

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**MIDDLE YEARS**

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- Ask your department about networking opportunities with alumni

**LAST YEAR**

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

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