

General Studies

Academic Planning Worksheet 2025-2026

Simmons University

Office of Undergraduate Advising

Notes:

- Simmons requires that all undergraduates complete a minimum of 128 credits of coursework, fulfill PLAN and major/program requirements, and submit a Senior Audit form to graduate.
- You may declare a major after you have earned 32 credits. You must declare a major prior to earning 80 credits.

Program Notes:

- All required courses must be taken at Simmons unless they are waived by the director.
- 8 credits of electives must be taken at Simmons.
- Students must complete 32 credits of the 128 credit minimum requirement at Simmons per University policy.

Required Major Courses

Course #	Course Title	Credits	Completed
GENST 101CD	Introduction to General Studies	2	
SOCI 249CD	Social Justice: SOCI249 Inequalities	4	
BIO 104CD	Global Change Science: BIO 104 Introduction to Environmental Science	4	
BUS 221CD or BUS 234CD	Planning and Organization: BUS221 Project Management or BUS234 Organizational Communication and Behavior	4	
COMM 121CD or COMM 122CD	Humanities, Communication, and Literacy: COMM121 Visual Communication or COMM122 Media Writing and Editing	4	
PH 241CD, SOCI 245CD or SOCI 321CD	Policy: PH 241 Health, Illness, and Society, SOCI245 Global Health, or SOCI321 Sociology of Food	4	
	14 credits of targeted electives, at least one at 300-level Electives (8 of the 14 electives need to be taken at Simmons)	14	

Capstone

In the General Studies Capstone students complete a final project that integrates their coursework.

Course #	Course Title	Credits	Completed
GENST 395CD	General Studies Capstone	4	

PLAN Requirements for CompleteDegree@Simmons Students

PLAN (Purpose Leadership ActionN) is the Simmons undergraduate general education program. Some PLAN requirements can be fulfilled with courses required for this major, as indicated below. Additional PLAN requirements may be fulfilled through electives. PLAN requirements, with the exception of the capstone, are waived for students who have an associate's degree from an accredited institution. We highly recommend that you work closely with your advisor(s) to choose all of your courses.

Course Title		Credits	Completed
Math*: 1) Prior to first term, pass the mathematics competency requirement or 2) enroll in MATH 101CD the first available semester		0/4	
CNCT 101CD: Simmons Connect**		3	
LDR 201CD: Gender and Leadership		4	
CDA 201CD: Cross-Disciplinary Approaches to Public Issues		6	
CNCT 201CD: Pathways to Career and Leadership (Recommended after CDA 201CD)		1	
3D Design Across Diverse Disciplines (introduced in CNCT 201CD) ***		12	
Requirements		Course Selected	
Language & Culture****: Two (additional) Global Cultural (GC) courses			4
			4
Quantitative Literacy (QL)		STAT 118CD or higher	4
Key Content Areas ***** (KCAs)	Aesthetic, Literary, and Artistic (ALA)	COMM121CD	4
	Global Cultural (GC)	SOCI 245CD	4
	Scientific Inquiry (SCI)	BIOL 113CD, CHEM109CD	4
	Social and Historical (SH)	SOCI 241CD, PSY201CD	4

*Students must satisfy the math competency requirement during their first semester at Simmons. Students who do not pass the mathematics competency exam by orientation or who do not meet the math competency requirement in one of the other ways described above must take MATH 101CD in the first semester it is available.

**We highly encourage all students to take Simmons Connect in their first semester, and we recommend this course for all students, even those who enter with an associate's degree.

***The 3D (Design Across Diverse Disciplines) requirement may be met with one course in your major and two additional courses (which may also satisfy KCA requirements).

****Students admitted in the May 2021 cohort are required to take two sequential courses in the same language (for example, French 101 and 102).

*****KCA requirements may be satisfied by courses in your major and/or 3D courses.

Program Contact

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