

Student Name: _____

Student Number: _____

This guide is for **planning purposes** only. Check [myCapU Schedule](#) for current course schedule and [pre-requisites](#). Always check the [University calendar](#) for complete program requirements.

Program requirements: Lower level				
Course	Course Title	Credits	Grade	Term
ENGL 100	University Writing Strategies	3.00		
ENGL	English 100-level	3.00		
LBST 100	Approaching Knowledge	3.00		
LBST 200	Refocusing Knowledge: Introduction to Research Methods	3.00		
LBST 201	Refiguring Knowledge: Introduction to Research Methods	3.00		
	Foreign Language	3.00		
	<i>6 credits of a single foreign language</i> ^{1 see notes}	3.00		
	100-level Humanities Elective ^{2 see notes}	3.00		
		3.00		
	100-level Social Sciences Elective ^{2 see notes}	3.00		
		3.00		
	100-level Humanities, Sciences <i>or</i> Social Sciences Elective ² <small>see notes</small>	3.00		
		3.00		
	200-level Arts courses	3.00		
		3.00		
		3.00		
		3.00		
	Lab Science Elective <i>Any course in the Science list worth 3.00 credits or more and with a lab of at least 2 hours, but excluding any course in Applied Science or Computing</i>	3.00		
	Mathematics <i>or</i> Computing Science <i>or</i> Statistics [PSYC 213 may be used]	3.00		
	Science	3.00		
Total lower-level Credits:		60.00		

Program requirements: Upper level				
Course	Course Title	Credits	Grade	Term
ENGL 300	Writing, Rhetoric, Style	3.00		
LBST 330	Methods of Inquiry	3.00		
LBST 390	Tutorial I	1.00		
LBST 391	Tutorial II	1.00		
LBST 392	Tutorial III	1.00		
	300 or 400-level Humanities Electives	3.00		
	<i>Minimum of two subjects from the following:</i>	3.00		
	AHIS, CHIN, ENGL, FREN, HIST, JAPN, LING, PHIL, SPAN, WGST	3.00		
	300 or 400-level Social Sciences Electives	3.00		
	<i>Minimum of two subjects from the following:</i>	3.00		
	ABA, ANTH, CRIM, ECON, GEOG, POL, PSYC, SOC, SOSC, WGST	3.00		
	300 or 400-level Electives <i>No more than 12 credits outside of the Faculty of Arts and Sciences</i>	3.00		
		3.00		
		3.00		
		3.00		
		3.00		
		3.00		
		3.00		
		3.00		
	100-level or higher Electives	3.00		
		3.00		
		3.00		
LBST 490 or LBST 495 and LBST 496	<i>Students who choose to complete the Extended Graduating Project [LBST 495 & 496] will only need to complete 18.00 credits of Upper-level Electives or 6.00 credits of Lower or Upper-level electives</i>	3.00		
Total Program Credits:		120.00		

¹ Demonstrated competency in a language other than English. The language requirement is competency based and requires students to reach an advanced beginner level or higher in a language other than English. The language requirement can be satisfied in one of the following ways:

1. Successful completion of a Grade 12 course with a minimum B grade in an approved language other than English while in secondary school; or
2. Successful completion of a secondary immersion program or secondary school at an institution at which the primary language of instruction is not English; or
3. Successful completion of a post-secondary credential awarded by institution at which the primary language of instruction is not English; or
4. Successful completion of 6.00 credits of post-secondary level courses in a single language other than English; or
5. Successful completion of EAP 100 or 101, and 3.00 credits of lower level Arts and Sciences courses.

Note: Only one of EAP 100 or 101 can be used as credit towards the degree. Students who fulfill this requirement with option 1, 2 or 3 will be required to take 6.00 credits of lower level Arts and Sciences courses in place of the Language Requirement credits. Note: Students who have completed a Grade 12 language course without meeting the minimum B grade can fulfill the Language Requirement by completing 3.00 credits of the appropriate language (CHIN 101, JAPN 101, SPAN 101 or FREN 150). Students who exercise this option will be required to take an additional 3.00 credits of lower level Arts and Sciences courses

² May not include English. No more than 6.00 credits in any one-subject area.

Program Completion Checklist

In order to graduate, a student must [apply for graduation](#) online and meet the following criteria, as outlined in the University's [Graduation Policy](#).

<input type="checkbox"/> Yes	<input type="checkbox"/> No	Cap Core [starting in their degree on or after Fall 2018 and graduating on or after June 2022] <ul style="list-style-type: none"> <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy <input type="checkbox"/> Self and Society <input type="checkbox"/> Experiential Learning <input type="checkbox"/> Science and Technology <input type="checkbox"/> Culture and Creative Expression <input type="checkbox"/> Capstone
<input type="checkbox"/> Yes	<input type="checkbox"/> No	3.00 credits of Quantitative/Analytical
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Meet Residency Requirements: 50% of courses completed at CapU
<input type="checkbox"/> Yes	<input type="checkbox"/> No	A <i>minimum CGPA of 2.00</i> is required for graduation from all credentials
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Complete program requirements within a reasonable timeframe : <ul style="list-style-type: none"> • 4-year program: all program requirements must be completed <i>within 10 years</i>

Academic Advising:

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Notes: