

General Studies

Academic Planning Worksheet 2026-2027

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 at the beginning of your first semester. 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 program 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	
RGS/WGS101CD	Social Justice: RGS/WGSS 101 Identity and Power	4	
BIO 104CD	Global Change Science: BIO 104 Introduction to Environmental Science	4	
BUS 221CD or BUS 234CD	Planning and Organization: BUS 221 Project Management or BUS234 Organizational Communication and Behavior	4	
COMM 121CD or COMM 122CD	Humanities, Communication, and Literacy: COMM 121 Visual Communication or COMM 122 Media Writing and Editing	4	
PH 241CD, SOCI 245CD or SOCI 321CD	Policy: PH 241 Health, Illness, and Society, SOCI 245 Global Health, or SOCI 321 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

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) Students who do not pass the mathematics competency placement 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.		0/4	
CNCT 101: Simmons Connect**		3	
LDR 201: Gender and Leadership		4	
CDA 201: Cross-Disciplinary Approaches to Public Issues		6	
CNCT 201: Pathways to Career and Leadership (Recommended after CDA)		1	
3D Design Across Diverse Disciplines *** (Students work on this requirement while enrolled in CNCT 201)		12	
Requirements		Course Selected	
Language & Culture****: Two (additional) Global Cultural (GC) courses		4	
		4	
Quantitative Literacy (QL)		4	
Key Content Areas ***** (KCAs)	Aesthetic, Literary, and Artistic (ALA)	4	
	Global Cultural (GC)	4	
	Scientific Inquiry (SCI)	4	
	Social and Historical (SH)	4	

*Students must satisfy the math competency requirement during their first semester at Simmons. Students who do not pass the mathematics competency exam by the end of their first semester or who do not meet the math competency requirement must take MATH 101 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).

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

Program Contact

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