**Credit for General Studies courses**

Students may apply to graduation a maximum of 8 total units of credit earned in GST courses, PEAK activity courses, or any approved equivalent courses.

***Lower Division***

**GST 61 Math Brush Up (2)**

Math Brush Up is designed to assist CSUB students who need to strengthen their basic math skills or who want a basic math refresher in preparation for more difficult math courses or standardized tests. GST 61 provides mathematically sound and comprehensive coverage of topics essential to a college-level basic math course. Students will actively practice concepts as they are introduced, ensuring their mastery and retention. Course does not count toward graduation.

**GST 75 Success in Dev Math I (1)**

Students will learn to recognize and overcome barriers to learning math, identify and access resources, and practice the strategies and skills necessary for success in current and future mathematics courses. Students will engage in problem-solving activities related to the material in Math 75. Open to students enrolled in Math 75 Developmental Mathematics I. Offered on a credit/no credit basis.

**GST 85 Success in Dev Math II (1)**

Students will learn to recognize and overcome barriers to learning math, identify and access resources, and practice the strategies and skills necessary for success in current and future mathematics courses. Students will engage in problem-solving activities related to the material in Math 85. Open to students enrolled in Math 85 Developmental Mathematics II. Offered on a credit/no credit basis

**GST 102 Improving Academic Fitness (1-3)**

This course is designed to help students in academic trouble to improve their academic performance. The course will cover numerous topics such as learning styles, time management, class preparation, interacting with faculty, coping and stress, career exploration, test-taking strategies, student services (e.g. tutoring), and the details about majors, minors, general education, and other university graduation requirements. The course will also cover the various campus policies which impact student standing such as retaking courses, grade replacements, and academic renewal.

**GST 107 Explorations in College (1)**

This course is for Summer Bridge students and is only offered in the Summer Bridge Program. College Exploration is designed to familiarize students with university culture. Students from nontraditional backgrounds may have little knowledge of University faculty, majors, and special programs. This course is designed to help high school students’ self-transformation into college students.

**GST 109 CSU*Be* Body Positive (2)**

The purpose of this course is to assist students in developing awareness of eating behaviors and body image issues from a personal and social perspective. The course will explore the *Health At Every Size* model and *Intuitive Health* philosophy which will increase knowledge about disordered eating, nutrition, exercise, and a variety of other healthy behaviors and self-care strategies. Course also include social advocacy regarding weight, body image and identity issues.

**GST 113 CSUB Wellness 101 (2)**

The purpose of this course is to help students gain knowledge and skills that will increase overall wellness and productivity in the university setting. Course content will include topics that increase personal growth, intellectual development, social competencies, and academic responsibility and effectiveness. Class meetings will include group discussion based on lectures and articles/activities that will be assigned in class.

**GST 116 Reading for College Success (2)**

Reading for College Success will teach students advanced reading and critical thinking skills such as understanding vocabulary in context, integrating inferential and analytical techniques when reading, synthesizing information, summarizing content, evaluating and making judgments, analyzing different reading genres, and applying study reading strategies to textbooks. Through a combination of lectures, discussions, and hands-on work with a variety of reading selections and supplementary material, students will practice the following reading skills: finding the main idea, understanding supporting details, recognizing implied main ideas and inferences, determining patterns of organization and purpose and tone, and distinguishing between fact and opinion. This course will help students read more effectively for their courses, their jobs, recreation, or any other activity for which reading is essential.

**GST 119 Peer Education and Advising (2)**

This class is designed to provide students who are interested in performing peer education services an opportunity to develop awareness, communication, problem-solving, and interpersonal skills. These skills will be utilized by the students to develop and implement presentations that will address issues related to college drinking behavior and the effects of alcohol misuse.

**GST 120 Student Government (1)**

This course is open to Associated Students, Inc. board members only. The course provides the organizational and operational skills and framework necessary to operate the organization within the university structure. Students will participate in organizational management including financial planning, decision making, team building, event management, student advocacy, and assessment. Participation in the class is by approval of the instructor pursuant to membership on the Board of Directors.

**GST 121 Introduction to University Studies (2)**

A series of seminars designed to aid the transition to the University studies for students with nontraditional backgrounds. The course will emphasize University survival skills and will utilize faculty and staff from the various disciplines and student services.

**GST 126 Researching the Electronic Library (2)**

An introduction to effective research techniques using Library electronic resources. Emphasis will be placed upon skills necessary for the identification, retrieval, and evaluation of information for general and specific topics. Students will acquire the competencies necessary to develop an effective search strategy and find research materials, including references to journal articles, full text articles in electronic format, government publications and books.

**GST 128 Stress Management (2)**

Too much stress can affect your performance in school. This course will provide general information, guides for stress management, and wellness.

**GST 129 Women, Self-Esteem, and Academic Success (1)**

Utilizes a group format for discussion and personal evaluation of how self-esteem affects academic success and living. When women are able to build their self-esteem, they can increase their effectiveness and take charge of their lives.

**GST 131 Assertiveness Training (2)**

A discussion-practice course designed to teach students how to express opinions, feelings, and attitudes in an effective and socially appropriate manner. The goal is to improve self-confidence and self-expression in academic and nonacademic settings. Limited enrollment.

**GST 132 Women’s Day (1)**

The Women’s Day program will focus on efforts to empower women and increase their participation in public office as well as deal with the ongoing issues of discrimination that they continue to face.

**GST 136 Thinking Critically (2)**

This course is designed to help students develop the critical thinking skills necessary for persuasive, logical writing and effective reading. Students will study arguments, fallacies, and the uses of language as they write and discuss current, often controversial, issues.

**GST 137 Critical Research Skills (2)**

This course is designed to help students develop the analytical and critical thinking skills necessary to perform library searches, evaluate the applicability of research materials, and properly cite these materials in scholarly papers and annotated bibliographies. Students will study online databases, source evaluation, library organization, MLA style documentation, and document formatting.

**GST 139 Effective Parenting Skills (1)**

Students, who are parents, are often overwhelmed with multiple tasks/roles while trying to be academically successful. This parenting effectiveness class examines strategies to improve communication patterns and family structure through a group format.

**GST 149 Gay/Lesbian Issues (1)**

This course provides an introductory exposure to gay, lesbian, bisexual, and transgendered issues through lecture, presentation, activities, and discussion. Each quarter a new topic of importance to gay/lesbian/bisexual/transgendered individuals will be presented. Recent examples include Gays and Lesbians in the Media, Gays and Lesbians in Sports, Queer Films of Derek Jarman, Queer Poetry, Gay Spirituality. The goal of this course is to provide understanding and exposure specifically for an individual who wants to better understand a family member or friend who is gay, for a person seeking a positive supportive environment to explore their own gay identity, or for any person attempting to understand human diversity. This course may be repeated for five units of credit as the content and topic changes each quarter. For additional information see the GST 149 Welcome page in Blackboard.

**GST 153 Internet Research (2)**

An introduction to the information resources available on the Internet for research purposes. Emphasis will be placed upon the identification, retrieval and evaluation of information for general and specific topics. Student will develop general knowledge of the Internet, navigation skills, effective search strategy skills, familiarity with Internet finding tools, evaluation methodologies and other Internet research skills.

**GST 156 Adult Children of Alcoholics or Trauma (1)**

Through topic lecture and group interaction, students who grew up in homes where they were emotionally, sexually or physically abused or neglected will: 1) examine the issues, thoughts and roles they assumed; 2) identify where these issues are affecting them today; 3) develop strategies to change unwanted behavior. Enrollment is limited.

**GST 157 Advancing Academic Confidence (2)**

Advance your academic confidence by participating in this 6-week college skills course. It is designed to help you master the fundamental skills necessary to make each course a success-listening skills, getting the most out of lectures, memory techniques, SQ4R, etc. Truly a practical course designed to help any student do better academically.

**GST 159 Managing Psych Disabilities (1)**

Many students with psychological disabilities experience difficulty attending and completing college as a result of anxiety, low stress tolerance, and lack of self-confidence and self-esteem. This course will teach students symptom management skills, and assistance with locating and utilizing campus and community resources. Guest speakers, group discussions, and reflective papers provide the course format.

**GST 162 Coping with Test Anxiety (1)**

Designed to teach students skills and techniques for coping with and overcoming anxiety in testing situation. Each session will include step-by-step procedures for enhancing physical relaxation, focused mental attention, and effective mastery of course material. Simultaneous enrollment in at least one 5-unit course is desirable.

**GST 165A CAMP Career Development (2)**

This course is only for CAMP (College Assistance Migrant Program) students. This course is designed to assist students to begin thinking about what career they will pursue. The students will participate in mock interviews, learn how to create clear and concise resumes, identify career interest, and participate in class presentations. Students will have the opportunity to have classroom discussions with guest speakers from various community professionals.

**GST 185 Student Union Government (1)**

Provides participants with education, training and development for student union leadership. Class members will also help to select, plan, and present Student Union activities and programs.

**GST 200 Meet the World (2)**

The purpose of this class is to build global awareness and help to understand different cultures. Selected international students and faculty members will give presentations and lead discussions on the geography, culture, and recent events of their native countries. A variety of professors and domestic students with a study abroad experience will help building cultural diversity on campus and emphasize the importance of study abroad programs. Offered on a credit, no-credit basis.

**GST 205 Career/Job Search (2)**

Offered by the Career Development Center, this course assists students in selecting college major and/or career. Coursework includes exploration of options, career information resources, company research, the professional job search, and the role of values, skills, and attitudes in the workplace. Emphasis will be upon preparing for a job search. This includes assessing personal traits, skills, experience, and methods used to communicate this to potential employers. Students will complete class with a professional resume, cover letter, and enhanced interviewing skill.

**GST 207A Community Service Learning I (2)**

This course will provide an in-depth community service learning experience and provide academic credit in exchange for 40 hours of volunteer service. Students choose from pre-approved community sites. This course is open to all students regardless of major or level and each student can arrange for the site to fit his or her schedule and interests. All students are required to access and participate in the course via the internet. Offered on a credit/no credit basis.

**GST 207B Community Service Learning II (2)**

This course is a continuation of GST 207A, Community Service Learning I and requires 45 hours of volunteer service. Prerequisite: Credit in GST 207A or permission of instructor. Offered on a credit/no credit basis.

**GST 207C Community Service Learning III (2)**

This course is a continuation of GST 207B, Community Service Learning II and requires 50 hours of volunteer service. Prerequisite: Credit in GST 207B or permission of instructor. Offered on a credit/no credit basis.

**GST 207H Honors Community Service (1-5)**

This course will provide an in-depth community service learning experience that includes one unit of credit for each 30 hours of volunteer service (1-5 variable units). Students will choose from pre-approved community service sites. This course is open only to students enrolled in the CSUB Honors Program. Offered on a credit/no credit basis.

**GST 209 Psychology of Prejudice and Tolerance (1)**

This class will explore personal and psychological aspects of prejudice in connection with a field trip to the Museum of Tolerance in Los Angeles, California. Each student will be expected to relate historical information to his/her life and culture in a reaction paper. Students must attend the first class meeting (listed in the class schedule), the field trip, and the class discussion to obtain credit. Fee for field trip is required.

**GST 210 Succeeding in College (1)**

What does it take to do well at CSUB? Discussions of everything from note-taking to networking to managing personal finances will give you the inside track on getting the most out of the opportunities Cal State has to offer. Guest speakers, faculty, and students from various disciplines will share their perspectives on “Succeeding in College.”

**GST 251 CSU College Corps Advising (2)**

Pre-college advisors employed by the CSU College Corps Program are required to enroll in GST 251. Pre-college advisors will assist the CSU College Corps Program coordinator in outreach, recruitment, peer advising, and mentoring students. Topics discussed will include record keeping, school updates, college awareness, career ethics, professionalism, customer service, admission requirements, and financial aid. Pre-college advisors enrolled in the course will be assigned a cohort of students at a designated high school. Students are required to commit between 10-20 hours per week. The grading for this course is Credit/No Credit and enrollment is required for participation in the CSU College Corps Program. Up to 8 units of GST coursework can count towards graduation. Proof of background and TB test are required.

**GST 274 Day of Caring/Service (1)**

This course is designed to provide a community service-learning experience where students can connect academic learning with community based issues and needs. The hands-on experience will be combined with three lectures/presentations that address issues related to the students’ community service learning. In addition, students will write and submit a reflection paper where they will analyze their personal service experience from a number of different perspectives. All course assignments will be submitted using Blackboard. Offered on a Credit/No Credit basis.

**GST 275 Communication Skills Group (1)**

This courseis a small group lab experience. All sessions are videotaped. Participation is expected and necessary. Not all course enrollees may be selected for this group experience. Offered on a credit/no credit basis.

**GST 277 Special Topics (1-5)**

This course provides students with an opportunity to examine areas of special interest and/or to allow investigation of topics not ordinarily covered in regular five unit courses. Faculty as well as students may propose topics. May be repeated for different offerings. Special Topics courses will not satisfy any general education requirements.

**GST 290 Club Literario (2)**

To enroll in this course, students must belong to Club Literario “Hermes” under the advisorship of Dr. Helia M. Corral, Department of Modern Languages and Literatures. Students publish a bilingual literary magazine. The club raises funds; sponsors workshops, lectures, and conferences on reading, writing, editing, publishing, and literature; organizes cultural fieldtrips; and participates in CSUB’s student life.

**GST 295 Anger Management (1)**

This course teaches about anger as an emotion and a behavior. Students will learn how to effectively identify, express and manage anger in order to be more successful as a student, and in later life.

***Upper Division***

**GST 301 Personal Relationships (2)**

The purpose of this course is to focus on communication strategies students need to enhance personal relationships. Students will participate in a series of experiential activities to facility the learning process. Offered on a credit/no credit basis.

**GST 305 From CSUB to Ph.D. (2)**

This course is for students that want to learn more about graduate school with the ultimate goal of getting into a Ph.D. program. This seminar is sponsored by the McNair Scholars program which is CSUB’s only comprehensive program structured to prepare undergraduates for successful entrance into Ph.D.

**GST 326 Researching the Electronic Lib (2)**

An introduction to effective research techniques using Library electronic resources. Emphasis will be placed upon skills necessary for the identification, retrieval, and evaluation of information for general and specific topics. Students will acquire the competencies necessary to develop an effective search strategy and find research materials, including references to journal articles, full text articles in electronic format, government publications and books.

**GST 396A English Tutor Training (1)**

This course provides CSUB English tutors with tutor training. This course is required for all new CSUB on- and off-campus tutors. Offered on a credit, no-credit basis.

**GST 396B English Tutor Training II (1)**

**GST 396C GearUp Tutor Training (1)**

This course provides CSUB GearUP tutors with tutor training. This course is required for all new tutors in the GearUp Program.

**GST 477 Special Topics (1-5)**

This course provides students with an opportunity to examine areas of special interest and/or to allow investigation of topics not ordinarily covered in regular five unit courses. Faculty as well as students may propose topics. May be repeated for different offerings. Special Topics courses will not satisfy any general education requirements.