

*Lower Division***GST 1000 Improving Academic Fitness (1-2)**

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 1010 Reading for College Success (1)

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 1020 Advancing Academic Confidence (1)

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 1030 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 1040 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 1050 African-American Experience I (1)

With the emphasis on the development of organizational skills, the primary focus will be planning and implementation of programs for the observance of Black History month. Enhances cultural awareness through personal involvement. Current issues will be explored in a small group format.

GST 1100 Library Research Skills Lab (1)

This course complements the ENGL 1109 Writing and Research course. This five-week course is designed to help students successfully meet their research requirement by teaching them the skills and concepts needed to conduct library research. The course is graded. Corequisite: ENGL 1109.

GST 1110 Research Sources and Skills (1)

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 1120 Information Retention Strategies (1)

This course is designed to assist students retain and recall information, a skill necessary for academic success. Subjects to be covered are, but not limited to, attention, depression, memory, visual recall, memory disorders, and drugs that affect memory. This is a 1-unit CR/NC course. Students are expected to attend class regularly and should expect to devote approximately 4 hours outside of class per week to coursework.

GST 1130 Stress Management (1)

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

GST 1140 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 1150 Communications Skills Group (1)

This course is a small group lab experience. All sessions are video recorded for learning purposes. Attendance is required. Activities and topics are presented to improve listening and communication skills. Offered on a credit/no credit basis.

GST 1160 Personal Relationships (1)

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 facilitate the learning process. Offered on a credit/no credit basis.

GENERAL STUDIES

GST 1200 College Exploration (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 1210 CAMP Career Development I (1)

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 1220 Emerging Leaders and Student Leadership A (1)

Through a series of lectures, guided interaction, and group exercises, students will explore the principles of relational leadership and learn to develop individual and group leadership skills to impact their lives and their communities. Content areas include decision-making, goal setting, effective communication, servant leadership, inclusivity, organization and time management skills, and concrete strategies to implement change. This course will meet once per week throughout the semester and is graded on a credit/no-credit basis. Students enrolled in the Spring GST 1220 course will have the opportunity to attend the I-LEAD program during the Summer. The Association of College Unions International (ACUI) hosts the Institute for Leadership Education and Development (I-LEAD) annually, offering participants opportunities for growth as individuals, development of necessary skills to become leaders who can design and build a process for change. Students enrolled in the Spring GST 1220 course will also have the opportunity to enroll in the second part of this class in the Fall GST 1221. The Fall section will focus on applying the leadership concepts and skills while designing, planning, and executing the CSUB Student Leadership Summit.

GST 1221 Emerging Leaders and Student Leadership B (1)

Through a series of lectures, guided interaction, and group exercises, students will explore the principles of relational leadership and learn to develop individual and group leadership skills to impact their lives and their communities. Content areas include decision-making, goal setting, effective communication, servant leadership, inclusivity, organization and time management skills, and concrete strategies to implement change. This course will meet once per week throughout the semester and is graded on a credit/no-credit basis. Students enrolled in the Spring GST 1220 course will

have the opportunity to attend the I-LEAD program during the Summer. The Association of College Unions International (ACUI) hosts the Institute for Leadership Education and Development (I-LEAD) annually, offering participants opportunities for growth as individuals, development of necessary skills to become leaders who can design and build a process for change. Students enrolled in the Spring GST 1220 course will also have the opportunity to enroll in the second part of this class in the Fall GST 1221. The Fall section will focus on applying the leadership concepts and skills while designing, planning, and executing the CSUB Student Leadership Summit.

GST 1300 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 1310 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 1400 Gay/Lesbian/Bisexual/Transgender Issues (1)

This course provides an introductory exposure to gay, lesbian, bisexual, and transgender issues through online discussions. Each semester a new topic of importance to gay/lesbian/bisexual/transgender individuals will be presented. Recent examples include Gays and Lesbians in the Media, Gays and Lesbians in Sports, and 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 three units of credit as the content and topic changes each semester.

GST 1410 Women/Gender Speaker Series (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 1420 Meet the World (1)

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 1532 Writing Center Theory and Practice I (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 1533 Writing Center Theory and Practice II (1)

This course will build on the previous semester's practice of peer consulting. In this course, you will read scholarly and practice-based articles, engage in discussions about the connections between writing and consulting, and complete a number of projects. This course will deal with the advanced study of theory and practice in writing center studies including diversity, multimodality, writing across the disciplines, embedded tutoring, and research writing.

GST 1810 Academic Decathlon (1-3)

GST 2100 Thinking Critically (1)

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 2200 Peer Education and Advising (1)

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 implement presentations and other outreach opportunities that will address stigma surrounding mental health concerns, suicide prevention, alcoholism, and body image.

GST 2210 CSU College Corps Advising (1)

Pre-college advisors employed by the CSU College Corps Program are required to enroll in GST 2210. 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 exploration, workshop coordination and implementation, lesson plan strategies, handling difficult situations, ethics, professionalism, customer service, admission requirements, and financial aid. Pre-college advisors enrolled in the course will be assigned a cohort of 35-50 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 while employed by the CSU College Corps Program. Up to 6 units of GST coursework can count towards graduation. Proof of background check and TB test are required.

GST 2220 Student Health Outreach (1)

The purpose of this class is to provide students with the training and skills necessary to serve as peer educators at the university level. Upon completion of the course, students will have the opportunity to become certified within the BACCHUS Network, a nationally recognized Peer Education Program offered through NASPA. In addition to the BACCHUS material, this course will cover a variety of health related topics including health and nutrition, stress, mental health, sexual responsibility, drug and alcohol abuse, disability awareness and healthy relationships.

GST 2310 Honors Community Service (1-2)

This course will provide an in-depth community service learning experience that includes one unit of credit for each 30 hours of volunteer service (1-2 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 2400 Club Literario Hermes (1)

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 2470 Special Topics in Applied History (1)

This course introduces students to the process and best practices of conducting an oral history from start to finish. It will also explain to students the process of material appraisal and acquisition as it applies to the archive. The skills that will be stressed will include identifying interviewees, interview techniques, ethical and legal considerations, methods of preservation, digitization of materials, transcription, and public presentation of the finished product. It will appeal to students interested in public history and/or archives as well as to those who are curious about the oral history process. Students will gain practical experience in project management and understanding of the issues related to documenting community history faced by public historians currently in the workforce. (Credit/No Credit Grading)

GST 2770 Special Topics (1-3)

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.

GENERAL STUDIES

GST 2840 Community Service Learning (1)

This course will provide an in-depth community service learning experience and provide academic credit in exchange for at least 40 hours of volunteer service. Additional hours required for students repeating this course. 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.

Upper Division

GST 3050 From CSUB to Ph.D (1)

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 Marc U*Star program, which is CSUB's only comprehensive program structured to prepare undergraduates for successful entrance into Ph.D. programs. The seminar will cover the what, when and where of graduate school, providing students with the necessary knowledge to make informed decisions for their academic futures. This course is only open to Marc U*Star students and is a required course for all Marc U*Star scholars.

GST 3100 Researching the Electronic Library (1)

Students will find, assess, and synthesize fee-based and free information resources used in academic and work environments both remotely and in a traditional setting. Course assignments will be customized to fit each student's academic major and/or career goals. Students will additionally demonstrate an understanding of the legal and ethical issues involved in accessing and using resources intended for research. Prerequisites: English 1109 or equivalent, junior standing.

GST 4770 Special Topics (1-3)

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 4909 Career Readiness Capstone (1)