

PLU CORE

FYEP 101

Writing Seminar

First year writing course; an introduction to writing as a way of thinking, of learning, and of discovering and ordering ideas.

Taken in first year only

FYEP 102

DJS Seminar

An introduction to learning through the lens of diversity, justice, and sustainability (DJS). Can count toward major or minor but no other general education requirement.

Taken in first year only

FITNESS & WELLNESS

FTWL 100 + FTWL Activity

Develop skills and habits for lifelong physical wellness. Includes one Personalized Fitness Program course and one activity course of student's choice. Course examples: Yoga, Tap Dance, Jogging
2 credits total

PLUS 100

Transitions to PLU

Establish goals and develop a plan for success at PLU. Identify resources, develop strategies, and hone existing skills for community connection, academic support, and person wellness.

Taken in first year only | 1 credit

RELIGION (RL)

The Academic Study of Religion

Critically analyze and engage with historical religious texts, literature, and other religious mediums. Class examples: Early Christian History, The Buddhist Tradition, Christian Theology
Must be taken at PLU

GLOBAL ENGAGEMENT (GE)

Learn about the human experience across the world. GE can count toward one Ways of Being and Knowing requirement. Class examples: Elementary French, Healthcare Diversity, Cultural Psychology, Judaism
Must be taken at PLU

ADDITIONAL INFORMATION

Each Ways of Being and Knowing (WBK) course must come from separate subject. For example, an ENGL cannot count toward CX and IT.

The RL course cannot count toward a WBK requirement. Visit the PLU Course Catalog for additional information. Different requirements for International Honors Program (IHON). Visit IHON website for requirements.

WAYS OF BEING AND KNOWING

CREATIVE EXPRESSION (CX)

Explore artistic processes through print, visual, and performing arts. Class examples: Drawing 1, Creative Writing, Intro to Media Studies, History of Video Games, Introduction to Music, Art of the Book

ENGAGING THE NATURAL WORLD (NW)

Develop and test theories that shape our world through labs, field experience, or another applied component. Class examples: Anatomy & Physiology, Environmental Chemistry, Geology of National Parks, Astronomy, General Chemistry, Physics

INTERPRETING TEXT (IT)

Critically engage with texts from different cultural, social, philosophical, and/or historical contexts. Class examples: Women's Literature, Francophone Fictions, The History of Mexico, U.S. Latino/a/x Culture, Early Christian History

EXAMINING SELF AND SOCIETY (ES)

Explore the ways that we understand human behavior. Class examples: Intro to Psychology, Intro to Sociology, East Asian Cultures, Dance & Culture, Principles of Microeconomics, Contemporary Global Issues

EXPLORING VALUES & WORLDVIEWS (VW)

Learn how beliefs and values shape action and the human experience. Class examples: Intro to Gender, Sexuality, and Race Studies, Business Ethics, Politics & Good Society, Islam in the U.S., Spanish for Heritage Speakers

QUANTITATIVE REASONING (QR)

Develop skills to interpret quantitative information and move beyond "just doing math" to actually using numbers in the real world. Class examples: Solve it with Computers, Math of Personal Finance, Calculus, College Algebra, Introductory Statistics

GENERAL EDUCATION REQUIREMENTS

PLU | CSS CENTER FOR STUDENT SUCCESS AT PACIFIC LUTHERAN UNIVERSITY

INTEGRATIVE LEARNING

CULMINATING EXPERIENCE (SR)

Participate in a culminating experience that applies what students learn over their time at PLU. Examples of a Culminating Experience can include internships, research projects, portfolios, performances, and more.

*Must be taken at PLU
1-4 credits total*