NAS Concentration ADVISING SHEET
Ethnic Studies Department BA Degree

Catalog 2026-2027

Date: _____ **Advisor:** _____

Student: _____

Please use this advising sheet in conjunction with professional advising. Advisors can help identify your correct catalog rights, courses that complete multiple requirements (overlap) & provide requirement updates.

Applied for Graduation?	Choose an item.	Sac State GPA	
Overall GPA		GE GPA	
GPA for Major		Transfer GPA	

36 units required for NAS concentration major

Note:
[1] To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page.
Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online, by phone (916) 278-1000, or email.
[2] Required in Major; also satisfies Graduation Requirement.
[3] If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html

NAS CONCENTRATION Major Requirements

A. Required lower division *(3 units)*	Prerequisite†	NOTE
ETHN 11 Intro to Ethnic Studies (3) (GE Area 6-A)		
B. Required upper division *(21 units)*		
ETHN 100 Ethnic America (3) (Writing Intensive Graduation Requirement (WI), Social and Behavioral Sciences (4-A), Race & Ethnicity Graduation Requirement (RE)		
ETHN 110 The Asian Experience (3) (GE: Social and Behavioral Sciences 4-A)		
ETHN 130 Chicano/Mex Amer Exp ***OR*** **ETHN 131** La Raza Studies (3) (GE: Social and Behavioral Sciences 4-A)		
ETHN 140 The Native American Experience (3) (GE: Social and Behavioral Sciences 4-A)		
ETHN 170 Pan African Studies (3) (GE: Social and Behavioral Sciences (4-A)		
ETHN 194 (3) Research in Ethnic Studies	One upper-division Ethnic Studies course	
ETHN 195A (1) Ethnic Studies Fieldwork	Ethnic Studies majors only Corequisite(s): ETHN 195B	
ETHN 195B (2) Ethnic Studies Seminar	Ethnic Studies majors only Corequisite(s): ETHN 195A	
C. Required upper division electives *(12 units or 4 courses)*		
ETHN 142 Native American Tribal Governments (3) (GE: Social & Behavioral Sciences 4-A)		
ETHN 143 American Indians, Film and Popular Culture (3) (GE: Humanities 3-B) **(Spring only)**		
ETHN 145 Native Voice, Memory, and Biography (3) (GE: Humanities 3-B & Writing Intensive Writing Requirement WI)	Junior standing; a WPJ Portfolio score OR ENGL 109M or ENGL 109W	
ETHN 150 Native American Oral Tradition & Storytelling (3) (GE: Humanities 3-B)		
ETHN 151 Native American Women (3) **(Fall only)**		
ETHN 152 American Indians, Sovereignty and U.S. Laws (3) **(Spring only)**		
HIST 171A American Indian History to 1840 (3) (GE: Social and Behavioral Sciences 4-A)		
HIST 171B American Indian History since 1840 (3) (GE: Social and Behavioral Sciences 4-A)		
HIST 185 California Indian History (3)		
ENVS 163 Ethnoecology (3) (GE: Biological Science 5-B) **(Fall only)**		

† Most courses have a **minimum passing grade of C-**

Graduation Requirements: ***Items numbered 1-4 should be taken in sequence.**	Note
Minimum **120** units to graduate	
39 units of upper division *(courses 100-199) ~13 courses*	
American Institutions: # U.S. History	
# U.S. Constitution	
# CA State & Local Government	
1. English Composition (GE 1A) (ENGL 5 or 11) *"C- or better required"*	
2. Second Semester English Composition (ENGL 20) *"C- or better required"*	
Foreign Language (FL) *"C- or better required"* [3]	
Race & Ethnicity in American Society (RE) [2]	ETHN 100
3. Writing Placement for Juniors (WPJ) Portfolio or ENGL 109	
4. Writing Intensive (WI) *"C- or better required"*	ETHN 100, 145

General Education Requirements	Course	Note
LOWER-DIVISION (34 units)		
Area 1 English Communication (9 units)		
1A. English Composition (3 units)		
1B. Critical Thinking (3 units)		
1C. Oral Communication (3 units)		
Area 2 Mathematical Concepts and Quantitative Reasoning (3 units)		
One course (3 units)		
Area 3 Arts and Humanities (6 units)		
3A. Arts (3 units)		
3B. Humanities (3 units)		
Area 4 Social and Behavioral Sciences (6 units)		
Any **two** disciplines lower division (6 units)		
Area 5 Physical and Biological Sciences (7 units)		
5A. Physical Science (3 units)		
5B. Biological Science (3 units)		
5C. Laboratory (1 unit)		
Area 6 Ethnic Studies (3 units)		
One course (3 units) **– Met by Major**	ETHN 11, 53, 146	
UPPER-DIVISION (9 units)		
Area 2 or 5 (3 units)		
Area 3 (3 units) **– Met by Major Recommend**	ETHN 143, 145, 150	
Area 4 (3 units) **– Met by Major Recommend**	ETHN 100, 140, 142, 145	

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NAS ETHNIC STUDIES ACADEMIC PLAN

Chart your 2 or 4 year plan below:

Fall	Units	Spring	Units	Summer	Units
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	
Total		**Total**		**Total**	

Fall	Units	Spring	Units	Summer	Units
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	
Total		**Total**		**Total**	

Fall	Units	Spring	Units	Summer	Units
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	
Total		**Total**		**Total**	

Fall	Units	Spring	Units	Summer	Units
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	
Total		**Total**		**Total**	

Notes:

General Education/Graduation Requirements Checklist

General Education requirements cover a breadth of areas spanning 1. English Communication, 2. Mathematical Concepts & Quantitative Reasoning, 3. Arts & Humanities, 4. Social & Behavioral Sciences, 5. Physical & Biological Sciences, and 6. Ethnic Studies. **For a list of courses that satisfy each Area and Requirement, please see the University Catalog.**	**Units**
General Education Requirements:	**43**
Lower Division: A total of 34 units of General Education Courses must be taken at the lower-division level (courses numbered 1-99) covering Areas 1, 2, 3, 4, 5, and 6.	34
Upper Division: A total of 9 units of General Education Courses must be taken at the upper-division level (courses numbered 100-199) from Areas 3, 4, and 5 or 2. Upper Division GE courses must be taken within the CSU.	9
GE Area 1. English Communication: 9 Lower Division Units	**9**
1A. English Composition (C- or better required)	3
1B. Critical Thinking (C- or better required)	3
1C. Oral Communication (C- or better required)	3
GE Area 2. Mathematical Concepts & Quantitative Reasoning: 3 Lower Division Units and up to 3 Upper Division Units	**3**
2. Mathematics/Quantitative Reasoning (C- or better required)	3
GE Area 3. Arts & Humanities: 6 Lower Division Units and 3 Upper Division Units	**6**
3A. Arts	3
3B. Humanities (3B courses may also satisfy the Foreign Language Graduation Requirement)	3
GE Area 4. Social & Behavioral Sciences: 6 Lower Division Units and 3 Upper Division Units. • Area 4 courses must be taken in 2 separate disciplines (e.g., ANTH, ECON, ETHN, HIST, RPTA, etc.). • **Up to 3 units of Area 4 courses may also satisfy CSU American Institutions Graduation Requirements in US History, the US Constitution and California Government.**	**6**
4. Any Area 4 Course	3
4. Any Area 4 Course	3
GE Area 5. Physical & Biological Sciences: 7 Lower Division Units and up to 3 Upper Division Units	**7**
5A. Physical Science	3
5B. Biological Science	3
5C. Laboratory (NOTE: May be embedded in 5A or 5B course, as long as 7 units met for lower division Subject Area 5.)	1
GE Area 6. Ethnic Studies: 3 Lower Division Units	**3**
6. Any Area 6 Course	3
Upper Division GE	**9**
Area 3. Any Upper Division Area 3 course	3
Area 4. Any Upper Division Area 4 course	3
Area 2 or 5. Any Upper Division Area 2 or 5 course	3

Graduation Requirements:	
Minimum 2.0 GPA required for GE	
Graduation Requirements (required by CSU)	
American Institutions: U.S. History. The following Area 4 courses also satisfy the U.S History Graduation Requirement: HIST 17A, 17B, 18B, 151B, 159, 161, 162, 167, 177; ANTH 101, WGS 110.*	3
American Institutions: U.S Constitution & California Government. The following Area 4 courses also satisfy the U.S Constitution & CA Government graduation requirement: POLS 1, 113, 150.*	3
Writing Intensive (WI) WI courses may also satisfy an Upper Division GE or Major Requirement (C- or better required).	3
Graduation Requirements (required by California State University, Sacramento)	
Second Semester Composition (ENGL 20, ENGL 20M or an approved equivalent) must be completed with a C- or better.	3
Race & Ethnicity in American Society (R&E). R&E courses may also satisfy a GE Area 3, 4, or 6 Requirement	3
Foreign Language Graduation Requirement (FLGR). If not satisfied before entering CSUS, 4-5 units towards the FLGR may also satisfy a GE Area 3B Requirement. (C- or better required). The Foreign Language Graduation Requirement is described here: https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html .	0-8

*Up to 3 units of the American Institutions graduation requirement in either US History or US Constitution & California Government may overlap with General Education.

It is possible to use single courses to meet multiple requirements. Please complete this checklist with a professional advisor. The Academic Advising Center can be visited at www.csus.edu/acad or please call: (916) 278-6351 or email at advising@csus.edu .

Form from: https://catalog.csus.edu/colleges/academic-affairs/general-education/