

# Interdisciplinary Studies

## DEGREES

Interdisciplinary Studies:  
Science and Quantitative Reasoning (AA)

Interdisciplinary Studies:  
Wellness and Self Development (AA)

## CONTACT INFORMATION:

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**Dean:** Kristin Conner



# Interdisciplinary Studies

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## Interdisciplinary Studies: Science and Quantitative Reasoning

*Associate in Arts*

### Program Description

This major is designed for students who are not certain of their specific academic major goals and do not have immediate transfer plans. It would enable them to earn the Associate Degree by completing general education and the 18-unit major. The program is intended to involve inquiry into the physical universe and its life forms with consideration of facts and principles which form the foundations of living and non-living systems. Students will explore scientific methodologies as investigative tools, the acquisition and use of evidence, and the past and present influences of science on world civilizations. Understanding and analysis of basic mathematical and quantitative reasoning concepts will be explored. This program includes courses in areas such as computer science, math, and science.

The Associate in Arts can be obtained by completing a minimum of 18-units in the major, General Education, and electives as needed to complete a minimum of 60 units. All courses for this major must be completed with a minimum grade of C or a P if the course is taken on a Pass/No Pass basis.

### Program Outcomes

Students who complete the Interdisciplinary Studies: Science and Quantitative Reasoning Associate in Arts will be able to:

1. Discern the relationship between personal perspective and evidence-based evaluation of information..
2. Discover the nature and common themes of the disciplines represented
3. Acquire a knowledge base that encourages lifelong learning in order for them to effectively adapt to a complex and changing society.

### REQUIRED COURSES:

*Minimum 6 units from Science*

*Minimum 6 units from Quantitative Reasoning*

*6 units from Science and/or Quantitative Reasoning*

*\*Chemistry courses may not be used in both areas, must choose one area.*

**Required Major Total Units.....18**

### Science

ANTH 001

ASTR 010, 020, 030, 040

BIO 002, 003, 004, 005, 012, 012L, 015, 016, 018, 019

CHEM\* 001, 002, 003, 004, 010, 011, 051, 160

ENGR 017, 030, 045

GEOG 001, 001L

GEOL 001, 002, 005

HORT 050

KINE 020V, 020W

NUTR 010

PHYS 002, 004, 006, 007, 008, 010

PHSC 012

PSYC 002

### Quantitative Reasoning

CIS 001, 015, 020, 022, 023, 035, 050, 055, 057, 060, 073, 078

CHEM\* 001, 002, 010, 160

GEOG 010 or GEOL 010

MATH 002, 004, 011, 012, 020, 021, 022, 023, 030, 031, 040, 051, 102, 103, 104, 112, 114

PSYC 004

# Interdisciplinary Studies

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## Wellness and Self Development

Associate in Arts

### Program Description

This program is designed to equip students with the informative tools to support education in lifelong wellness and self-development. Students will be well acquainted with the vast landscape of wellness, self development, while considering the psychological, biological, developmental, and physical factors involved. They will be able to make more effective decisions about optimizing their own wellness, lifestyle and performance.

The Associate in Arts can be obtained by completing the 18-unit major, General Education, and electives as needed to complete a minimum of 60 units. All courses for this major must be completed with a minimum grade of C or a P if the course is taken on a Pass/No Pass basis.

### Program Outcomes

Students who complete an Associate Degree will be able to:

1. Apply the theories of Wellness and Self Development with attention to personal, professional growth and vocational/life purpose.
2. Apply understanding of personal self and others to gain insight in both a psychological and biological perspective, thereby, enhancing personal wellness and community relationships.
3. Acquire a knowledge base that encourages lifelong learning for students to effectively adapt to a complex and changing society.

<b>REQUIRED COURSES</b> .....	<b>Units</b>
3 units from Wellness Required .....	3
3 units from Self Development Required .....	3
3 units of any Wellness course(s) .....	3
3 units of any Self Development course(s) .....	3
6 units of any Wellness and/or Self Development course(s) .....	6
<i>**courses may only be used one time within the major</i>	
<b>Required Major Total Units</b> .....	<b>18</b>

### WELLNESS

#### Required (select a minimum of one course)..... Units

HED 002 Health Education .....	3
HED 003 Women's Health Issues.....	3
KINE 057 Introduction to Sports Psychology .....	3
NUTR 010 Nutrition.....	3

#### Electives

ATHL\* 001, 002A, 002B, 003, 004, 010, 015, 016A, 016B,  
022  
BIO 004, 005, 016, 018, 020  
CDFS 054  
DANC 004, 004A, 004B, 004C, 004D, 004E, 004F, 004G,  
004H, 004J, 004K, 004M, 004N, 004P, 004S, 004T  
KINE 020A, 020S, 020V, 020W  
KINE Activity\*: 002A, 002B, 002D, 003A, 003D, 003E, 005C,  
005J, 005K, 005M, 005N, 005P, 006A, 006C, 006D,  
006E, 006F, 007F, 008A, 008B, 009B, 009H, 009P,  
078  
NUTR 054

*\*Maximum 3 units of DANC, KINE, or ATHL activity courses*

### SELF DEVELOPMENT

#### Required (select a minimum of one course)..... Units

COUN 005 Career-Life Planning.....	3
COUN 007 College Study Techniques .....	3
COUN 015 Valuing Diversity .....	3
COUN 023 Psychology for Modern Life .....	3
PSYC 020 Personal and Social Behavior.....	3

#### Electives

CDFS 038, 040, 050, 070  
COMM 001, 008, 010  
COUN 058, 062  
HS 001, 053, 054  
OCED 070, 071  
PSYC 001, 005, 006, 012, 034, 040  
SJS 002, 030