

FIRST SEMESTER FALL



White
Mountains
Community College

Health and Wellness Facilitator

AS Degree - 60 Credits

Name: _____

ID: A _____

Advisor: _____

ACADEMIC YEAR 2019-2020

1. FIRST SEMESTER	Credits	Grade
ACAD105W Academic Readiness	1	
COMP120W Quantitative Decision Making	3	
ENGL120W College Composition	4	
HSV212W Supportive Communication Skills	3	
HUMA240W Critical Thinking Seminar	3	
MGMT212W Marketing	3	

GPA: _____

2. SECOND SEMESTER	Credits	Grade
CHEM112W Nutrition	3	
ENGL225W Oral Communication	3	
HSV223W Introduction to Counseling	3	
MATH120W Quantitative Reasoning	4	
MASS225W Self Care and Stress Management	2	

GPA: _____

3. THIRD SEMESTER	Credits	Grade
ACCT111W Accounting I	3	
HLTW205W Senior Project Phase 1 Internship	3	
MATH214W Statistics	4	
MEDA105W Legal & Ethical Issues in Healthcare	3	
PSYC112W Human Growth and Development	3	

GPA: _____

4. FOURTH SEMESTER	Credits	Grade
ENGL211W Professional Writing	3	
HLTW210W Senior Project Phase 2 Internship	6	
SOCI111W Sociology	3	

GPA: _____

Total Credits: _____ GPA _____

STRATEGIES FOR SUCCESS

- Take English and Math in your first year.
- Meet with your Academic Advisor every semester.
- Explore transfer opportunities.
- Take advantage of Tutoring services.
- Consider Summer courses to catch up or get ahead.
- Maintain an overall GPA of 2.0 to graduate.
- Check your student email DAILY!