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The following course availability is subject to change.**ANTHR 1**
Physical Anthropology**3 units****Transferable to UC or CSU; see counselor for limitations**

This course introduces the concepts, methods of inquiry, and theory of biological evolution and their application to the human species. Issues and topics will include the principles of genetics and evolution, human variation and biocultural adaptations, comparative primate anatomy and behavior, and the fossil evidence for human evolution.

Class Number: 30031**NUTR 20**
Nutrition and Life**3 units****Transferable to UC or CSU; see counselor for limitations**

This course is an introduction to the basic physiological, psychological, social and biochemical principles related to human nutrition.

Class Number: 32902, 32906 or 32908**HIST 10**
Hist./Early America (Colonial-Reconstr)**3 units****Transferable to UC or CSU; see counselor for limitations**

This course is a survey of major political, economic, social, and intellectual trends in the history of the United States from the colonial era through Reconstruction (1877). Attention is given to the collision and creation of cultures during colonization, the development of slavery, the American Revolution and national origins, and the growth and division of the nation before the Civil War. HIST 10 and 11 need not be taken in sequence, if the student desires to take both courses.

Class Number: 30388, 30349, 31026, 31027, 31866 or 31867**PHIL 1**
Critical Thinking**3 units****Transferable to UC or CSU; see counselor for limitations**

This class focuses on the improvement of practical reasoning skills. Students will learn to detect and avoid common argument fallacies. Students will develop the knowledge and habits needed to make decisions between conflicting ideas and beliefs. Applications are made to both contemporary and perennial issues, such as current political events, marketing and advertising, and the news media. Students will also learn the difference between deductive and inductive reasoning, and will learn some basic deductive argument forms.

Class Number: 30047**LEARN 11**
Learning and Academic Strategies**3 units****Transferable to UC or CSU; see counselor for limitations**

This is a comprehensive learning and academic strategies success course designed to assist students in developing an understanding of learning theories and academic principles, concepts, and strategies, along with their direct and practical application, with the goal of achieving or maximizing college success. In addition, this course provides an exploration of the psychological, social and physical factors that influence success in college and in life. In order to assist students with the challenges of the course content, students are required to complete 3 hours of Supplemental Learning Assistance activities in a Multidisciplinary Success Center over the course of the semester.

**Class Number: 30263, 32788,
30264, 30642, 30486, 31837,
30305, 30352 or 30921****PSYCH 1**
Introduction to Psychology**3 units****Transferable to UC or CSU; see counselor for limitations**

This course is an introduction to the scientific study of behavior and mental processes. It will cover critical thinking and the scientific method, biopsychology, sensation and perception, consciousness and thinking, lifespan development, learning and memory, emotion and stress, psychological disorders and therapy, personality, and social psychology.

Class Number: 30469, 30956 or 31874**Important Information**

- **Open for middle school and high school students**
 - Join our [virtual help desk](#) for [enrollment assistance](#).
 - Monday-Wednesday 12PM-4PM
- **\$42 college service card and student health services fee applies**
- **Classes are taken at student's own pace throughout the week with prerecorded lectures and course materials on Canvas**