

Liberal Arts and Sciences: Individual Studies AS (INST)
Catalog: 2025-2026 Effective Date: 9/1/2023

CR	COURSE	COURSE TITLE	SUNY GEN ED
1-2	HRD 100, HRD 100A or HRD 110	FRESHMAN EXPERIENCE	
3	ENG 101	<i>Introduction to College Writing</i>	GCWO
3	ENG 102, ENG 103, ENG 104, ENG 105, ENG 106, ENG 107, ENG 108, ENG 109 or ENG 110	<i>Writing II</i>	GWCO
3	SUNY GEN ED Mathematics (and Quantitative Reasoning)		GMAT
4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science		GNSL
3	SUNY GEN ED Math or Science elective		GMAT GNSC
2	Any PED activity course, AVS 101, AVS 102, BIO 115, HED 103, HED 104, HED 108, NTR 101, NTR 111, PED 105, PED 106, PED 206 or PED 211 (Note: PED 210 and PED 212 do not fulfill this requirement)	HEALTH AND WELLNESS	
3	SUNY GEN ED World History and Global Awareness		GGLB
3	SUNY GEN ED US History and Civic Engagement		GUSC
3	SUNY GEN ED Social Sciences		GSSC
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)		GART GWRL GHUM
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice		GDVR
30	Program electives per career and transfer goal		
64	Minimum credits required for graduation		

Note: Please review the back of this form for additional information.

Notes on Liberal Arts and Sciences: Individual Studies AS (INST)

PREREQUISITE

See <http://catalog.sunyacc.edu/coursedescriptions/catalog>

FIRST YEAR SEQUENCE

Credits	First Semester
1-2	HRD 100, HRD 100A or HRD 110
3	ENG 101
3	SUNY GEN ED Social Sciences
3	SUNY Gen Ed US History and Civic Engagement
3	Program Elective – See Note 1
3	Program Elective – See Note 1
Credits	Second Semester
1	Health and Wellness
3	ENG 102 – ENG 110
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)
3	Program Elective – See Note 1
3	Program Elective – See Note 1
3	SUNY GEN ED World History and Global Awareness

SECOND YEAR SEQUENCE

Credits	Third Semester
4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science
3	SUNY GEN ED Mathematics (and Quantitative Reasoning)
3	Program Elective – See Note 1
3	Program Elective – See Note 1
3	Program Elective – See Note 1
Credits	Fourth Semester
1	Health and Wellness
3	SUNY GEN ED Mathematics or Science
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice
3	Program Elective – See Note 1
3	Program Elective – See Note 1
3	Program Elective – See Note 1

DEGREE NOTES:

1. Program Elective Courses should be carefully chosen with an advisor based upon career and transfer goals.

GEN ED CODE	SUNY GEN ED CATEGORY	GEN ED CODE	SUNY GEN ED CATEGORY
GMAT	Mathematics (and Quantitative Reasoning)	GDVR	Diversity: Equity, Inclusion and Social Justice
GNSC/L	Natural Sciences (and Scientific Reasoning)	GHUM	Humanities
GSSC	Social Sciences	GART	The Arts
GUSC	US History and Civic Engagement	GWRL	World Languages
GGLB	World History and Global Awareness	GCWO	Communication – Written and Oral

Liberal Arts and Sciences: Individual Studies AS (LINS) – Saratoga Branch Campus
Catalog: 2025-2026 Effective Date: 9/1/2024

CR	COURSE	COURSE TITLE	SUNY GEN ED
1-2	HRD 100, HRD 100A or HRD 110	FRESHMAN EXPERIENCE	
3	ENG 101	<i>Introduction to College Writing</i>	GCWO
3	ENG 102, ENG 103, ENG 104, ENG 105, ENG 106, ENG 107, ENG 108, ENG 109 or ENG 110	<i>Writing II</i>	GWCO
3	SUNY GEN ED Mathematics (and Quantitative Reasoning)		GMAT
4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science		GNSL
3	SUNY GEN ED Math or Science elective		GMAT GNSC
2	Any PED activity course, AVS 101, AVS 102, BIO 115, HED 103, HED 104, HED 108, NTR 101, NTR 111, PED 105, PED 106, PED 206 or PED 211 (Note: PED 210 and PED 212 do not fulfill this requirement)	HEALTH AND WELLNESS	
3	SUNY GEN ED World History and Global Awareness		GGLB
3	SUNY GEN ED US History and Civic Engagement		GUSC
3	SUNY GEN ED Social Sciences		GSSC
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)		GART GWRL GHUM
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice		GDVR
30	Program electives per career and transfer goal		
64	Minimum credits required for graduation		

Note: Please review the back of this form for additional information.

Notes on Liberal Arts and Sciences: Individual Studies AS (LINS)

PREREQUISITES

See <http://catalog.sunyacc.edu/coursedescriptions/catalog>

FIRST YEAR SEQUENCE

Credits	First Semester
1-2	HRD 100, HRD 100A or HRD 110
3	ENG 101
3	SUNY GEN ED Social Sciences
3	SUNY Gen Ed US History and Civic Engagement
3	Program Elective – See Note 1
3	Program Elective – See Note 1
Credits	Second Semester
1	Health and Wellness
3	ENG 102 – ENG 110
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)
3	Program Elective – See Note 1
3	Program Elective – See Note 1
3	SUNY GEN ED World History and Global Awareness

SECOND YEAR SEQUENCE

Credits	Third Semester
4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science
3	SUNY GEN ED Mathematics (and Quantitative Reasoning)
3	Program Elective – See Note 1
3	Program Elective – See Note 1
3	Program Elective – See Note 1
Credits	Fourth Semester
1	Health and Wellness
3	SUNY GEN ED Mathematics or Science
3	SUNY GEN ED Diversity: Equity, Inclusion and Social Justice
3	Program Elective – See Note 1
3	Program Elective – See Note 1
3	Program Elective – See Note 1

DEGREE NOTES:

1. Program Elective Courses should be carefully chosen with an advisor based upon career and transfer goals.

GEN ED CODE	SUNY GEN ED CATEGORY	GEN ED CODE	SUNY GEN ED CATEGORY
GMAT	Mathematics (and Quantitative Reasoning)	GDVR	Diversity: Equity, Inclusion and Social Justice
GNSC/L	Natural Sciences (and Scientific Reasoning)	GHUM	Humanities
GSSC	Social Sciences	GART	The Arts
GUSC	US History and Civic Engagement	GWRL	World Languages
GGLB	World History and Global Awareness	GCWO	Communication – Written and Oral