

# GENERAL STUDIES (GS)

## GS 1000 Foundations for Academic Success (1-5 Credit)

Students who succeed in college possess or develop a requisite core set of skills, understandings, and behaviors. This course for entering freshmen focuses on five areas that impact first-year success at the university level and lay a solid foundation for future achievement: time management, goal setting, motivation, self-regulation, and awareness of campus culture. If taken for two credits, the course also includes a writing component focused on development of personal editing abilities and an understanding of college-level writing demands.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%201000>)

## GS 1001 Success Skills for College (2 Credits)

This class assists students in developing academic skills needed for college success. Students will learn effective strategies for goal setting, time management, reading, note-taking, active studying, and test taking to improve their academic performance. Class emphasizes hands-on learning and application.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%201001>)

## GS 1004 Online Field Guide – Explore Career Options (1 Credit)

At SPU, we believe every student has a unique and special role to play in the world. CALLED! An Online Field Guide (OFG), is the student's companion as they chart a path through college and into the world of work. This introductory EXPLORE class (the first in a series of four online classes), allows students to explore SPU, faith communities, connections with professors, their sense of calling & values, and most importantly, what makes them tick. Students will gain a better understanding of themselves and what interests them in a workplace, plus create a professional resume. Typically offered: Autumn, Spring, Winter.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%201004>)

## GS 1007 Cultural Adjustment: Cross-Cultural Engagement (1 Credit)

Designed to provide support and guidance to international students who are new to the U.S. This course will guide students through their first quarter at SPU and the impact of American culture on social, emotional, faith, and academic systems in the U.S. Students will be required to interact and engage regularly with SPU support, resources, and activities across campus. This course is required of all undergraduate international students who have lived in the United States one year or less. It is strongly recommended for any nationality who has lived a significant part of his or her developmental years in one or more countries outside his or her passport country who can benefit from additional support in their first quarter living in the US. Typically offered: Autumn.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%201007>)

## GS 2000 Finding Your Vocation (2 Credits)

Being a college student raises important questions about who you are and how you sense God's call in your life. In this seminar-style class, you will come to know yourself better and learn to make good decisions by listening to what gives your life a deep sense of meaning and purpose. Learn to use reflective writing and tools for discernment and prayer in your everyday life and for your future. (FR/SO register for GS2000, JR/SR register for GS4000).

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%202000>)

## GS 2001 Life Design (2 Credits)

Using life design techniques developed at Stanford, this class helps you apply design thinking to the big questions of choosing a major and career. You'll start by deepening your understanding of who you are at this point in life and who you want to become—personally and professionally. Then, you'll explore three possible futures that align with who you are, and test drive them in the real world. You'll grow your professional community through in-class and individual informational interviews, and finally create an action plan for continuing your life and career design process into the future.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%202001>)

## GS 2004 Online Field Guide – Discover Your Calling (1 Credit)

At SPU, we believe every student has a unique and special role to play in the world. CALLED! An Online Field Guide (OFG), is the student's companion as they chart a path through college and into the world of work. This DISCERN class (the second in a series of four online classes), gives students a chance to learn spiritual practices, better understand their choice of major, learn how to correspond like a professional, practice informational interviews, plus consider Sabbath and building community. They will also create an updated resume and a LinkedIn profile. Typically offered: Autumn, Spring, Winter.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%202004>)

## GS 2306 Tutoring (1 Credit)

Tutoring

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%202306>)

## GS 2500 Service Training for SPRINT (2 Credits)

Explores the missiological, cultural, practical and personal aspects of short-term mission through the lens of Christian Community Development. This course is required for Summer SPRINT participants. Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%202500>)

## GS 2950 Special Topics (1-5 Credit)

Explores selected topics.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%202950>)

## GS 3001 Internship and Job Search Strategies (1 Credit)

Assists students in preparing to find an internship or post-graduation job. Students will identify and learn to articulate their calling, strengths and skills, explore career options, and prepare to market themselves successfully. Students will learn to network, write a powerful résumé and cover letter, create an effective LinkedIn profile, search for a job or internship and prepare for interviews.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%203001>)

## GS 3004 Online Field Guide – Prepare for Life After College (1 Credit)

At SPU, we believe every student has a unique and special role to play in the world. CALLED! An Online Field Guide (OFG), is the student's companion as they chart a path through college and into the world of work. In this PREPARE class (the third in a series of four online classes), students will prepare for internship/work/experiential learning, consider more ideas about calling, map their decisions, learn about mentors, gain experience and attend career events where they will meet employers in person. Students will also create an updated resume and updated professional networking profile. Typically offered: Autumn, Spring, Winter. Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%203004>)

**GS 3418 Student Leadership and Service I (2 Credits)**

This course is designed to prepare Peer Advisors for their role within the Department of Residence Life for the upcoming academic year. Students will be equipped with foundational knowledge of college student development within a Christian community context and receive training on leadership styles, community development, identity development, and other relevant issues for their work with students.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%203418>)

**GS 3419 Student Leadership and Service II (1 Credit)**

This course is designed to support Peer Advisors in their current role within the Department of Residence Life and to enhance their understanding of their role among residential students. Course content will include practical information on topics related to peer counseling, wellness, educational program management, and other relevant issues facing college students.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%203419>)

**GS 3421 Student Leadership: Student Ministry Coordinator (1 Credit)**

Provides a required training for students in the Student Ministry Coordinator position at Seattle Pacific University. Topics include spiritual formation, team dynamics, diversity training, and program planning. Typically offered: Autumn Quarter.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%203421>)

**GS 3930 Practicum (1-5 Credit)**

Credit for practical experience.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%203930>)

**GS 3931 Cross Cultural Experiences in Guatemala (5 Credits)**

This class explores the culture and recent history of Guatemala. The students will be living and working in a small town in central Guatemala and will work with full time professionals assisting with development and outreach activities at specific work sites. The students will learn about the recent history of Guatemala including the Civil war, race relations and disparity of income through readings and lectures. They will reflect on these learning activities in the context of their work sites and living conditions and write essays based upon these reflections.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%203931>)

**GS 4000 Finding Your Vocation (2 Credits)**

Being a college student raises important questions about who you are and how you sense God's call in your life. In this seminar-style class, you will come to know yourself better and learn to make good decisions by listening to what gives your life a deep sense of meaning and purpose. Learn to use reflective writing and tools for discernment and prayer in your everyday life and for your future. (FR/SO register for GS2000, JR/SR register for GS4000).

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%204000>)

**GS 4004 Online Field Guide – Launch into Your Next Steps (1 Credit)**

At SPU, we believe every student has a unique and special role to play in the world. CALLED! An Online Field Guide (OFG), is the student's companion as they chart a path through college and into the world of work. This LAUNCH class (the final in a series of four online classes), prepares students for their final year at SPU, offering an opportunity for reflection and reassessment. Students will learn effective job search strategies, and also create an updated resume and an updated professional networking profile. Typically offered: Autumn, Spring, Winter. Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%204004>)

**GS 4900 Independent Study (1-5 Credit)**

Independent Study

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%204900>)

**GS 4950 Special Topics (1-5 Credit)**

Explores selected topics.

Course Schedule (<https://catalog.spu.edu/course-search/?keyword=GS%204950>)