

# GENERAL STUDIES (GST)

## **GST 1000 Improving Academic Fitness (1-2)**

This course is designed to help students in academic trouble to improve their academic performance. The course will cover numerous topics such as learning styles, time management, class preparation, interacting with faculty, coping and stress, career exploration, test-taking strategies, student services (e.g. tutoring), and the details about majors, minors, general education, and other university graduation requirements. The course will also cover the various campus policies which impact student standing such as retaking courses, grade replacements, and academic renewal. May be repeated up to a maximum of 2 units.

**Repeatable for Credit:** Yes, up to 2 units

**Typically Offered:** To Be Determined

## **GST 1010 Reading for College Success (1)**

This course will teach students advanced reading and critical thinking skills such as understanding vocabulary in context, integrating inferential and analytical techniques when reading, synthesizing information, summarizing content, evaluating and making judgments, analyzing different reading genres, and applying study reading strategies to textbooks. Through a combination of lectures, discussions, and hands-on work with a variety of reading selections and supplementary material, students will practice the following reading skills: finding the main idea, understanding supporting details, recognizing implied main ideas and inferences, determining patterns of organization and purpose and tone, and distinguishing between fact and opinion. This course will help students read more effectively for their courses, their jobs, recreation, or any other activity for which reading is essential.

**Typically Offered:** To Be Determined

## **GST 1020 Advancing Academic Confidence (1)**

Advance your academic confidence by participating in this 6-week college skills course. It is designed to help you master the fundamental skills necessary to make each course a success-listening skills, getting the most out of lectures, memory techniques, SQ4R, etc. Truly a practical course designed to help any student do better academically. May be repeated up to a maximum of 2 units.

**Repeatable for Credit:** Yes, up to 2 units

**Typically Offered:** To Be Determined

## **GST 1110 Research Sources and Skills (1)**

An introduction to the information resources available on the Internet for research purposes. Emphasis will be placed upon the identification, retrieval and evaluation of information for general and specific topics. Student will develop general knowledge of the Internet, navigation skills, effective search strategy skills, familiarity with Internet finding tools, evaluation methodologies and other Internet research skills.

**Typically Offered:** To Be Determined

## **GST 1120 Information Retention Strategies (1)**

This course is designed to assist students retain and recall information, a skill necessary for academic success. Subjects to be covered are, but not limited to, attention, depression, memory, visual recall, memory disorders, and drugs that affect memory. This is a 1 unit CR/NC course. Students are expected to attend class regularly and should expect to devote approximately 4 hours outside of class per week to coursework.

**Typically Offered:** To Be Determined

## **GST 1130 Stress Management (1)**

Too much stress can affect your performance in school. This course will provide general information, guides for stress management, and wellness. May be repeated up to a maximum of 2 units.

**Repeatable for Credit:** Yes, up to 2 units

**Typically Offered:** To Be Determined

## **GST 1140 Effective Parenting Skills (1)**

Students, who are parents, are often overwhelmed with multiple tasks/roles while trying to be academically successful. This parenting effectiveness class examines strategies to improve communication patterns and family structure through a group format.

**Typically Offered:** To Be Determined

## **GST 1150 Communications Skills Group (1)**

This course is a small group lab experience. All sessions are video recorded for learning purposes. Attendance is required. Activities and topics are presented to improve listening and communication skills. Offered on a credit/no credit basis. May be repeated up to a maximum of 3 units.

**Repeatable for Credit:** Yes, up to 3 units

**Typically Offered:** To Be Determined

## **GST 1170 Primary Source Research (1)**

This course will introduce students to the primary source resources available in archives and on the Internet for research purposes. Emphasis will be placed upon the identification, retrieval and evaluation of information for general and specific topics. Students will develop general knowledge of primary source research, how to locate primary sources and how to access archives.

**Typically Offered:** To Be Determined

## **GST 1180 Self-Esteem (1)**

This course is designed to improve our sense of self and teach ways in which students can improve their self-esteem. Low self-esteem may contribute to physical and/or mental health related issues.

## **GST 1200 College Exploration (1)**

This course is for Summer Bridge students and is only offered in the Summer Bridge Program. College Exploration is designed to familiarize students with university culture. Students from nontraditional backgrounds may have little knowledge of University faculty, majors, and special programs. This course is designed to help high school students' self transformation into college students.

**Typically Offered:** To Be Determined

## **GST 1210 CAMP Career Development I (1)**

This course is only for CAMP/ College Assistance Migrant Program students. This course will focus on discovering the soft skills that individuals need to become successful in the current and changing competitive workforce. The students in this course will have the opportunity to analyze and understand their personal preferences, skills, interests, and motivations, their assessment will be compared to their career aspirations.

**Requisite(s):** Must be a College Assistant Migrant Program (CAMP) student.

**Typically Offered:** To Be Determined

**GST 1211 CAMP Career Development II (1)**

This course is only for CAMP/ College Assistance Migrant Program students. This course will focus on applying the soft skills that individuals need to be successful in the current and changing competitive workforce. The students in this course will have the opportunity to apply the skills during class activities and mock interviews. Students will have the opportunity to hear from community professionals and potential employers.

**Requisite(s):** Must be a College Assistant Migrant Program (CAMP) student.

**Typically Offered:** To Be Determined

**GST 1220 Emerging Leaders and Student Leadership A (1)**

Through a series of lectures, guided interaction, and group exercises, students will explore the principles of relational leadership and learn to develop individual and group leadership skills to impact their lives and their communities. Content areas include decision-making, goal setting, effective communication, servant leadership, inclusivity, organization and time management skills, and concrete strategies to implement change. This course will meet once per week throughout the semester and is graded on a credit/no-credit basis. Students enrolled in the Spring GST 1220 course will have the opportunity to attend the I-LEAD program during the Summer. The Association of College Unions International (ACUI) hosts the Institute for Leadership Education and Development (I-LEAD) annually, offering participants opportunities for growth as individuals, development of necessary skills to become leaders who can design and build a process for change. Students enrolled in the Spring GST 1220 course will also have the opportunity to enroll in the second part of this class in the Fall GST 1221. The Fall section will focus on applying the leadership concepts and skills while designing, planning, and executing the CSUB Student Leadership Summit.

**Typically Offered:** To Be Determined

**GST 1221 Emerging Leaders and Student Leadership B (1)**

Through a series of lectures, guided interaction, and group exercises, students will explore the principles of relational leadership and learn to develop individual and group leadership skills to impact their lives and their communities. Content areas include decision-making, goal setting, effective communication, servant leadership, inclusivity, organization and time management skills, and concrete strategies to implement change. This course will meet once per week throughout the semester and is graded on a credit/no-credit basis. Students enrolled in the Spring GST 1220 course will have the opportunity to attend the I-LEAD program during the Summer. The Association of College Unions International (ACUI) hosts the Institute for Leadership Education and Development (I-LEAD) annually, offering participants opportunities for growth as individuals, development of necessary skills to become leaders who can design and build a process for change. Students enrolled in the Spring GST 1220 course will also have the opportunity to enroll in the second part of this class in the Fall GST 1221. The Fall section will focus on applying the leadership concepts and skills while designing, planning, and executing the CSUB Student Leadership Summit.

**Typically Offered:** To Be Determined

**GST 1222 Introduction to Leadership (3)**

This course introduces the methodologies and processes that are essential aspects of leadership: conceptualizing motivation, identifying traits, creating a vision, understanding influence, overcoming obstacles, developing character, and establishing a professional brand.

**Typically Offered:** Spring

**GST 1300 Student Government (1)**

This course is open to Associated Students Inc., board members only. The course provides the organizational and operational skills and framework necessary to operate the organization within the university structure. Students will participate in organizational management including financial planning, decision making, team building, event management, student advocacy, and assessment. Participation in the class is by approval of the instructor pursuant to membership on the Board of Directors. May be repeated up to a maximum of 9 units.

**Repeatable for Credit:** Yes, up to 9 units

**Typically Offered:** To Be Determined

**GST 1310 Student Union Government (1)**

Provides participants with education, training and development for student union leadership. Class members will also help to select, plan, and present Student Union activities and programs. May be repeated up to a maximum of 9 units.

**Repeatable for Credit:** Yes, up to 9 units

**Typically Offered:** To Be Determined

**GST 1420 Meet the World (1)**

The purpose of this class is to build global awareness and help to understand different cultures. Selected international students and faculty members will give presentations and lead discussions on the geography, culture, and recent events of their native countries. A variety of professors and domestic students with a study abroad experience will help building cultural diversity on campus and emphasize the importance of study abroad programs. Offered on a credit, no-credit basis. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**GST 1532 Writing Center Theory and Practice I (1)**

This course provides CSUB English tutors with tutor training. This course is required for all new CSUB on- and off-campus tutors. Offered on a credit, no-credit basis. May be repeated up to a maximum of 9 units.

**Repeatable for Credit:** Yes, up to 9 units

**Typically Offered:** To Be Determined

**GST 1533 Writing Center Theory and Practice II (1)**

This course will build on the previous semester's practice of peer consulting. In this course, you will read scholarly and practice-based articles, engage in discussions about the connections between writing and consulting, and complete a number of projects. This course will deal with the advanced study of theory and practice in writing center studies including diversity, multimodality, writing across the disciplines, embedded tutoring, and research writing. May be repeated up to a maximum of 9 units.

**Repeatable for Credit:** Yes, up to 9 units

**Typically Offered:** To Be Determined

**GST 1810 Academic Decathlon (1-3)**

This course is designed for students participating in the Kern County Academic Decathlon. Course credit requires participating in the Academic Decathlon Special Preparation Program with CSUB faculty, a minimum of 30 hours of participation in team academic activities, and certification from the Academic Decathlon team coach. Open only to students in accepted to CSUB's Dual Enrollment program. (Credit/No Credit Grading). May be repeated up to a maximum of 3 units.

**Repeatable for Credit:** Yes, up to 3 units

**Typically Offered:** To Be Determined

**GST 2100 Thinking Critically (1)**

This course is designed to help students develop the critical thinking skills necessary for persuasive, logical writing and effective reading. Students will study arguments, fallacies, and the uses of language as they write and discuss current, often controversial, issues. May be repeated up to a maximum of 2 units.

**Repeatable for Credit:** Yes, up to 2 units

**Typically Offered:** To Be Determined

**GST 2200 Peer Education and Advising (1)**

This class is designed to provide students who are interested in performing peer education services an opportunity to develop awareness, communication, problem-solving, and interpersonal skills. These skills will be utilized by the students to implement presentations and other outreach opportunities that will address stigma surrounding mental health concerns, suicide prevention, alcoholism, and body image.

**Typically Offered:** To Be Determined

**GST 2210 CSU College Corps Advising (2)**

Pre-college advisors employed by the CSU College Corps Program are required to enroll in GST 2210. Pre-college advisors will assist the CSU College Corps Program coordinator in outreach, recruitment, peer advising, and mentoring students. Topics discussed will include record keeping, school updates, college awareness, career exploration, workshop coordination and implementation, lesson plan strategies, handling difficult situations, ethics, professionalism, customer service, admission requirements, and financial aid. Pre-college advisors enrolled in the course will be assigned a cohort of 35-50 students at a designated high school. Students are required to commit between 10-20 hours per week. The grading for this course is Credit/ No Credit and enrollment is required while employed by the CSU College Corps Program. Up to 6 units of GST coursework can count towards graduation. Proof of background check and TB test are required. May be repeated up to a maximum of 24 units.

**Repeatable for Credit:** Yes, up to 24 units

**Typically Offered:** To Be Determined

**GST 2220 Student Health Outreach (1)**

The purpose of this class is to provide students with the training and skills necessary to serve as peer educators at the university level. Upon completion of the course, students will have the opportunity to become certified within the BACCHUS Network, a nationally recognized Peer Education Program offered through NASPA. In addition to the BACCHUS material, this course will cover a variety of health related topics including health and nutrition, stress, mental health, sexual responsibility, drug and alcohol abuse, disability awareness and healthy relationships.

**Typically Offered:** To Be Determined

**GST 2230 Peer Mentor Education (1)**

This course is designed for peer mentors employed by the New Students and Family Programs Department. The goal of the course is to prepare students to become peer mentors for incoming students at CSU Bakersfield. Peer mentors answer questions, offer encouragement and guidance, provide empowerment and support, and welcome new students to the community. Topics discussed will include record keeping, workshop coordination and implementation, peer mentor strategies, ethics, professionalism, and student support programs. Furthermore, course trainings will include financial aid awareness, time management, extracurricular activities, basic needs, career and internship opportunities, and academic support services. Class will include a combination of lecture, discussion, and activities. Peer mentors enrolled in the course will be assigned a cohort of 25-40 students enrolled at CSU Bakersfield. Students are required to commit between 5-10 hours per week.

**Repeatable for Credit:** Yes, up to 6 units

**Typically Offered:** Fall, Spring

**GST 2310 HONORS Community Service (1-2)**

This course will provide an in-depth community service learning experience that includes one unit of credit for each 30 hours of volunteer service. Students will choose from pre-approved community service sites. This course is open only to students enrolled in the CSUB Honors Program. Offered on a credit/no credit basis. May be repeated up to a maximum of 20 units.

**Requisite(s):** Honors Program and be a Main or AV Student

**Repeatable for Credit:** Yes, up to 20 units

**Typically Offered:** To Be Determined

**GST 2770 Special Topics (1-3)**

This course provides students with an opportunity to examine areas of special interest and/or to allow investigation of topics not ordinarily covered in regular five unit courses. Faculty as well as students may propose topics. May be repeated for different offerings. Special Topics courses will not satisfy any general education requirements. May be repeated for credit with different topics.

**Repeatable for Credit:** Yes, up to 20 units

**Typically Offered:** To Be Determined

**GST 2840 Community Service Learning (1)**

This course will provide an in-depth community service learning experience and provide academic credit in exchange for at least 40 hours of volunteer service. Additional hours required for students repeating this course. Students choose from pre-approved community sites. This course is open to all students regardless of major or level and each student can arrange for the site to fit his or her schedule and interests. All students are required to access and participate in the course via the internet. Offered on a credit/no credit basis.

**Repeatable for Credit:** Yes, up to 6 units

**Typically Offered:** To Be Determined

**GST 3050 From CSUB to Ph.D. (1)**

This course is for students that want to learn more about graduate school with the ultimate goal of getting into a Ph.D. program. This seminar is sponsored by the Marc U\*Star program, which is CSUB's only comprehensive program structured to prepare undergraduates for successful entrance into Ph.D. programs. The seminar will cover the what, when and where of graduate school, providing students with the necessary knowledge to make informed decisions for their academic futures. This course is only open to Marc U\*Star students and is a required course for all Marc U\*Star scholars. May be repeated for credit up to a maximum of 4 units.

**Repeatable for Credit:** Yes, up to 4 units

**Typically Offered:** To Be Determined

**GST 3100 Researching the Electronic Library (1)**

Students will find, assess, and synthesize fee-based and free information resources used in academic and work environments both remotely and in a traditional setting. Course assignments will be customized to fit each student's academic major and/or career goals. Students will additionally demonstrate an understanding of the legal and ethical issues involved in accessing and using resources intended for research. Prerequisites: Junior standing or permission of instructor.

**Requisite(s):** Prerequisite: Junior standing or permission of instructor.

**Typically Offered:** To Be Determined

**GST 4770 Special Topics (1-3)**

This course provides students with an opportunity to examine areas of special interest and/or to allow investigation of topics not ordinarily covered in regular five unit courses. Faculty as well as students may propose topics. Special Topics courses will not satisfy any general education requirements. May be repeated with different topics.

**Requisite(s):** Prerequisite: Junior standing or permission of instructor.

**Repeatable for Credit:** Yes, up to 20 units

**Typically Offered:** To Be Determined

**GST 4909 Career Readiness Capstone (1)** 🦋

Prerequisite: At least 90 units and completion of JYDR. Satisfies general education requirement Senior Capstone.

**Requisite(s):** Prerequisite: At least 90 units and completion of JYDR.

**General Education Attribute(s):** Capstone

**Typically Offered:** To Be Determined