Best Practices for Completing the CRGS major in a timely manner:

For students entering the major as 1st year students (freshmen):
Complete all lower division GE requirements in your first 2 years and use your major requirements to help you complete Area C, Area D and DCG

- Take CRGS 108: Power/Privilege in your first year: fulfills major requirement and lower division Area D and DCG domestic
- Take one of the following classes to meet your lower division major requirement in "Historical Content": ES 105: Intro to Ethnic Studies (Area D and DCG) or WS 107: Women, Culture, History (Area C and DCG)
- Take one of the following classes to meet your "Contemporary Issues" requirement: ES 106 Intro to Black Studies (Area C and DCG); Intro to Women’s Studies (Area D and DCG); or ES 107: Chicano@ Latin@ Lives
- Consider taking NAS 200 to fulfill your history course (note: if you are thinking about entering HSU’s Master’s in Social Work program, this course will fill one of your pre-requisites for the program)
- Consider taking a Statistics class for your math class (note: if you are thinking about entering any Master’s in Social Work program, this course will fill one of your pre-requisites for an MSW)
- If you aren’t already bilingual, consider taking a language class to become conversational in another language (this opens the doors for many opportunities, including study abroad as well as increased opportunities for employment after graduation)
- If you want to jump start your organizing skills, consider taking CRGS 313: Community Activism in your second year
- If studying abroad is even a remote possibility, visit HSU’s informational website about study abroad at http://humboldt-international.terradotta.com/ and attend one of their mandatory meetings
- For planning your schedule for years 3 and 4, follow the advice below for students entering the major in their third year

For students entering the major as 3rd year students (juniors):

- Take CRGS 108: Power/Privilege as soon as possible: fulfills major requirement and lower division Area D and DCG domestic
- You may choose to either take lower division classes to fulfill the two other lower division requirements (Historical Content and Contemporary Issues), or you may discuss the possibility of substituting upper division courses for these requirements (e.g., ES 308 is commonly substituted for ES 105)
- Students choose between completing an internship or serving as a mentor in a CRGS class. In your first semester of your junior year start talking with your advisor about a good internship opportunity. This internship should help you build your resume and prepare you for future work and/or study. Students who are interested in mentoring other students within
a classroom, should contact faculty members teaching lower division classes to see if they need a mentor.

- Take **CRGS 330: Women of Color Feminisms** in your junior year. It helps build the skills you will need for your transnational requirement.
- The **transnational course requirement** for your pathway (for Ethnic Studies: ES 310: US Mexico Border; For Multicultural Queer Studies: CRGS 430: Queer Across Cultures or for Women’s Studies WS 315: Sex, Gender and Globalization) has a challenging research and writing project. Keep this in mind when planning your schedule.
- **CRGS 390: Theory and Methods** is best taken after students take a number of core courses so they have a strong foundation in the discipline to build on.
- The **CRGS 485 Professional Development** class helps prepare you for your next steps after graduation. We offer it in the Spring and encourage you to take it during your junior year.
- Refer carefully to your **DARS** to ensure you are completing all degree requirements. Use **DARS Planner** to determine when you will take required courses.
- Remember to register for and take the **GWPE (Graduate Writing Proficiency Exam)**. No need to stress about the test and no need to study: you will pass! Please do try your best, because GWPE scores are sometimes used to reflect on the overall quality of the major.
- Beginning Spring 2016, students must **register** to participate in **Graduation**.