A student who completes courses selected from within the general education categories listed below at a public community, technical, four-year college or university in Washington State will be able to transfer and apply a maximum of 45 quarter credits toward general education requirement(s) at any other public and most private higher education institutions in the state.¹

Completion of 45 credits of academic courses from this list is equivalent to one-year’s worth of general education credit when transferred. For transfer purposes, a student must have a minimum grade of C or better (2.0 or above) in each course completed from this list.

Students who transfer Washington 45 courses must still meet a receiving institution’s admission requirements and eventually satisfy all their general education requirements and their degree requirements in major, minor and professional programs.

This list is for students who plan to transfer to a four-year school after completing a maximum of 45 credits at a community and technical college. Students who plan to complete an associate degree at a community and technical college should consult with an academic advisor to select courses that meet the requirements of the associate degree they plan to pursue.

“First Year Transfer List” of general education courses

- **Written Communication**: 5 credits – ENGL& 101, ENGL& 102, ENGL& 235.

- **Quantitative and Symbolic Reasoning**: 5 credits – MATH& 107, MATH& 141, MATH& 142, MATH& 146, MATH& 148, MATH& 151, or PHIL& 120.

- **Humanities**: 10 credits (recommended in two different subject areas or disciplines²) – PHIL& 101, MUSC& 105, DRMA& 101, ENGL& 111, ART& 100, CMST& 101, CMST& 220, or HUM& 101; any 100-level Common Course Numbered world language course offered by the college (for example, ASL& 121-123*, CHIN& 121-123*, JAPN& 121-123*, SPAN& 121-123*, etc.). For colleges that use History as a Humanities HIST& 126, HIST& 127, HIST& 128, HIST& 136, HIST& 137, HIST& 146, HIST& 147, HIST& 148, HIST& 214, HIST& 215, HIST& 219, HIST& 220.

- **Social Sciences**: 10 credits (recommended in two different subject areas or disciplines) – PSYC& 100, SOC& 101, POLS& 101, POLS& 202, ECON& 201, ECON& 202, ANTH& 100, ANTH& 106. For colleges that use History as a Social Science: HIST& 126, HIST& 127, HIST& 128, HIST& 136, HIST& 137, HIST& 146, HIST& 147, HIST& 148, HIST& 214, HIST& 215, HIST& 219, HIST& 220.

- **Natural Sciences**: 10 credits (recommended in two different subject areas or disciplines) - BIOL& 100, BIOL& 160 w/lab, BIOL& 211-213*, BIOL& 221-223*, ASTR& 100, ASTR& 101 with lab, CHEM& 105, CHEM& 110 with lab, CHEM& 121 with lab, CHEM& 161-163*, ENVS& 100, ENVS& 101, PHYS& 100, PHYS& 110, PHYS& 114, PHYS& 114-116*, NUTR& 101, GEOL& 101 with lab.

- **Additional 5 credits** can be taken from any category listed above. The second 5-credit course in a World Language or a Natural Sciences sequence could fit here.
*Denotes courses in a three-quarter sequence that are recommended to be taken together at the same college.

NOTE: Although these courses are listed under categories, the actual course may satisfy a different general education category at a receiving institution.

NOTE: It is recommended that new common course numbered courses be considered for inclusion in this list annually and that the entire list of courses be reviewed and updated every 3-5 years.

1 Many private non-profit colleges and universities have distinct general education requirements. Students should check with institution(s) they plan to attend regarding application of transfer credits that will meet general education requirements.

2 Disciplines are sometimes called subject or subject matter areas and designated by a prefix (e.g., PHIL for Philosophy and POLS for Political Science).