# Sociology Core Classes

## Freshman

**Theory**
- SOC 104 Introduction to Sociology

**Methods**
- STAT 108 Elementary Statistics

**Career Planning**
- Courses + activities to prep for career/ed goals
- Visit the Academic & Career Advising Center
- Get involved! Join clubs + volunteer

## Sophomore

**Theory**
- SOC 225S Social Issues and Action
  - Service Learning

**Methods**
- SOC 282L Sociological Statistics Lab

## Junior

**Theory**
- SOC 303*+303M Race and Inequality
  - SOC 310 Sociological Theory

**Methods**
- SOC 382 Introduction to Social Research

**Career Planning**
- SOC 372 Proseminar (resumes, networking, interviewing)
  - OR
  - SOC 472 Grad School Planning (finding & applying for programs)

## Senior

**Theory**
- SOC 410 Sociological Theory

**Career Planning**
- SOC 492 Senior Thesis
  - OR
  - SOC 482 Internship
  - See below for details.

---

## Knowledge Based Requirements

### Freshman

**Theory**
- SOC 104 Introduction to Sociology

**Methods**
- STAT 108 Elementary Statistics

**Career Planning**
- Courses + activities to prep for career/ed goals
- Visit the Academic & Career Advising Center
- Get involved! Join clubs + volunteer

### Sophomore

**Theory**
- SOC 225S Social Issues and Action
  - Service Learning

**Methods**
- SOC 282L Sociological Statistics Lab

### Junior

**Theory**
- SOC 303*+303M Race and Inequality
  - SOC 310 Sociological Theory

**Methods**
- SOC 382 Introduction to Social Research

**Career Planning**
- SOC 372 Proseminar (resumes, networking, interviewing)
  - OR
  - SOC 472 Grad School Planning (finding & applying for programs)

### Senior

**Theory**
- SOC 410 Sociological Theory

**Career Planning**
- SOC 492 Senior Thesis
  - OR
  - SOC 482 Internship
  - See below for details.

---

### Need 16 Units Total:

*No more than 8 units of upper division SOC with GE designations count toward major.

### Inequalities & Change

- SOC 305. Global Transformations
- SOC 305M. (for majors)
  - Economic, political, social, and ecological dimensions of globalization
- SOC 316. Gender and Society
  - Gender dynamics from the individual to institutions and structures (Meets a DCG requirement)
- SOC 321. Sociology of Sport
  - Processes, patterns, issues, and values
- SOC 466. Migration and the Global Economy
  - Political economy of migration, criminalization, of movement
- SOC 350. Social Movements
  - Causes, activities, successes & failures of U.S. and global social movements

### Environment

- SOC 302. Forests and Culture*
  - +SOC 302M. (for majors)
  - Relationships between human civilizations and nature/forests.
- SOC 320. Environmental Sociology
  - Examines the dynamics of the “natural environment” and society.
- SOC 363. Environmental Crime
  - Applying criminal justice to the natural environment; legal, social perspectives.
- SOC 370. Environmental Inequality and Globalization
  - Examines environmental justice and inequality on a global level.

### Communities & Identity

CRIM 420. Drugs and Society
- Social/historical process shaping drug policy
SOC 306. Changing Family* +
  - SOC 306M. (for majors)
  - Examines family as a pivotal institution in cross-cultural and U.S. perspectives
SOC 308. Altruism and Compassion*
  - +SOC 308M. (for majors)
  - Creating a more caring society by understanding motivators
SOC 330. Social Deviance
  - Studying “outsiders” by virtue of age, race/ethnicity, sexuality, ability, etc.
SOC 411. Popular Culture
  - Popular culture as an important arena of social and political struggle.
SOC 475. Community Organizing
  - Theory & practical skills for organizing community in social & economic justice

---

### Sociology Minor: Required Courses

- SOC 225S. Social Issues and Action (4 units)
- SOC 382. Introduction to Social Research (4 units)

Plus 12 units of upper division soc coursework.

*No more than one elective for your minor may be a sociology course that is also a general education course. The GE course must be taken for 4 units.

---

### Capstone (pick 1)

SOC 492. Senior Thesis
- Completing independent research on the topic of your choice

SOC 482. Internship
- Completing a hands-on work experience with a community partner

---

Note to transfer students: If you have a course that transfers in at fewer than 4 units, we offer 1-unit courses to supplement.

---

SOC 480 courses are Special Topics course with topics that change each semester. Check the Class Schedule each semester for Special Topics. Note to transfer students: If you have a course that transfers in at fewer than 4 units, we offer 1-unit courses to supplement.
## Popular Minors

**Critical Race, Gender & Sexuality Studies (CRGS)** is a major; Dept. offers 3 minor options:
- Ethnic Studies (16 units)
- Multicultural Queer Studies (16 units)
- Women's Studies (16 units)

**Political Science (22 units)**

Good if considering law school or policy career.

**Psychology (15 units)**

**Social Advocacy (18 units)**

**Spanish (28 units)**

See humboldt.edu/programs for more options!

### Self-Care

- Take Strength & Fitness, Yoga, Relaxation (PE)
- Unplug and take a hike—or meditate
- Join a Student Club: CJS/SOC Club?
- Volunteer with YES House
- Check out the Brain Booth: Library 2nd Floor
- Counseling services from CAPS
- Health & Wellbeing Resources: wellbeing.humboldt.edu
- Visit Multi-Cultural, Latinx, African American or Women’s Resource Center, ITEPP or INRSEP
- Eat Health: Free Food Daily—RWC Rm 122

---

### COURSE ROTATION

<table>
<thead>
<tr>
<th>Sociology BA 2 Year Course Offering Rotation Plan</th>
<th>Last updated: 04/23/2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CORE REQUIREMENTS</strong></td>
<td></td>
</tr>
<tr>
<td>104 Introduction to Sociology [LD-D0]</td>
<td>x</td>
</tr>
<tr>
<td>STAT 108 Statistics [LD-B]</td>
<td>x</td>
</tr>
<tr>
<td>225S Social Issues &amp; Action (Service Learning)</td>
<td>x</td>
</tr>
<tr>
<td>282L Sociological Statistics Lab</td>
<td>x</td>
</tr>
<tr>
<td>303 Race and Inequality [DCG-d]</td>
<td>x</td>
</tr>
<tr>
<td>310 Sociological Theory (Junior/writing intensive)</td>
<td>x</td>
</tr>
<tr>
<td>372 Proseminar (Sophomore/Junior)</td>
<td>x</td>
</tr>
<tr>
<td>382 Intro to Social Research (Junior)</td>
<td>x</td>
</tr>
<tr>
<td>410 Contemporary Social Theory (Junior/Senior)</td>
<td>x</td>
</tr>
<tr>
<td>472 Grad School Planning (Sophomore/Junior)</td>
<td>x</td>
</tr>
<tr>
<td><strong>KNOWLEDGE BASED REQUIREMENTS</strong></td>
<td></td>
</tr>
<tr>
<td>Inequalities and Change</td>
<td></td>
</tr>
<tr>
<td>305/M Global Transformations [GE:UD-D]*</td>
<td>x</td>
</tr>
<tr>
<td>316 Gender and Society [DCG-d]*</td>
<td>x</td>
</tr>
<tr>
<td>321 Sociology of Sport</td>
<td>x</td>
</tr>
<tr>
<td>350 Social Movements</td>
<td>x</td>
</tr>
<tr>
<td>466 Migration and the Global Economy</td>
<td>x</td>
</tr>
<tr>
<td><strong>Environment</strong></td>
<td></td>
</tr>
<tr>
<td>302/M Forests &amp; Culture [GE:UD-D]*</td>
<td>x</td>
</tr>
<tr>
<td>320 Environmental Sociology</td>
<td>x</td>
</tr>
<tr>
<td>363 Environmental Crime</td>
<td>x</td>
</tr>
<tr>
<td>370 Environmental Inequality &amp; Globalization</td>
<td>x</td>
</tr>
<tr>
<td><strong>Communities &amp; Identity</strong></td>
<td></td>
</tr>
<tr>
<td>CRIM 420 Drugs and Society</td>
<td>x</td>
</tr>
<tr>
<td>306/M Changing Family [GE:DCG-d]*</td>
<td>x</td>
</tr>
<tr>
<td>308/M Sociology of Altruism &amp; Compassion [GE:UD-D]*</td>
<td>x</td>
</tr>
<tr>
<td>330 Social Deviance</td>
<td>x</td>
</tr>
<tr>
<td>411 Popular Culture</td>
<td>x</td>
</tr>
<tr>
<td>475 Community Organizing</td>
<td>x</td>
</tr>
<tr>
<td><strong>Capstone</strong></td>
<td>x</td>
</tr>
<tr>
<td>482 Internship</td>
<td>x</td>
</tr>
<tr>
<td>492 Senior Thesis</td>
<td>x</td>
</tr>
</tbody>
</table>

Check online course rotation for most up-to-date information [http://courserotations.humboldt.edu/](http://courserotations.humboldt.edu/)