**Recommended 4-Year Academic Plan for Traditional Students\***

**Year 1**

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| **Fall** | **Winter** | **Spring** |
| SOWK 114: Influencing Change (2) | SOWK 204B: Colloquium: Fields of Practice (1) | PSYC 104 General Psychology (4)  (pre-requisite for SOWK 311 & 315) |
| SOWK 204A: Colloquium: Intro to Social Work (1) | SOWK 286: Special Topics (2) (can be taken any quarter)\*\* | SOWK 286: Special Topics (2) (can be taken any quarter)\*\* |
| English & Math (006,055) | English & Math (006,055) | English & Math (006,055) |

**Year 2**

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| **Fall** | **Winter** | **Spring** |
| SOWK 214: Generalist Practice I (4) | SOWK 215: Generalist Practice II (4) | SOWK 216: Generalist Practice III (SL) (4) |
| SOWK 205: Social Policy I (4) (can be taken next quarter) | SOWK 205: Social Policy I (4) (only if it was not take the previous quarter) |  |
| MATH 155: Stats (4)  (pre-requisite for SOWK 348) | BIOL 107 Human Biology (4) (prerequisite for SOWK 311) |  |

**Year 3**

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| **Fall** | **Winter** | **Spring** |
| SOWK 315: Social Work Methods: Groups (4) | SOWK 348: Social Work Research I (3) (Statistics prerequisite) | SOWK 349: Social Work Research II (4) |
|  | SOWK 311: Human Behavior and the Social Environment I (4) | SOWK 312: Human Behavior and the Social Environment II (4) |
|  | SOWK 316: Social Work Methods: Communities and Organizations (SL) (4) | SOWK 314: Social Work Methods: Individuals (4) |
|  |  | SOWK 388: Field Practicum Orientation (1) |

**Year 4**

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| **Fall** | **Winter** | **Spring** |
| SOWK 451: Field Seminar I (2) | SOWK 452: Field Seminar II (2) | SOWK 453: Field Seminar III (2) |
| SOWK 461: Field Practicum I (4) | SOWK 462: Field Practicum II (4) | SOWK 463: Field Practicum III (4) |
| SOWK 317: Social Work Methods: Children & Families (4) | UNST 404P: Senior Seminar (4) | SOWK 495: Social Work Senior Capstone (4) |
|  |  | SOWK 405: Social Policy II/Lobby Days Trip (SL) (4) |

\*Any outstanding general education and/or elective classes will be needed in addition to above noted Social Work Major classes. Also, please note that work and/or life experience or portfolio credit may not be used to substitute for required major course work.

**\*\*** Although only two SOWK 286 electives are required for your major, you can take more to fulfill general education elective requirements. SOWK 286 electives include: Child Welfare, Addictions, Mental Health, Gerontology, Criminal Justice, and Medical Social Work

**For class descriptions, please refer to our current bulletin, which can be found at:**

[**https://lasierra.edu/bulletins/**](https://lasierra.edu/bulletins/)