

Cedar Crest College's Four-Year Graduation (4YG) Guarantee is open to all academically qualified candidates enrolled full-time in a 4-year bachelor's degree program, with the exception of Nuclear Medicine Technology. It does not apply to dual degree, fifth-year, or graduate programs. Provided students comply with all of the conditions of the program, Cedar Crest College will guarantee graduation within four years. The guarantee extends to one major only. While many students add additional majors and minors and finish within four years, Cedar Crest will not be able to provide four year guarantee in those cases.

**Conditions**

By signing below, \_\_\_\_\_ is enrolled in the 4YG program for the Health Promotion and Wellness major under the 2015 catalog requirements and agrees to

- assume ultimate responsibility for monitoring academic progress and the completion of all academic requirements;
- enroll at Cedar Crest for four continuous academic years;
- remain in good academic standing;
- complete an average of 30 new credits in each academic year. Courses must be selected in consultation with her academic advisor and 4YG coordinator and must apply to the recommended course sequence on page 2;
- maintain the GPA requirements of the Health Promotion and Wellness major and Liberal Arts Curriculum;
- meet regularly with her assigned academic advisor and 4YG coordinator following the schedule outlined below;
- resolve all outstanding holds that would prevent registration prior to the start of registration for each semester;
- register for classes each semester on the date appropriate for class standing as set forth by the Registrar;
- be responsive to communication from Cedar Crest College, including advisors and the 4YG coordinator;
- officially declare a Health Promotion and Wellness major by the completion of 30 credits. If a change of major is requested after 30 credits, the ability to sign a new 4YG contract is not guaranteed.
- complete the following and all other Health Promotion and Wellness major requirements:
  - o Earn a C- or better in all courses taken for major requirements.
  - o Maintain a minimum 2.0 cumulative GPA.
  - o Begin the HLT 101, 201, 301, and 302 sequence no later than fall of the junior year.
  - o Abide by all other departmental policies and successfully meet all other graduation requirements.

The 4YG does not guarantee that courses will be offered at a particular time or on particular days, nor can it assure graduation in four years if accreditation agencies require immediate curricular changes. This agreement pertains only to the catalog specified; if major requirements change and the student elects to follow the newer requirements, this contract is void.

If a student meets all of the degree/program requirements but cannot graduate in four years because a course or courses are not available, the student will meet with her advisor as soon as the problem is discovered to discuss options for completion. These options could include a course substitution, an independent study, or permission to enroll in the course in a subsequent semester at no tuition cost to the student.

**Required Meeting Schedule:**

	<b>Semester 1</b>	<b>Semester 2</b>	<b>Semester 3</b>	<b>Semester 4</b>
Beginning of Semester	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator
Prior to registration	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator
	<b>Semester 5</b>	<b>Semester 6</b>	<b>Semester 7</b>	<b>Semester 8</b>
Beginning of Semester	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator
Prior to registration	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator	___ Advisor ___ 4YG Coordinator

I agree to the stipulations set forth in this agreement.

\_\_\_\_\_ Student Signature \_\_\_\_\_ Date \_\_\_\_\_ ID Number \_\_\_\_\_ Entry Term

\_\_\_\_\_ Advisor Signature \_\_\_\_\_ Date \_\_\_\_\_ 4YG Coordinator Signature \_\_\_\_\_ Date

**FALL 2015**

Course	Cr	Title	✓
MAT 110	3	Probability and Statistics	
HLT 101	1	Introduction to the Health Professions	
PSY 100	3	General Psychology	
_____	3	Humanities LAC course	
FYS _____	3	First Year Seminar	
SPS 120	0.5	College Life	

**SPRING 2016**

Course	Cr	Title	✓
HLT 102	3	Introduction to Public Health	
PSY 210	3	Lifespan Development	
_____	3	Humanities LAC course	
WRI 100	3	College Writing	
SPS 160	0.5	Exploring Your Future	
_____	3	elective***	

**FALL 2016**

Course	Cr	Title	✓
BIO 117	4	Anatomy and Physiology I	
HLT 201	1	Health Professions II	
PSY 211	4	Experimental Methods	
SPS 170	1	Using APA Editorial for PSY majors	
_____	3-4	Health Promotion & Wellness elective*	
_____	3	Art LAC course	

**SPRING 2017**

Course	Cr	Title	✓
BIO 118	4	Anatomy and Physiology II	
PSY 201	3	Mind-body Medicine	
ETL 235	3	Ethical Life	
NTR 210	3	Principles of Human Nutrition	
_____	3	Art LAC course	

**FALL 2017**

Course	Cr	Title	✓
_____	3-4	Health Promotion & Wellness elective*	
BUA 211	3	Introduction to Health Care Systems	
PSY 251	3	Health Psychology	
PSY 227	3	Principles of Helping Relationships	
_____	3	elective***	

**SPRING 2018**

Course	Cr	Title	✓
HLT 301	1	Health Professions III	
_____	3-4	Health Promotion & Wellness elective*	
_____	3	Writing II LAC course	
_____	3	Social Science LAC course	
_____	3	Mathematics and Logic LAC course	
_____	3	elective***	

**FALL 2018**

Course	Cr	Title	✓
_____	3	Global Studies LAC course	
PSY 304	3	Stress, Disease and Psychophysiological Interventions	
_____	3	elective***	
_____	3	elective***	
_____	3	elective***	

**SPRING 2019**

Course	Cr	Title	✓
HLT 302	3	Health Sciences Capstone	
PSY ____	3	Advanced Seminar in Health Psychology	
_____	3	elective***	
_____	3	elective***	
_____	3	elective***	

\* Choose 3 courses from BIO, HLT, NUR, PSY, REL, or SWK with advisor approval.

\*\*\* Electives must be included to ensure that the overall total number of credits reaches the 120 credits needed to complete a degree.

## Liberal Arts Curriculum (LAC) for Health Promotion and Wellness majors

<b>Natural Science:</b> One must be a lab-based course
1. BIO 117
2. BIO 118
<b>Arts:</b> 6 cr. total, one must be a 3 cr. course*
1. _____
2. _____
<b>Mathematics &amp; Logic:</b> 6 cr total, one mathematics course
1. MAT 110
2. _____
<b>Ethics:</b> 3 cr.
1. ETL 235
<b>Technology:</b>
1. HLT 101, 201, 301, and 302
<b>Oral Presentation:</b>
1. HLT 101, 201, 301, and 302

<b>Writing:</b> 6 cr.
1. WRI 100
2. _____
<b>Humanities:</b> 6 cr. total from two disciplines*
1. _____
2. _____
<b>Social Science:</b> 6 cr. total from two disciplines*
1. PSY 100
2. _____
<b>Global Studies:</b> 3 cr.
1. _____
<b>Information Literacy:</b>
1. HLT 101, 201, 301, and 302

\* The 4 disciplines used to fulfill the Humanities and Social Science requirements cannot be used to fulfill the Arts requirement.