

Student: _____
 ID #: _____ Major: _____



The 4 Cs Core Curriculum Guide

Credits required: 30-36 credits

Academic Year 2026-2027

Requirements within each of the 4 Cs	Met	Credits	Gr	Cr	Tm
COMPETENCY (9-15 credits)					
FYS 100 - First Year Seminar (waived for Transfer students with 15 cr.)		3			
ENG 110 - Introduction to College Writing (can be met by transfer or higher placement)		3			
ENG 120 - College Research Writing		3			
COM 105 - Professional Presentations		3			
Mathematics - MAT 104 or above (3 credits)		3			
COMMUNITY AND COMPASSION (15 credits – 3 credits/group)					
See My Mount Mary Scheduling tools for category course list.					
Artistic Inquiry (ai)		3			
Human Connection (hc)		3			
Civic Engagement (ce)		3			
Scientific Inquiry (si)		3			
Global Perspectives (gp)		3			
GP includes a world language requirement: Met / Unmet					
COMMITMENT (6 credits)					
BUS 205 - Personal Finance		3			
Theology - Any core Theology course (3 credits)		3			
OTHER GRADUATION REQUIREMENTS (Additional information in the University catalog.)					
120 total credits required for graduation unless an accelerated program					

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**COMMUNICATION
 PRE-MPH HEALTH CONCENTRATION**

MAJOR

Credits required: 44

Academic Year 2026-2027

Note: Students should apply to the Master of Public Health (MPH) program at the Medical College of Wisconsin (MCW) by April 1 of their junior year. A 3.3 GPA overall, a writing sample, 3 letters of recommendation, a personal statement, and other supporting documents will be required to apply to the (MPH) program. Students should work closely with their advisors during the application process. Upon completion of the major listed here, students will receive a Bachelor of Arts degree from Mount Mary. After graduation from Mount Mary, these students continue as graduate students at the MCW for approximately one additional year until they complete the MPH program.

*These courses must be completed by April 1st of junior year.

Course Code	Course Title	Credits	Gr	Cr	Tm
	Choose 1 of the following BIO courses (may fulfill Scientific Inquiry core):				
BIO100*	Introduction to Cell and Molecular Biology	4			
BIO102*	Introduction to Ecology and Evolutionary Biology	4			
BIO105*	Current Concepts in Biology	3			
	Choose 1 the following Behavioral Science courses (may fulfill a core requirement):				
ANT 102*	Cultural Anthropology	3			
ANT 395*	Topics in Anthropology	3			
SOC 101*	Introductory Sociology	3			
SOC 201*	Social Problems: Interventions and Theory	3			
SOC 220*	Conflict Transformation and Peacebuilding	3			
PSY 103*	Introductory Psychology	3			
	Choose 1 of the following Statistics courses:				
MAT 116*	Statistical Literacy	3			
MAT 216*	Statistics	4			
PSY 310*	Behavioral Science Statistics	4			
	Required Communication Courses:				
COM 235	Intercultural Communication	3			
COM 330	Health Communication	3			
COM 331	Media and Health Communication	3			
COM 343	Persuasive Communication	3			
COM 355	Crisis Communication	3			
COM 410*	Research Methods*	3			
COM 494	Capstone Experience	3			
	Required MCW Courses:				
MCW 18200	Environmental Health	2			
MCW 18201	Principles of Epidemiology	3			
MCW 18203	Public Health Administration	3			
MCW 18204	Introduction to Biostatistics	3			
MCW 18212	Behavioral Science and Public Health	3			