Fall 1	Credits	Success Marker
COMS 100	3	
ENGL 103	3	
GE: Creativity & Critical Analysis	3	
SOCI 170 or 250	3	
UNIV 101	1	
PHHE 295	3	
Total hours	**16**	
Notes/Comments:		

Spring 1	Credits	Success Marker
BIOS 103	3	
BIOS 105	1	
ENGL 203	3	
MATH 110	3	
Elective	3	
Elective	3	
Total hours	**16**	
Notes/Comments:		

Fall 2	Credits	Success Marker
STAT 208, UBUS 223, or STAT 301	3-4	• Successfully completed NIU MATH 210 0r 211 with C or better
ENGL 350	3	
PSYC 102[1]	3	
PHHE 315	3	
NUTR 201 or 406	3	
Total hours	**15**	
Notes/Comments: [1]Prerequisite for HDFS 280 and PSYC 225		

Spring 2	Credits	Success Marker
CHEM 110	3	
CHEM 111	1	
PHHE 325	3	
PHHE 404 or 437 (consult w/ advisor)	3	
Writing Infused Course	3	
Elective	3	
Total hours	**16**	
Notes/Comments:		

Fall 3	Credits	Success Marker
PHHE 461	3	
PHHE 406	3	
PHHE 433, 435, 439, 441, 451, 453, or 463	3	
BIOS 213	3	
HDFS 280, PSYC 225, SOCI 356, 451, 482, or UHHS 365	3	
Total hours	**15**	
Notes/Comments:		

Spring 3	Credits	Success Marker
BIOS 109 or BIOS 357	3-5	
Elective	3	
PHHE 467	3	
PHHE 487	1	
FCNS 280, PSYC 225, SOCI 356, 451, 482, or UHHS 465	3	
PHHE 404 or 437 (consult w/ advisor)	3	
Total hours	**16-18**	
Notes/Comments:		

Fall 4	Credits	Success Marker
Elective	3	• Apply for graduation (2/1 for May, 6/15 for August, or 9/1 for December)
PHHE 431	3	
PHHE 455	3	
PHHE 351	3	
PHHE 408, 410, or 412	3	
Total hours	**15**	
Notes/Comments:		

Spring 4	Credits	Success Marker
PHHE 469	3	• Meet all degree requirements based on courses in progress.
PHHE 489	6	
Elective	3	
Total hours	**12**	
Notes/Comments:		

Notes/Comments: This plan is an example of what a four year plan could look like for a typical student. Placement exam scores in math as well as the completion of coursework may change the plan. It should not be used in the place of regular academic advising appointments. All students are encouraged to meet with their advisor each semester to discuss course scheduling. All requirements are subject to change by NIU.