



Options for meeting the General Studies activity requirement for off-campus students:

1. Complete CPR or First Aid training and submit a copy of the front/back of the certification card with a completed Life Experience request form that requests one general activity credit.
2. Be able to document 30 hours of participation in a structured activity sponsored by an organization (ie yoga course, bowling league, volleyball league, etc.). Walking with a friend does not count. Submit a time log that lists the dates/times of activity and ensure that a signature from the activity coordinator is included that verifies you completed these hours.

Please either have the time log on letterhead or have the coordinator type a brief statement on letterhead to document that the activity was sponsored by an organization or company. Attach this document to a completed Life Experience request form that requests one general activity credit.