**The 84 Hour Rule for HSOC Majors**

Health and Society (HSOC) Majors need at least 84 credits out of their 120 credits total to be in courses designated as CAS Courses. Given the cross-college nature of the HSOC BA, this is fewer than the 96 credits that most students majoring in the College of Arts and Sciences (CAS) need in courses designated as CAS courses.

You can see how many CAS credits you have and how many more you need by looking near the top righthand portion of your degree audit. It is up to you to make sure that you get at least 84 credits in CAS-designated courses.

To help you with knowing which courses are CAS-designated courses, every semester the HSOC course listing documents found on the advising page (top of left sidebar) tell you which courses for that semester count as CAS courses. Make sure to pay attention on these semester HSOC course listings to which ones it says are CAS versus non-CAS because oftentimes it is not intuitive for students.

In addition to taking as many HSOC courses as possible that count as CAS courses, you also need to monitor the number of CAS-designated courses you take outside of your major to make sure you get to 84. You can tell which courses in general are CAS by selecting your courses from here:

Go to https://www.uvm.edu/registrar

Scroll down to Schedule of Courses By Semester

Choose which semester

Scroll down and choose Schedule of Courses (Classic Version)

Click on College of Arts and Sciences