**The 84 Hour Rule for Students Majoring in the College of Arts and Sciences**

Students majoring in the College of Arts and Sciences (CAS) need to take at least 84 credits out of your 120 credits total in courses designated as CAS courses.

This means that Health and Society Majors need at least 84 credits out of their 120 credits total to be 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 right hand portion of your degree audit.

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.*

Fall 2020 HSOC course listing:

<https://www.uvm.edu/sites/default/files/Health-and-Society-Program/HSOC_Advising_-_Courses_Fall_2020.xlsx>

Spring 2020 HSOC course listing:

<https://www.uvm.edu/sites/default/files/Health-and-Society-Program/Health_and_Society_Summer_2020_Courses.docx>

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 fall 2020 and summer 2020 courses from here:

Fall 2020 All UVM Courses with CAS Designation (including non-HSOC courses)

<https://giraffe.uvm.edu/~rgweb/batch/swrsectc_fall_soc_202009/college_15.html>

Summer 2020 All UVM Courses with CAS Designation (including non-HSOC courses)

<https://giraffe.uvm.edu/~rgweb/batch/swrsectc_summer_soc_202006/college_15.html>

In future semesters, you can figure out which courses are CAS courses by navigating as such:

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

Click on College of Arts and Sciences