

Trinity Plus Curriculum

- ◆ Trinity's curriculum consists of a core liberal arts education plus so much more. The "plus" reflects the countless real-world learning opportunities that come from being a selective liberal arts college in a small, globally connected capital city.
- ◆ The Trinity Plus Curriculum encourages students to discover experiences, whether co-curricular or academic, that best prepare them for their next steps after Trinity.

32 Academic Credits	3 "Plus" Credits	Wellness Requirement
<ul style="list-style-type: none"> ◇ First Year Seminar ◇ Foundational Requirements ◇ Distribution Requirements ◇ Writing Intensive Requirements ◇ Global Requirement ◇ Major Requirements 	<ul style="list-style-type: none"> ◇ Academic Courses ◇ Teaching Assistantships ◇ Peer Mentorships ◇ Internships ◇ Summer Research ◇ Short-term study 	<p>Wellness Experiences do not bear credit, rather provide students the opportunity improve overall health, community, and reflection through sustained engagement.</p> <p>Students must complete two Wellness Experiences within the first two years at Trinity.</p>

Foundational Requirements (3) - Writing Proficiency, Quantitative Literacy, Second Language

Distribution Requirements (5) - One credit each from Arts, Humanities, Natural Sciences, Numerical and Symbolic Reasoning, Social Sciences

Experiential Certificates - An integrated pathway to fulfil the Trinity "Plus," these 3-credit initiatives consist of both academic courses and co-curricular experiences. Certificates are often interdisciplinary and are shaped in such a way as to prepare students for success after graduation.

