Central New Mexico Community College (CNM) offers several introductory information technology (IT) and computer science courses that would be suitable for a student majoring in Literature. Here are some specific courses they might consider:

1. **IT 1010 - Introduction to Information Technology**: This course provides a broad overview of information technology, covering topics such as computer hardware and software, networking, the Internet, and cybersecurity. It's a great starting point for students with little to no background in IT.

2. **IT 1020 - Introduction to Computer Science**: This course introduces students to the fundamentals of computer science, including algorithms, programming concepts, and problem-solving techniques. It typically uses a programming language such as Python, which is beginner-friendly.

3. **IT 1050 - Introduction to Cybersecurity**: For students interested in learning about cybersecurity, this course covers basic concepts such as threats and vulnerabilities, cryptography, network security, and ethical hacking. It's a valuable skill set in today's digital age.

4. **IT 1150 - Introduction to Web Development**: This course teaches the basics of web development, including HTML, CSS, and JavaScript. Students learn how to create and design websites, which can be useful for various fields, including literature, where online platforms are increasingly important for publishing and communication.

5. **IT 1200 - Introduction to Operating Systems**: Understanding operating systems is essential for anyone working with computers. This course covers topics such as file systems, process management, memory management, and security. It provides a foundational understanding of how computers operate at a fundamental level.

6. **CS 1101 - Introduction to Computer Programming**: This course focuses on teaching students the basics of programming using a high-level language such as Python or Java. Students learn fundamental programming concepts like variables, loops, conditionals, functions, and basic data structures.