At New Mexico Highlands University, a student majoring in Sociology and Anthropology might consider the following introductory Computer Science courses to complement their major:

- 1. **Introduction to Computer Science (CS 151)** This course provides a broad overview of computer science concepts and programming principles, which can be useful for data analysis and research.
- 2. **Introduction to Programming (CS 152)** Focuses on learning programming languages and problem-solving techniques, which could be beneficial for handling quantitative data in sociology and anthropology research.
- 3. **Introduction to Data Science (CS 155)** Covers basics of data analysis, visualization, and statistical methods, which can be particularly relevant for analyzing social data and trends.
- 4. **Introduction to Information Systems (CS 201)** Provides an understanding of information systems and their applications, useful for managing research data and using digital tools.

These courses would help a student in Sociology and Anthropology gain skills in programming, data analysis, and information management, enhancing their research capabilities and opening up opportunities for interdisciplinary work.