Imagine the positive changes you can create by approaching social issues from several angles. Learn through the lenses of psychology, sociology, social work, and a set of unique SDS courses.

Help SDS professors with their research and earn credit!

WANT TO CHEER SOMEONE UP?

Professor Denise Marigold’s research suggests that people with low self-esteem benefit more from friends and family who just sympathize with them after a negative event, rather than always looking for a silver lining. Trying to cheer up a friend in distress works better when the person has higher self-esteem. So the next time you want to help someone in a predicament, ask yourself what they really need: a positive spin on a bad situation, or someone to be understanding, and just to nod and listen?

FOR MORE INFORMATION ABOUT THE PROGRAM OR HOW TO APPLY, PLEASE CONTACT US:

519-884-4404, ext. 28638
renison@uwaterloo.ca

Renison University College
240 Westmount Road North, Waterloo, ON, Canada N2L 3G4

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C008822 SDS 2015
Social Development Studies (SDS) is a multi-faceted program that gives you a background in psychology, sociology, social work, and a set of unique SDS courses. You’ll learn how physical and mental health, socioeconomic realities, education, and emotional support affect the well-being of individuals and communities — locally, nationally and internationally.

Promoting social change is always encouraged in our society — but SDS gives you the knowledge, critical thinking, and application skills to act on it. You’ll be better prepared to make a difference, and get a valuable skill set that employers want.

REAL EXPERIENCE LEADS TO REAL JOBS

MATT, Fourth-Year Arts and Business student majoring in SDS (Social Policy and Social Action specialization)

Majoring in SDS through the Arts and Business Co-op program allows Matt to get both the education and experience he needs to open doors to his dream career. “Along with a great knowledge base I’m getting valuable research, analysis and presentation skills. The curriculum is very experiential too. Professors involve students and use progressive teaching methods.”

EXPAND YOUR KNOWLEDGE WITH ONE OF OUR SDS SPECIALIZATIONS

» CULTURAL DIVERSITY
Develop your knowledge and skills in understanding and working with people from diverse backgrounds both within Canada and internationally.

» EDUCATION
Interested in becoming a teacher, working with children and youth, or program development for organizations you care about? Start here to get the skills that will make you a success!

» INDIVIDUAL WELL-BEING AND DEVELOPMENT
In addition to benefitting your own personal development, prepare yourself for a career in life coaching and training, leadership development, or human resources.

» SOCIAL POLICY AND SOCIAL ACTION
If you want to bring change to society, social policy is a good fit. This is a great foundation if you are interested in a career in global governance, human rights, health, housing, environment, law, or public service.

» SOCIAL WORK
This specialization provides you with an excellent knowledge base in Social Work and includes courses required for admission into the Bachelor of Social Work program at Renison.

BE A PART OF THE SDS LIVING-LEARNING COMMUNITY

First-year students can choose to live at Renison University College and be a part of the SDS Living-Learning Community. You’ll live near some of your classmates, and upper-year SDS students called “Peer Leaders” will set up monthly events to help you make the most of your first year!

By living at Renison, you’ll also enjoy having your classes, professors, academic advisors, and library all in the same building.

uwaterloo.ca/renison/living-learning

INSPIRING SELF-DEVELOPMENT THROUGH ENTREPRENEURSHIP

CHARMAINE HAMMOND, SDS Grad, Professional Speaker

Studying SDS through distance education gave Charmaine flexibility and led her to further schooling, coaching and mentoring, and starting her own business. She’s now a successful professional international speaker, corporate trainer, and author of several books. “If you’re committed to what you love, your passion will take you a long way. Even if you don’t feel ready yet, you might be much more ready than you give yourself credit for.”

See how other SDS grads are making a difference at: bit.ly/communitySDS

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