

SDS - INDIVIDUAL WELL-BEING AND DEVELOPMENT SPECIALIZATION

EFFECTIVE SEPTEMBER 2026 - PRESENT

Student Name: _____

Student ID: _____

Plan Version (term/year added): _____

Date: _____

REQUIREMENTS: Completion of 6 COURSES from the following options:

✓ ***AT LEAST 4 FROM:**

**available online, pending term*

☐
☐
☐
☐
☐

SDS 345R
SDS 350R*
SDS 355R*
SDS 367R
SDS 440R

☐
☐
☐

SOC 204R*
SOCWK 220R*
SOCWK 321R*

☐
☐
☐
☐
☐

PSYCH 226R
PSYCH 354R*/354
PSYCH 356R*/356
PSYCH 444R*
PSYCH 448R

NOTE: (Optional) Courses below can only count if the topic covered fits within the scope of this specialization.
See an SDS academic advisor for more information.

☐
☐
☐
☐
☐
☐

PSYCH 450R Special Topics. *Topic must be approved.*
SDS 490R Special Studies. Application Required. *Topic must be approved.*
SDS 495R Research Apprenticeship. Application Required. *Topic must be approved.*
SDS 496R Applied Apprenticeship. Application Required. *Topic must be approved.*
SDS 499A Honours Thesis. Application Required. *Topic must be approved.* Must take 499B.
SDS 499B Honours Thesis. Application Required. *Topic must be approved.*

✓ **UP TO 2** courses allowed from this list if all 6 have not been completed from the options above:

☐
☐
☐
☐

GERON 201/HLTH 201
GERON 352/HLTH 352/
KIN 352/REC 362/SOC 352
PACS 202/LS 271*
PACS 323/LS 319

☐
☐
☐
☐

PHIL 121
PHIL 201*
PHIL 202/GSJ 222*
PSYCH 318

☐
☐
☐

SOC 200
SRF 101*
SRF 306

This checklist is to be used as a worksheet only.

Students are responsible for understanding and meeting plan requirements. Seek clarification if needed.

Academic Calendar
Plan Requirements:



Last updated: September 9, 2026

SDS - INDIVIDUAL WELL-BEING AND DEVELOPMENT SPECIALIZATION

EFFECTIVE SEPTEMBER 2026 - PRESENT

Individual Well-being and Development - Required course options

SDS 345R Self-Development and Identity Formation: A Sociocultural Perspective (rarely offered)
SDS 350R Adult Life Crises and Events
SDS 355R Resilience and Social Support
SDS 367R Aging and Social Development
SDS 440R Approaches to Well-being
SOC 204R Sociology of Adolescence
SOCWK 220R Social Work with Individuals: Theory and Practice 1 (*antireq SRF 301, SMF 301/311*)
SOCWK 321R Social Work with Families
PSYCH 226R Positive Psychology
PSYCH 354R/354 Interpersonal Relations (*antireq SRF 306*)
PSYCH 356R/356 Personality
PSYCH 444R Psychological Interventions
PSYCH 448R Close Relationships (*antireq PSYCH 459*)

Individual Well-being and Development - Optional courses

GERON 201/HLTH 201 Aging and Health
GERON 352/HLTH 352/KIN 352/REC 362/SOC 352 Sociology of Aging
PACS 202/LS 271 Conflict Resolution
PACS 323/LS 319 Negotiation: Theories and Strategies (*antireq PSYCH 439*)
PHIL 121 Moral Issues
PHIL 201 Philosophy of Sex and Love
PHIL 202/GSJ 222 Gender Issues
PSYCH 318 Psychosexual Organization
SOC 200 Sociology of Marriage and Family
SRF 101 Introduction to Sexualities, Relationships, and Families
SRF 306 Intimate Relationships (*antireq PSYCH 354/354R*)

* Always refer to the current undergraduate calendar for up-to-date course names, pre-requisites, and anti-requisites *

Last updated: September 9, 2026