

SDS - INDIVIDUAL WELL-BEING AND DEVELOPMENT SPECIALIZATION

EFFECTIVE SEPTEMBER 2020 - PRESENT

Student Name: _____

ID: _____

Plan Date: _____

Date: _____

REQUIREMENTS: Successful completion of at least 6 COURSES from the following options:

✓ **A MINIMUM OF 4 FROM:**

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

SOCWK 220R
 SOCWK 321R

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

NOTE: *Topic approval for the courses below depends on their fit within the scope of the specialization.
See an SDS academic advisor for more information.*

<input type="checkbox"/> PSYCH 450R	Special Topics. Topic must be approved.
<input type="checkbox"/> SDS 490R	Special Studies. Application Required. Topic must be approved.
<input type="checkbox"/> SDS 495R	Research Apprenticeship. Application Required. Topic must be approved.
<input type="checkbox"/> SDS 496R	Applied Apprenticeship. Application Required. Topic must be approved.
<input type="checkbox"/> SDS 499A	Honours Thesis. Application Required. Topic must be approved. <u>Must take 499B.</u>
<input type="checkbox"/> SDS 499B	Honours Thesis. Application Required. Topic must be approved. <u>Must take 499A.</u>

✓ **Additional options if the 6 course minimum was not already met from the courses 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

SMF 101
 SMF 306
 SOC 200
 SOC 204R

**This checklist is to be used as a worksheet only.
Students are responsible for understanding and meeting plan requirements.**

SDS - INDIVIDUAL WELL-BEING AND DEVELOPMENT SPECIALIZATION

EFFECTIVE SEPTEMBER 2020 - PRESENT

Individual Well-being and Development - Required course options

SDS 345R Self-Development and Identity Formation: A Sociocultural Perspective

SDS 350R Adult Life Crises and Events

SDS 355R Resilience and Social Support

SDS 367R Aging and Social Development

SDS 440R Optimal Living

SOCWK 220R Social Work with Individuals: Theory and Practice 1

SOCWK 321R Social Work with Families

PSYCH 226R Positive Psychology

PSYCH 354R/354 Interpersonal Relations

PSYCH 356R/356 Personality

PSYCH 444R Psychological Interventions

PSYCH 448R Close Relationships

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

PHIL 121 Moral Issues (*formerly PHIL 220*)

PHIL 201 Philosophy of Sex and Love

PHIL 202/GSJ 222 Gender Issues

PSYCH 318 Psychosexual Organization

SMF 101 Introduction to Relationships and Families (*formerly SMF 206*)

SMF 306 Intimate Relationships

SOC 200 Sociology of Marriage and Family

SOC 204R Sociology of Adolescence

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