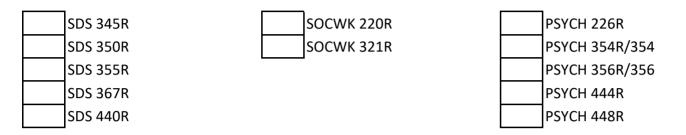
SDS - INDIVIDUAL WELL-BEING AND DEVELOPMENT SPECIALIZATION <u>EFFECTIVE SEPTEMBER 2020 - PRESENT</u>

Student Name:	ID:
Plan Date:	Date:

REQUIREMENTS: Successful completion of at least <u>6 COURSES</u> from the following options:

✓ <u>A MINIMUM OF 4 FROM:</u>



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.

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. Must take 499A.

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

GERON 201/HLTH 201	PHIL 121	SMF 101
GERON 352/HLTH 352/	PHIL 201	SMF 306
KIN 352/REC 362/SOC 352	PHIL 202/GSJ 222	SOC 200
PACS 202/LS 271	PSYCH 318	SOC 204R
PACS 323/LS 319		

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

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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 *