

SDS - INDIVIDUAL WELL-BEING AND DEVELOPMENT SPECIALIZATION

EFFECTIVE SEPTEMBER 2025 - 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*

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

SDS 345R

SDS 350R*

SDS 355R*

SDS 367R

SDS 440R

<input type="checkbox"/>
<input type="checkbox"/>

SOCWK 220R*

SOCWK 321R*

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

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.

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

PSYCH 450R

SDS 490R

SDS 495R

SDS 496R

SDS 499A

SDS 499B

Special Topics. *Topic must be approved.*

Special Studies. Application Required. *Topic must be approved.*

Research Apprenticeship. Application Required. *Topic must be approved.*

Applied Apprenticeship. Application Required. *Topic must be approved.*

Honours Thesis. Application Required. *Topic must be approved.* Must take 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:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

GERON 201/HLTH 201

GERON 352/HLTH 352/

KIN 352/REC 362/SOC 352

PACS 202/LS 271*

PACS 323/LS 319

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

PHIL 121

PHIL 201*

PHIL 202/GSJ 222*

PSYCH 318

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

SRF 101*

SRF 306

SOC 200

SOC 204R*

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:



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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 Approaches to Well-being
SOCWK 220R Social Work with Individuals: Theory and Practice 1 (*antireq SMF 301/311*)
SOCWK 321R Social Work with Families
PSYCH 226R Positive Psychology
PSYCH 354R/354 Interpersonal Relations (*antireq SMF 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 (*antireq PHIL 220*)
PHIL 201 Philosophy of Sex and Love
PHIL 202/GSJ 222 Gender Issues (*antireq WS 222*)
PSYCH 318 Psychosexual Organization
SRF 101 Introduction to Sexualities, Relationships, and Families (*previously SMF*)
SRF 306 Intimate Relationships (*antireq PSYCH 354/354R; previously SMF*)
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 *