



DEPARTMENT OF
**FAMILY RELATIONS
AND APPLIED NUTRITION**

**FAMILY STUDIES
and
HUMAN DEVELOPMENT
Student Handbook**

1st Edition: August 18, 2020

2020-2021

COVID*19 Pandemic Disclaimer

As of March 16, 2020, the University of Guelph has been following emergency measures due to the pandemic as mandated by the Province of Ontario. Faculty and staff have been working remotely and communication has been primarily by email, telephone and video conferencing. Links on how to reach student service departments are included in this handbook.

For Fall 2020-Winter 2021, many courses will be offered in alternative delivery formats and scheduling may differ from what appears in this handbook. Click on WebAdvisor for the most up to date information on course availability and scheduling at

<https://webadvisor.uoguelph.ca/WebAdvisor/WebAdvisor?TYPE=M&PID=CORE-WBMAIN&TOKENIDX=6420749013>

For updates on the COVID 19 Pandemic and the University of Guelph, please go to the following link: <https://news.uoguelph.ca/2019-novel-coronavirus-information/>

Andrea Breen, the CSTU and FSHD Faculty Advisor will be available to answer inquiries around subject related issues and career advice. Email questions to abreen@uoguelph.ca

Linda Zehr, the BASc Program Counsellor, can assist with degree program requirements, declaring an Area of Emphasis in Dietetics or a minor, or taking a course at another institution on a Letter of Permission, as well as requesting academic consideration.

Email questions to bascprog@uoguelph.ca. If you wish to arrange a video conference or telephone appointment, please go to the following link: <https://outlook.office365.com/owa/calendar/BAScProgramCounselling@uoguelph.ca.onmicrosoft.com/bookings>

Family Studies and Human Development Program Handbook

This handbook is intended to serve as a guide for Family Studies and Human Development (FSHD) students, and to offer supplementary information about the program, department and the University of Guelph. It does not replace the information that is in the University of Guelph Undergraduate Calendar, <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/>. The format is meant to answer some of the questions asked most frequently about the Family Studies and Human Development Program for first year students at the University of Guelph.

Table of Contents

Department and Program Overview	5
The Major.....	5
The Learning Approach.....	5
Adjusting to the University of Guelph.....	6
General Tips	6
Getting Involved	6
Campus Map	6
University of Guelph Policies	7
Study Tips	7
Planning Your Program	8
Decoding Course Descriptions.....	8
Booking Appointments.....	8
Program Plan.....	9
FSHD Program Plan 2020-2021	9
Restricted Electives	12
Exchange/Study Abroad Opportunities	12
Electives that Complement the FSHD Major.....	13
The Practicum Experience	17
Academic Frequently Asked Questions	18
Adult Development-Family Studies and Human Development- Student Association	24
Faculty Research Interests	25
Beyond Undergrad	25
Career Planning	25
Careers and Further Education.....	26
Graduate Education	27
Potential Career Opportunities.....	29

Important Contact Information

<http://www.uoguelph.ca/family/people>

Acting Chair
John Beaton
July 1, 2020 to June 30, 2021
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Linda Zehr
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Telephone: 519-824-4120, Ext. 58964, MINS 253

Appointments
Instructions are included in the Planning Your Program section on Page 7 in this manual. Contact the Program Counsellor regarding special academic considerations related to health or compassionate issues, general career planning and services and curriculum planning, and approval for students taking courses outside the standard program plan, e.g. students who have taken courses at other universities.

Faculty Advisor
Dr. Andrea Breen
abreen@uoguelph.ca
Telephone: 519-824-4120, Extension 53976, MINS 233

Contact your Faculty Advisor about academic performance, courses, program planning and career information specific to the FSHD major.

FRHD Curriculum Committee Chair
Dr. Tuuli Kukkkonen
kukkonen@uoguelph.ca,
Telephone: 519-824-4120, Extension 53345, MINS 237

Student Academic Representative
Ashley Scott
ascott17@uoguelph.ca

Contact the Chair of the Undergraduate Curriculum Committee or your Student Representative for questions related to existing curriculum or the development of new curriculum.

Family Studies and Human Development Listserv
Your name and uoguelph.ca address will be put on the mailing list for the Family Studies and Human Development Listserv. The name of the listserv is fshd@listserv.uoguelph.ca. On this Listserv, you will receive important messages from the BASc Counselling Office, Faculty Advisors and the ADEV-FSHD Student Association

Department and Program Overview

The Department of Family Relations and Applied Nutrition is one of departments in the College of Social and Applied Human Sciences (CSAHS). The College was created in 1998 through the merger of the former College of Family and Consumer Studies (FACS) and College of Social Science (CSS). The College traces its history back through FACS to Macdonald Institute, one of the founding colleges of the University of Guelph.

Family Studies and Human Development (FSHD) is one of three majors of the Bachelor of Applied Science (B.A.Sc.) program. The other majors are Applied Human Nutrition (AHN and Child Studies (CSTU).

The Major

The Family Studies and Human Development major focuses on the development of individuals and families across the lifespan within the context of relationships, and diverse social and cultural influences. This interdisciplinary program is designed to provide students with an understanding of the influence of psychological, social, biological, and economic factors on individual health, well-being, and relationships across the lifespan. Guaranteed practicum placement(s) enable students to gain knowledge and skills appropriate for work with individuals and groups in a variety of settings, completing up to 336 hours of practical experience. Restricted electives allow students to focus their studies on one or more content areas including: (1) Adult Development and Gerontology, (2) Sexuality and Relationships, and (3) Youth Studies. You can also declare a minor.

Through the effective use of elective courses, the core requirements in the major can be supplemented to create a program of study that will prepare graduates for a variety of careers working with individuals and their families. Graduates pursue careers in a variety of settings including family and community service agencies; government; research institutions; health promotion divisions; support services delivery for individuals and their families; health and social care agencies; employee and family assistance programs; and local social planning councils. Many graduates go on to pursue graduate education in fields such as social work, human sexuality, gerontology, public health, occupational therapy, speech language pathology, recreation therapy, family law and mediation, couple and family therapy, education, social policy, and family relations and human development.

The Learning Approach

Our courses involve you in current research and theory broadly in family studies and human development. You will have the opportunity to deepen your studies in one or more of the content areas, and you can also declare a minor, and/or choose electives in a related or complementary field. Field placements and community service-learning opportunities will enable you to gain knowledge, skills and values to work effectively with individuals and groups in a variety of settings.

Adjusting to the University of Guelph

You are in a new learning environment. Take advantage of the many services available to welcome you and support your learning.

General Tips

- Check your uoguelph.ca email address regularly! Email is the main form of communication for most university departments.
- You'll get messages from:
 - The FSHD Listserv and all FSHD students are on this listserv. Messages include information on course selection, special events, guest lectures, workshops, volunteer postings, job opportunities as well as student association activities.
- Unless your course instructors/professors tell you otherwise, address instructors, in person and in email correspondence, as "Professor" + Last Name
- Social media link is: <https://www.uoguelph.ca/web/socialmedia/>

Getting Involved

- Participate in activities of the ADEV-FSHD Student Association (ADEV-FSHD-SA) to meet your colleagues and hear about how they handled their first year in the program
- Watch for information on the FSHD listserv about the ADEV-SA and consider running for a position. Refer to the ADEV-FSHD-SA section in the handbook for further information.
- See the Central Students Association (CSA) for a full listing of clubs: <http://www.csaonline.ca/>.
- Get to know the Guelph community and what it offers. Visit the City of Guelph website at <http://guelph.ca/>.
- If you live on campus, consult your Interhall Council: <http://www.interhall.org> and residence life staff for involvement opportunities.
- If you live off campus, for further information go to Student Life, Off Campus Living (OCL), <http://studentlife.uoguelph.ca/ocl/>
- Participate in activities and opportunities by the College of Social and Applied Human Sciences Student Alliance (CSAHS-SA) to meet some of the other students in your college

Campus Map

Get to know the University of Guelph campus, go to: <http://www.uoguelph.ca/campus/map/>

University of Guelph Policies

<https://www.uoguelph.ca/secretariat/policy/database>

The above-named website provides links to the most current versions of University of Guelph policies, procedures and guidelines.

University policies are established by Senate and the Board of Governors. As well, operational and/ or managerial policies and regulations are established by administrative units to carry out university policies and applicable federal or provincial legislation.

Policies and procedures related to undergraduate programs are available in the [University of Guelph Undergraduate Calendar](#)

Study Tips

- Learn about Residence Learning Communities and Academic Clusters which includes a BASc cluster. Further information is outlined on the brochure at: <http://www.housing.uoguelph.ca/page.cfm>, click Undergrad Housing, and then click Residence Learning Communities.
- Visit the Learning Commons in McLaughlin Library to find out about Learning Services and Writing Services to help you build your skills. They offer group sessions and individual support.
- Find out about Supported Learning Groups (SLG) from the web site: <http://www.lib.uoguelph.ca/about/about-our-teams/learning-curriculum-support/supported-learning-groups-slg>. Peer helpers host informal study sessions for some courses, such as PSYC*1000 Introduction to Psychology.
- Find other students in your classes to join study groups to discuss issues and support your learning.
- If you fail a mid-term or have difficulty on an assignment, seek help immediately from the course instructor or teaching assistant to start dealing with your problem. The semester is too short to put off getting help.
- Use links from the Learning Commons website to connect you with a wealth of study resources. <http://www.lib.uoguelph.ca/get-assistance>.
- Eat well, enjoy physical activity and take time to sleep so you can be at your best for lectures and studying.

The Library

Familiarize yourself with the abundance of library's services and resources including finding books, videos, journal articles and conducting research. Take a library tour, browse the library website. <http://www.lib.uoguelph.ca/>

Textbooks

University Bookstore

<http://www.bookstore.uoguelph.ca>

Located in the MacNaughton Building, this bookstore should have all books and materials needed for your classes.

Guelph Campus Co-operative - Co-op Bookstore

<http://www.guelphcampus.coop/>.

Located in the basement of Johnston Hall, this bookstore offers a money saving membership and has both new and used textbooks. The Co-op Bookstore also has a textbook buy-back program at certain times in the semester.

<http://www.thecannon.ca>

Run by the Central Student Association, this website has a 'buy and sell text books' function that lets you browse text books by subject under the Classifieds. You can also post your books to be sold.

Planning Your Program

Decoding Course Descriptions

Information regarding course labeling, codes, prerequisites and restrictions are outlined in the Undergraduate Calendar at the following link:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c12/index.shtml>

Booking Appointments

There are several ways to arrange an appointment with Linda Zehr, the Bachelor of Applied Science (BASc) Program Counsellor including:

The fastest way is to arrange your own appointment by going to the following link and provide the requested information:

<https://outlook.office365.com/owa/calendar/BAScProgramCounselling@uoguelphca.onmicrosoft.com/bookings>

Telephone 519-824-4120, Ext. 58964 and again suggest dates and times.

In person, drop by MINS 253 during business hours (8:30 am to 4:30 pm, closed from 12:00 pm to 1:00 pm).

The majority of appointments are booked Monday to Thursday, from 9:30 am to 11:30 am and from 1:30 pm to 3:30 pm. The office is closed for lunch from 12:00 pm to 1:00 pm. No matter the option, it is important to include your major, ID number, what issues you would discuss and your telephone number. Appointments are booked on a first come, first serve basis

Program Plan

The following pages may be used to plan your required courses and electives throughout your time in the Family Studies and Human Development major. Please refer to the on-line 2020-2021 Undergraduate Calendar for further information on the majors. **Please note course offerings are subject to change.** Courses designated as DE are offered as a Distance Education (on-line) format.

Family Studies and Human Development Program Plan 2020-2021

Semester/Offered		Course Code	Course Title	Prerequisite(s)
1 <i>Fall</i>	F'20, W'21DE	FRHD*1010	Human Development	Priority Access
	SDE F W	NUTR*1010	Introduction to Nutrition	Priority Access
	S F W	PSYC*1000	Introduction to Psychology	Priority Access
			Elective or restricted elective	
			Elective or restricted elective	
2 <i>Winter</i>	SDE W	FRHD*1020	Couple and Family Relationships	Priority Access
	W	MBG*1000	Genetics and Society	
	F W S F W	One of: ANTH*1150 SOC*1100	Introduction to Anthropology Sociology	
			Elective or restricted elective	
			Elective or restricted elective	
3 <i>Fall</i>	F	One of: FRHD*2060	Adult Development and Aging	1 of ANTH*1150, FRHD*1010, FRHD*1100, PSYC*1000, PSYC*1100, PSYC*1200, SOC*1100, Priority Access
	W21*, F21 *last winter offering	FRHD*2280	Adolescent Development	1 of ANTH*1150, FRHD*1010, FRHD*1100, PSYC*1000, PSYC*1100, PSYC*1200, SOC*1100, Priority Access
	F	STAT*2080	Introductory Applied Statistics I	see Calendar
			Elective or restricted elective	
			Elective or restricted elective	
			Elective or restricted elective	

4 <i>Winter</i>	F'20, S21DE W22	FRHD*2100	Development of Human Sexuality	4.50 credits, Priority Access
	W	FRHD*2400	Introduction to Human Services	1 of FRHD*1010, FRHD*2060, FRHD*2270, FRHD*2280, PSYC*2450. Restricted to students CYF, CYF:C ADEV, ADEV:C, FSHD
	W	STAT*2090	Introductory Applied Statistics II	STAT*2080
			Elective or restricted elective	
			Elective or restricted elective	
5 <i>Fall</i>	F	FRHD*3070	Research Methods - Family Studies	4.50 credits, restricted to students in B.A.Sc.
	W'22, F'22	FRHD*3090	Poverty and Health	Priority Access
	FW	One of: FRHD*3250	Practicum I: Youth [1.00]	FRHD*2350 or FRHD*2400
	FW	FRHD*3290	Practicum I – Adult [1.00] (may be taken in Semester 5 or 6)	Co-requisite: FRHD*3400. Restricted to students in ADEV, ADEV:C, FSHD. Instructor Consent
			Elective or restricted elective	
Note: FRHD*3250/3290 may be taken in either Semester 5 or Semester 6				
6 <i>Winter</i>	W	FRHD*3040	Parenting and Intergenerational Relationships	9.50 credits including FRHD*1020, (1 of FRHD*1100, FRHD*2060, FRHD*2260, FRHD*2270, FRHD*2280, PSYC*2450), Priority Access
	F W	FRHD*3400	Communication and Counseling Skills	4.50 credits including (FRHD*1020 or FRHD*1100) Priority Access
			Elective or restricted elective	
			Elective or restricted elective	
			Elective or restricted elective	

7 Fall	F	FRHD*4020	Family Theory	Priority Access
	F	FRHD*4310	Professional Issues	14.00 credits including FRHD*3400, Priority Access
			Elective or restricted elective	
			Elective or restricted elective	
			Elective or restricted elective	
8 Winter	W	FRHD*4260	Social Policies	9.50 credits including FRHD*2060 or FRHD*2280, Priority Access
	W	One of: FRHD*4200	Issues in Human Sexuality	FRHD*1020, FRHD*2100 and 1.00 credit at the 3000 level in Family Relations and Human Development, Psychology or Sociology
		FRHD*4250	Aging and Health	10 credits including FRHD*2060, Priority Access
		FRHD*4400	Youth, Risk and Resilience	14.00 credits including (1 of FRHD*1010, FRHD*2060, FRHD*2270, FRHD*2280, PSYC*2450), Priority Access
			Elective	
			Elective	
			Elective	

Restricted Electives

In addition to the 11.00 credits, an additional 1.50 restricted electives are required in total from any of the courses listed in the restricted elective content areas (can be from one or more areas).

Restricted Electives Content Area 1: Adult Development and Gerontology

BIOL*1080	[0.50]	Biological Concepts of Health
BIOM*2000	[0.50]	Concepts of Human Physiology
FRHD*2060	[0.50]	Adult Development and Aging
FRHD*3060	[0.50]	Principles of Social Gerontology
FRHD*3500	[0.50]	Research Internship
FRHD*4190	[0.50]	Assessment in Gerontology
FRHD*4250	[0.50]	Aging and Health
FRHD*4290	[1.00]	Practicum II: Adult
FRHD*4810	[0.50]	Thesis I
FRHD*4910	[1.00]	Thesis II
NUTR*3150	[0.50]	Aging and Nutrition

Restricted Electives Content Area 2: Sexuality and Relationships:

ENGL*2190	[0.50]	Representation and Sexuality
FRHD*3500	[0.50]	Research Internship
FRHD*4200	[0.50]	Issues in Human Sexuality
FRHD*4290	[1.00]	Practicum II: Adult
FRHD*4810	[0.50]	Thesis I
FRHD*4910	[1.00]	Thesis II
HIST*3020	[0.50]	Sexuality and Gender in History
SOAN*2400	[0.50]	Introduction to Gender Systems

Restricted Electives Content Area 3: Youth Studies

FRHD*2280	[0.50]	Adolescent Development
FRHD*3500	[0.50]	Research Internship
FRHD*4340	[1.00]	Practicum II: Youth
FRHD*4400	[0.50]	Youth, Risk and Resilience
FRHD*4810	[0.50]	Thesis I
FRHD*4910	[1.00]	Thesis II
HIST*3200	[0.50]	Youth in History
SOC*3710	[0.50]	Youth Justice- a Course Waiver signed by Instructor is needed to add this course, if space permits

Exchange/Study Abroad Opportunities

The first step for students interested in an exchange or study abroad opportunity is to attend a Study Abroad Information Session organized by the Centre for International Programs (CIP). Dates and times for these sessions may be found on the CIP home page <https://www.uoquelfh.ca/cip/>. Normally, students consider an exchange/study abroad experience in Semester 5, 6 or 7. For further planning and information, please arrange an appointment with the BASc Program Counsellor as outlined on page *

Electives

Consider exploring electives in other departments and beyond those listed above. You can take electives in any area, if you have the prerequisites for the desired course. The number of electives at various levels is not mandated in BASc majors (AHN, CSTU and FSHD). There is no specific limit to the number of 1000 level, 2000 level, etc., elective courses allowed throughout your program. When planning electives, check the course description in the Undergraduate Calendar as the course may have additional prerequisites or a co-requisite other than what is required in the major. Course offerings are subject to change.

Electives that Complement the FSHD Major

Course offerings are subject to change. Courses may have scheduling changes, restrictions, Priority Access or are offered in a Distance Education format only. Please check WebAdvisor for further information. Also, when planning electives, check the course description in the Undergraduate Calendar as the course may have additional prerequisites or co-requisites other than what is required in the major.

If courses are designated as Priority Access to certain majors or degree programs, students may request a Course Restriction Waiver by completing a Course Waiver Request Form and obtain a signature from the course instructor or department designate. This form is available on WebAdvisor. F- Fall Semester, W-Winter Semester, U-Unassigned offering, consult WebAdvisor or with the relevant department.

Remember that electives are an opportunity to try out different content areas and see what piques your interest! We have included suggestions below to give you some ideas, but there may be many other courses across campus that could be a good fit for you. Of course, electives are also used to meet requirements for your future careers and further education – see “Careers and Further Education” section in the handbook for this information.

Aging and Health	Prerequisites/Restrictions
BIOL*1080 [0.50] (F, W) Biological Concepts of Health	4U Biology
FRHD*1100 [0.50] (F,W) Life, Health and Well-Being	No prerequisites Distance Education only
FRHD*3060 [0.50] (F) Principles of Social Gerontology	9.50 credits including FRHD*1020 or SOAN*3100
FRHD*4290 [1.00] (F, W) Practicum II: Adult	FRHD*3290, Restricted to students in ADEV, ADEV:C and FSHD, Instructor consent required
HIST*3240 [0.50] (F) Food History	7.50 credits
HIST*3640 [0.50] Madness and Psychiatry	7.50 credits, offered in odd- numbered years
NUTR*2050 [0.50] (F) (also offered by DE) Nutrition Through the Life Cycle	NUTR*1010 Priority Access
NUTR*3150 [0.50] (W) Aging and Nutrition	1 of NUTR*1010, NUTR*2150, NUTR*3210
NUTR*4070 [0.50] (F) Nutrition Education	FRHD*3400, NUTR*2050, Priority Access

PSYC*3110 [0.50] (W) even numbered years Topics in Health Psychology	NEUR*2000 or 2.50 credits in Psychology
PSYC*3570 [0.50] (U) (DE only) The Psychology of Death and Dying	1 of FRHD*2270, PSYC*2310 , PSYC*2740 , PSYC*2450 ,

Sexuality and Gender	
ENGL*2190 [0.50] (W), odd numbered years Queer Literatures and Cultures	2.00 credits
FRHD*4200 [0.50] (W) Issues in Human Sexuality	FRHD*1020 , FRHD*2100 and 1.00 credit at the 3000 level in FRHD, Psychology or Sociology. This is a Priority Access Course and some restrictions may apply during some time periods
FRHD*4290 [1.00] (F, W) Practicum II: Adult	FRHD*3290, Restricted to students in ADEV, ADEV:C and FSHD. Instructor consent
HIST*3020 [0.50] (F) History in Sexuality and Gender in History	7.50 credits including 1.00 credits in History
POLS*2150 [0.50] (W) Gender and Politics	No prerequisites
PSYC*3300 [0.50] (W) odd numbered years Psychology of Gender	2.50 credits in Psychology including PSYC*2310
SOAN*2400 [0.50] (S, F) Introduction to Gender Systems	ANTH*1150 or SOC*1100
SOAN*3100 [0.50] (F) Gender Perspectives on Families and Households	(1 of ANTH*2160 , SOAN*2112 , SOAN*2400 , SOAN*2120 Restriction(s): FRHD*3120
Family	
ANTH*3770 [0.50] (W) Kinship, Family and Power	ANTH*2230 , (ANTH*2160 or ANTH*218), SOAN*2120
SOAN*3100 [0.50] (F) Gender Perspectives on Families and Households	(1 of ANTH*2160 , SOAN*2112 , SOAN*2400 , SOAN*2120 Restriction(s): FRHD*3120

Business and Management	
HROB*2090 (F W) Individuals and Groups in Organizations	Restrictions: HROB*2100, HROB*4000, PSYC*3090
EDRD*3500 [0.50] (F W) (DE only) Recreation and Tourism Management	10.00 credits
HROB*2010 [0.50] (F W) Foundations of Leadership	Restriction: UNIV*2000
MCS*1000 [0.50] (S F W) Introductory Marketing	This is a Priority Access Course and some restrictions may apply during some time periods. Please contact the department for more information. This course may not be taken for credit subsequent to receiving credit in FARE*4370 , HTM*3080 .
MCS*2100 [0.50] (S F W) (DE only) Personal Financial Management	5.00 credits
Research	
FRHD*3500 [0.50] (SFW) Research Internship	FRHD*3070, STAT*2090, Instructor consent
FRHD*4810 [0.50] Thesis I (F)	FRHD*3070 . Instructor consent
FRHD*4910 [1.00] Thesis II (W)	FRHD*4810, Instructor consent

Other Elective Suggestions

ANTH*2660 W (3-0) [0.50] Contemporary Indigenous Peoples of Canada	1 of ANTH*1150, IDEV*1000, SOC*1100
ARTH*1510 F (3-0) [0.50] Art Historical Studies I	No prerequisites or restrictions
ARTH*1520 W (3-0) [0.50] Art Historical Studies II	No prerequisites or restrictions
BIOL*1500 F, W (3-0) [0.50] Humans in the Natural World	No prerequisites Also offered through Distance Education format.
BOT*1200 W (3-0) [0.50] Plants and Human Use	Restrictions: BIOL*1050
CLAS*2000 W,S (3-0) [0.50] Classical Mythology	No prerequisites or restrictions Also offered through Distance Education format
CIS*1000 S,F,W (3-2) [0.50] Introduction to Computer Applications	Restriction: CIS*1200 Offered through Distance Education format only
ENGL*1030 S F W (3.0) [0.50] Effective Writing	No prerequisites or restrictions Also offered through Distance Education format
ENGL*1200 F,W (3-0) [0.50] Reading the Contemporary World	No prerequisites or restrictions Also offered through Distance Education format.

ENGL*2740 F,W (3-0) [0.50] Children's Literature	Prerequisite: 2.00 credits Also offered through Distance Education format
ENVS*1060 S,F,W (3-0) [0.50] Principles of Geology	No prerequisites Offered through Distance Education format only.
GEOG*1200 F (3-0) [0.50] Society and Space	No prerequisites or restrictions Also offered through Distance Education format.
GEOG*1220 F,W (3-0) [0.50] Human Impact on the Environment	No prerequisites or restrictions Also offered through Distance Education format.
HIST*2260 W (3-0) [0.50] Religion and Society	Prerequisite: 2.00 credits Offered through Distance Education format only.
PHIL*1010 F,W (3-0) [0.50] Introductory Philosophy: Social and Political Issues	No prerequisites or restrictions
PHYS*1600 F (3-0) [0.50] Contemporary Astronomy	Restrictions: Students with standing in any other 1000 level course credit in physics (except for PHYS*1010 and PHYS*1810) may not use this course for credit. Offered through Distance Education format only.
POLS*1150 F,W (3-1) [0.50] Understanding Politics	Restrictions: POLS*1000, POLS*1300
PSYC*2310 S,F,W (3-0) [0.50] Social Psychology	Prerequisites: 1 of (PSYC*1000, PSYC*1100, PSYC*1200) Also offered through Distance Education format.
PSYC*2330 F (3-0) [0.50] Principles of Learning	Prerequisites: PSYC*1000, Priority Access. Some restrictions may apply during some time periods.
PSYC*2390 W (3-0) [0.50] Sensation and Perception	Prerequisites: 1 of (PSYC*1000, PSYC*1100, PSYC*1200), Priority Access. Some restrictions may apply during some time periods. Also offered through Distance Education format.
PSYC*2740 W (3-0) [0.50] Personality	Prerequisites: 1 of (PSYC*1000, PSYC*1100, PSYC*1200), Priority Access. Some restrictions may apply during some time periods. Also offered through Distance Education format.
SOC*1500 F,W (3-0) [0.50] Crime and Criminal Justice	No prerequisites or restrictions
SOAN*2290 U (3-0) [0.50] Identities and Cultural Diversity	Prerequisites: ANTH*1150 or SOC*1100

The Practicum Experience

The Family Studies and Human Development (FSHD) major has a required practicum in third year (FRHD*3250 Practicum I: Youth or FRHD*3290 Practicum I: Adult) as well as an optional practicum in fourth year (FRHD*4340 Practicum II: Youth or FRHD*4290 Practicum II: Adult)

Some examples of what FSHD majors may do in third and fourth year practica include:

- support clients experiencing mental health issues in a range of settings included but not limited to the following: alternative education programs, community garden project, group homes, mental health programming, shelters, drop-in centres, counselling centres and art-based programs.
- develop, implement and evaluate recreation programs for seniors in local retirement facilities
- recruit and train leadership volunteers and present seminars on the value of volunteering
- develop and implement sexual health education programs to young adults

Academic Frequently Asked Questions

The website for the Undergraduate Calendar is:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/>

There are several questions which direct students to Section VIII, Undergraduate Degree Regulations and Procedures of the calendar and that link is:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/index.shtml>

Where can I find information about important academic dates?

Each year, important dates for the academic year are listed on WebAdvisor,

<http://www.uoguelph.ca/registrar/calendars/>. The same information is under the Schedule of Dates in the undergraduate calendar

Can I take a Minor?

Yes. You need to consult with the BAsC Program Counsellor. You may consider one of the many minors as listed under the Bachelor of Arts (B.A.)

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c10/index.shtml>

Listed below are a few examples of minors. Please feel free to explore other subject areas at

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c10/index.shtml>

French (FREN)

International Development (ID)

Psychology (PSYC)

Sociology (SOC)

To locate the Faculty Advisor for the Minor you are interested in check Undergraduate Academic Information Centre under Academic Advisors at

<http://www.uoguelph.ca/uaic/academicadvisors>.

Note: FSHD majors are not allowed to declare a Family and Child Studies (FCS) minor due to the course overlap in the FSHD major and the FCS minor.

Can I take part in an international exchange or study in another country?

The University has programs for studying abroad and information about them is available from Centre for International Programs, Level 3, University Centre, <http://www.uoguelph.ca/cip/>.

Depending on the courses offered in other countries, international study may add one or two semesters to your program in order for you to schedule all of the courses required in the FSHD program. Planning for international study requires consultation with your Program Counsellor and the Centre for International Programs.

Can I take a course at another university and get credit towards my program?

If you want to take a course at another university and get credit towards your degree, you must complete a Request for Letter of Permission form. Review the "Letters of Permission" topic within the "Undergraduate Degree Regulations and Procedures" section of the Undergraduate Calendar".

Should I keep my course outlines?

Yes. We receive frequent requests from students following graduation for copies of their course outlines for various reasons, such as applying for membership in a professional college. Most course outlines for Family Relations and Applied Nutrition courses are posted on our website at: <https://family.uoguelph.ca/course-outline>.

What scholarships and awards are available?

Information about scholarships and awards are available by utilizing the Student Financial Services Award Search Tool:

<https://www.uoguelph.ca/registrar/studentfinance/apps/awards?class=In-Course&program=BASC&college=CSAHS&category=&needcomponent=&citizen=>

The information from the search includes requirements, application procedures and deadlines. There are three types of awards available: scholarships, bursaries, and access awards. Scholarship applications are based on academic achievement and extracurricular involvement. Bursaries and Access Awards are distributed based on financial need, as well as academic achievement and extracurricular involvement.

What marks do I need to stay in the program?

Generally, you are required to maintain a minimum average of 60% to stay in the program. There is some leniency for the first 5.00 credit attempts. Please review the “Continuation of Study” topic within the section “Undergraduate Degree Regulations and Procedures” of the Undergraduate Calendar. Consult with your Program Counsellor if you have questions or concerns.

What if I have health or other problems that are affecting my academic work?

Student Health Services is in the J.T. Powell Building for treatment of your health concerns. To discuss academic concerns because of health conditions, make an appointment to talk with the Program Counsellor. You may also visit Counselling Services, J.T Powell Building to help manage your difficulties. Read carefully the “Academic Consideration and Appeals, Petitions” section under “Undergraduate Degree Regulations and Procedures”, especially the sub-section “Academic Consideration” and “Student Responsibilities” to be sure that you follow the necessary procedures. If you miss an assignment deadline or a mid-term exam, contact the course instructor as soon as possible. Check the course outline to see if there is a standard process for handling missed assignments and/or mid-terms.

Can I drop a course?

If you feel that you absolutely must drop a course, the procedure is quite easy. Before making the decision, see how dropping the course will affect your Program Plan. If the course is a prerequisite for other courses, contact your Program Counsellor or Faculty Advisor to ensure you have a feasible plan for completing your degree. If you drop a required course, you must take it again in another semester. You need 20 credits to graduate; therefore, you may have to take an extra course either in the summer or during another semester. Check when the course is offered again. To avoid academic penalty, courses that are one semester long must be dropped by the last day of classes. For two-semester courses, they must be dropped by the last day of classes in the second semester. Check the Undergraduate Calendar Schedule of Studies for the actual dates:

<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c03/index.shtml>

You may drop the course on Web Advisor. Refer to the Student Financial Services website regarding refunds at <http://www.uoguelph.ca/registrar/studentfinance/index.cfm?fees/refunds>. If you are on OSAP (Ontario Student Assistance Program), there may be consequences on your OSAP funding when dropping your course load below 1.50 credits. Contact Student Financial Services at finaid@uoguelph.ca or call 519-824-4120, Ext. 58715 before dropping courses.

Can defer a final exam?

You may request to have a final exam or final assignment deferred if you have medical, psychological or compassionate grounds. You must submit your Request for Academic Consideration (RAC) within 5 days of the missed final examination or final assignment. A deferred exam is usually written during a specified time early in the following term. If you are unable to write a final exam, contact the BAsC. Counselling Office to arrange an appointment to ensure all appropriate procedures are being followed. See also the, "Deferred Privileges" in the "Undergraduate Degree Regulations and Procedures" section of the Undergraduate Calendar.

What if I need an extension on an assignment or miss a mid-term exam?

Each course and professor should have specific procedures outlined in the course outline which you are given in the first week of classes. Check this outline and speak to your professor about any problems with completing an assignment. Be sure to do this early!

How will I find out my final grades?

Grade reports are released shortly after conclusion of the final examinations, on the date specified by the University. You may access an unofficial copy of your grades using WebAdvisor from the University of Guelph web site on the same release day.

What if I fail a course?

If you fail a course, you have a chance to take a course again or an alternative course. The summer semester provides opportunity to catch up with failed courses or take electives to lighten course loads in later semesters. For more details, see "Failed Courses" in the "Undergraduate Degree Regulations and Procedures" section of the Undergraduate Calendar. If you believe that there are extenuating circumstances related to failing the course, see the Program Counsellor for assistance. The Program Counsellor will also be willing to meet with you to create a plan to maximize your success when you re-take the course.

What if I think there was a mistake on the final grade for one of my courses?

You may request a grade reassessment. To do this you must submit a request in writing to the chair of the department offering the course, no later than the 10th day of class of the succeeding semester. For details on this process, see "Grade Reassessment" in the "Undergraduate Degree Regulations and Procedures" section of the Undergraduate Calendar.

What if I'm not sure that I'm in the right program?

Make an appointment to talk with the BAsC. Program Counsellor. You can discuss your interests, academic progress, and goals, and consider options and alternatives. You can clarify the degree requirements and find out about other services.

May I apply to transfer into another BASc major?

If you wish to transfer into Child Studies or Applied Human Nutrition, please contact the BASc Program Counselling Office at bascprog@uoguelph.ca, telephone 519-824-4120, Ext. 58964 or drop by the office in MINS 253. There is an internal BASc application form to complete which is available in MINS 253. If you wish further information regarding the high school subject requirements, the course requirements and the grade average required, please arrange an appointment with Linda Zehr, the BASc Program Counsellor.

May I apply to transfer into another University of Guelph degree program?

If you wish to transfer to another University of Guelph degree program, please contact Admission Services for details regarding the transfer application process and deadlines, the high school subject requirements and the grade average required. Admissions Services may be reached at admission@uoguelph.ca, telephone 519-824-4120, Extension 58721 or 3rd Floor University Centre. The degree programs and affiliated majors are listed in the Undergraduate Calendar at:

<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c10/index.shtml>

If have questions regarding course requirements for other majors, please contact the relevant Program Counselling Office and their contact information is at:

<https://www.uoguelph.ca/uaic/programcounsellors>.

Where do I find the schedule of courses for a particular semester?

The course schedule is available on WebAdvisor>Students>Search for Sections.

Why can't I register for a course I need for my program?

There are several reasons why you may not be able to get into a course at a certain time:

- It may not be your course selection window
- Some courses are restricted to certain groups of students. This is called "Priority Access"
- Some courses require instructor consent (i.e., BASc practicum and thesis courses)
- You may not have the required prerequisites or co-requisites or required credits
- The course/section is full

What do I do if a course I need for my program is full when it is my turn to register?

Sometimes a course may look full on WebAdvisor, but there is still room for students who require it for their program of study. Keep your eye on WebAdvisor, as spaces may open up throughout the course selection period. If you are a BASc major (including transfer students), we will make every effort to accommodate your required courses in your unique schedule. You may need a course waiver.

How do I get a course waiver for a BASc course?

Each department may have a different process for allowing students into their courses. To get into a course from another department, we suggest you contact the course instructor or department directly. In some departments, the instructor of the course signs the course waivers. In the Department of Family Relations and Applied Nutrition for BASc and other students, most course waivers are signed by the Academic Program Administrator, fran.undergraduate@uoguelph.ca, MINS 247. Further information is available at <http://www.uoguelph.ca/family/undergraduate-course-waivers>

How do I get a letter of reference from a faculty member?

References are a CRITICAL component of any application to graduate or professional schools. The guidelines outlined below will help you through the process.

Choose faculty carefully

- ✓ First approach faculty who have taught you 3rd and 4th year level courses
- ✓ Ask whether the faculty member can provide you with a strong letter of reference
- ✓ Letters from assistant, associate or full professors are generally preferred at most Institutions

Request references early

- ✓ Ask whether the faculty member wishes paper or electronic documents
- ✓ Allow at least 3 weeks for faculty to produce letters

Information/materials to provide about yourself

- ✓ Remind the professor of the program you are in and the course(s) you have taken with them (include course code and semester)
- ✓ Brief summary (1/2 page) of your key strengths/areas that you think should be emphasized; especially note any outstanding accomplishments you may have had in the course(s) taught by this particular faculty member
- ✓ Unofficial transcript
- ✓ Draft of your statement of interest/plan of study/letter of intent

Information/materials to provide about the program(s) to which you are applying

- ✓ Name and location of the program
- ✓ Brief description of the program and/or link to the program website, if applicable
- ✓ Type of reference required (i.e., online, forms, letter, etc.)
- ✓ Forms and/or links to the reference forms (Make sure that any required information is on forms, if applicable)
- ✓ Deadline/due date for receipt of letter of reference
- ✓ Address for the letter of reference, and contact person, if applicable
- ✓ You may be asked to provide an addressed envelope in which the faculty member can send the letter of reference

Confirmation

- ✓ Ask the faculty member to confirm that your letter of reference has been sent

How can I get research experience?

There are multiple ways to get research experience as part of your undergraduate studies. For students considering graduate school this may be especially important. Generally, it is recommended you have successfully completed (recommended final grade of 75% or higher) or are currently taking FRHD*3070 Research Methods and/or STAT*2090 Introductory Statistics II. For each option you'll need a faculty member to supervise your research work. It is recommended that you contact a faculty member well in advance of your interest in research (e.g. at least one semester in advance).

Suggested ways to get research experience include:

- **Undergraduate thesis:** You'll need a faculty member to supervise your research work while you take FRHD*4810, Thesis I and FRHD*4910, Thesis II. FRHD*4810 involves planning and writing the proposal, including critical analysis of the literature. FRHD*4910 involves conducting the research and analysis, writing the results in thesis format, and presenting the work in a suitable venue. Note: an undergraduate thesis is typically a two-semester 1.5 credit commitment.
- **Research Internship:** The purpose of FRHD*3500 is to give students a direct, initial experience in conducting research in Family Relations and Human Development. The internship focuses on familiarizing students with the research process and building research skills through active engagement in research under the direct guidance of a faculty member. The specific assignments will depend on the research project. Students who are involved in newer research studies may be involved in literature review, study design, and/or the ethics review process. Those who are involved in the latter stages of a research project may gain experience with data analysis and manuscript preparation. Note: the research internship is a one semester 0.5-credit commitment.

For both undergraduate thesis and research internship students need to find a faculty member who agrees to supervise them. To register in either course you will need to be signed in with instructor consent. It is recommended you approach a faculty member well in advance with a copy of your unofficial transcript, your resumé, and a summary of your research interests.

- **Volunteering:** Rather than a formal course where you can gain research experience you can also approach faculty members and request a volunteer position supporting their research. Volunteer research opportunities can range in their intensity of time and duration of commitment.
- **Summer Undergraduate Research Assistant:** The Undergraduate Research Assistantship (URA) program is a competitive program that provides summer research opportunities to undergraduate students with demonstrated financial need. The application process starts in December, but the research positions begin in May and typically last for 16 weeks. Students gain research experience, work with faculty, and further their insight into their field of studies while earning a salary. Visit Student Financial Services for more information and the link is:
<https://www.uoguelph.ca/registrar/studentfinance/ura/index>

Adult Development-Family Studies and Human Development-Student Association

The ADEV-FSHD-Student Association is a student-run club that works in collaboration with the overarching CSAHS (College of Social and Applied Human Sciences) Student Alliance and offers both academic and social events for students.

In the past, the Association has offered:

- Sexuality Info Session & Bingo Night
- Career Night
- Volunteer Opportunities
- 'Meet and Greets' with Professors
- Clothing Orders
- First Aid/CPR Certification
- Book Swaps
- Dinners at Brass Taps
- Coffee Break Fundraisers for the Alzheimer Society
- Sex, toys and chocolate (A sex toy workshop that provides education around safe sex with toys)

The ADEV-FSHD-Student Association participates in fundraising events for community organizations such as the Alzheimer Society Walk for Memories, Pass it On campaign, and also advertises volunteer, scholarship and work opportunities to students.

Each academic-year cohort has a representative on the ADEV-FSHD-Student Association, and concerns of academic and social matters brought to the ADEV-FSHD-SA's attention will be warmly advocated for or referred. The main contact for the association is adev@uoguelph.ca which is checked regularly by the ADEV-FSHD-SA president. You can also reach the members of the association through classroom announcements, our websites (listed below), participation in the student association's events, and campus flyers.

Check out ADEV-FSHD on social media!

Facebook: <https://www.facebook.com/adev.uog>

Twitter: <https://twitter.com/FshdSa>

Instagram: https://www.instagram.com/adev_uog/

LinkedIn: <https://www.linkedin.com/in/adev-fshd-sa-adev-fshd-sa-7189b41a8/>

Faculty Research Interests

For more details about our faculty research and their contact information, go to each of the faculty web link from the departmental web page: <https://family.uoguelph.ca/faculty>

Beyond Undergrad

Career Planning

Experiential Learning Hub

The many valuable services offered by Experiential Learning Hub - Co-operative Education and Career Services can help you plan for your career. Even if you think you know what you want to do, these services can help you make the best choices to reach your goal. You can examine your potential, develop your skills for applying for jobs, and make contact with potential employers. Start now by discovering the opportunities at Career Services through the University of Guelph web site or by visiting their office. The University of Guelph, Experiential Learning Hub - Co-operative Education and Career Services website is: <https://www.recruituelph.ca/cecs/>.

Volunteering

You have unlimited opportunities for volunteering on campus and in the Guelph community while you are a student. Through volunteering, you can gain practical experience, while providing help for others. Volunteering can give you realistic experiences in the field, which helps you to apply classroom knowledge and makes classroom experience more meaningful. Volunteer opportunities in the community are announced on the FSHD Listserv and through the Student Volunteer Connections website, <https://studentlife.uoguelph.ca/svc>. Check with faculty members to see if they have any volunteer positions available. Remember, communications skills are very important. When you volunteer for community agencies you can increase your communication skills and gain an understanding about people's behaviour, by seeing how others live, and learn.

Graduate and Professional Studies

Students have successfully used the BAsC degree to gain admission into graduate programs in social work, applied psychology, sociology, anthropology, physical and occupational therapy, speech and language, law, public health, and social policy. If you plan to enter a graduate program after completing the Family Studies and Human Development major of the BAsC degree program you will need to select certain courses as part of your undergraduate program to meet graduate program admission requirements. Sometimes these requirements are quite particular which means that you must plan your course selections early and carefully. When the time comes, we hope you will consider graduate work in our department. See <http://www.uoguelph.ca/family/graduate-programs-fran>

Although graduate programs differ in their entrance requirements, most graduate programs require that you have taken (at least): one course in research methods; two undergraduate statistics courses; and have completed an undergraduate thesis. For many of the programs you will be required to take Graduate Record Exams (GREs) in the specific field of study.

You are strongly advised to contact the graduate programs that interest you early in your program to determine the specific entrance requirements of each program. It is also recommended that you keep your course outlines in case course content and evaluation is requested.

Careers and Further Education

Suggested electives outlined in this section may be subject to change. Please check WebAdvisor for further information on course availability.

For more information about The Association for Gerontology in Higher Education (aka AGHE) and suggested careers in aging go to <http://www.aghe.org/>.

Education

For extensive information about teacher education programs in Ontario, visit: <http://www.ouac.on.ca/teas>

For information about the Ontario College of Teachers, visit: <http://www.oct.ca/home.aspx>

Family Life Educator

For information about the Family Life Education Institute, visit: <http://www.familylifeeducation.org/aboutflei.html>

Law

For extensive information about law schools in Ontario, visit: <http://www.ouac.on.ca/olsas>

Some electives you may want to consider:

POLS*3130 Law, Politics and the Administration of Justice

PSYC*3020 Psychology of Law

SOC*1500 Crime and Criminal Justice

SOC*3490 Law and Society

Medicine/Psychiatry

For extensive information about medical schools in Ontario, visit: <http://www.ouac.on.ca/omsas>

You will require extensive science electives, and careful planning with your FSHD degree. Check with individual schools, and speak with your Program Counsellor for assistance.

For admission requirements of Canadian Faculties of Medicine go to the Association of Faculties of Medicine of Canada website: <https://afmc.ca/>

Nursing

There are Nursing programs available in Ontario community colleges and the link is: http://www.ontariocolleges.ca/SearchResults/HEALTH-FOOD-MEDICAL-NURSING/_N-lo8d

Accredited Canadian Nursing Education program and accelerated programs may be found at the following link: <https://www.casn.ca/accreditation/accredited-canadian-nursing-education-programs/>. For example, the McMaster University Accelerated Nursing link is: <https://nursing.mcmaster.ca/programs/undergraduate/bscn-accelerated> and the University of Toronto at: <https://bloomberg.nursing.utoronto.ca/programs/bachelor#content1>

You may also want to go to Experiential Learning Hub - Co-operative Education and Career Services for further information on Nursing Programs.

Therapeutic Recreation

For more information on therapeutic recreation or recreation therapy programs, please see the following website www.recreationtherapy.com/trcollg.htm. Some electives you may want to consider:

PSYC*2020 Abnormal Psychology

PSYC*3480 Psychology of Sport

EDRD*3500 Recreation and Tourism Planning

Graduate Education

The Department of Family Relations and Applied Nutrition offers six graduate degrees in four program areas: Applied Human Nutrition (MSc and PhD), Applied Nutrition (MAN), Couple and Family Therapy (MSc), and Family Relations and Human Development (MSc and PhD).

Further information is at:

<http://www.uoguelph.ca/family/graduate-programs-fran>.

FSHD majors may consider applying to:

Couple and Family Therapy (MSc) and further information may be found at the following link:

<http://www.uoguelph.ca/family/couple-and-family-therapy-msc>

Family Relations and Human Development (MSc) and further information may be found at the following link: <http://www.uoguelph.ca/family/family-relations-and-human-development-msc-phd>

<http://www.gradschools.com/> This website may be helpful in locating some graduate programs. Please note a number of Canadian graduate programs may not be listed.

Psychology

Many of your electives will need to be courses taken from the Department of Psychology if you want to enter a graduate program in Psychology. You will also need to do a 4th year thesis, FRHD*4810 and FRHD*4910. Most psychology programs require the GRE (Graduate Record Exam) for entrance into the program. For a listing of accredited programs recognized by the Canadian Psychological Association visit:

<http://www.cpa.ca/accreditation/cpaaccreditedprograms/>

Rehabilitation Sciences

For extensive information about Occupational Therapy, Physiotherapy and Speech/Language Pathology programs in Ontario, visit: <http://www.ouac.on.ca/orpas>

Some of the suggested courses listed below may be designated as Priority Access. Please check with department offering the course for further information on the Priority Access restriction.

Occupational Therapy

PSYC*2390 Sensation and Perception
PSYC*2410 Behavioural Neuroscience

Physiotherapy

BIOL*1080 Biological Concepts of Health
PSYC*2390 Sensation and Perception
PSYC*2410 Behavioural Neuroscience

Speech/Language Pathology

LING*1000 Introduction to Linguistics
SPAN*3240 Topics in Hispanic Linguistics
PSYC*2390 Sensation and Perception
PSYC*2410 Behavioural Neuroscience

Social Work

Graduate Social Work programs in Ontario must be applied to through the individual universities and there is not currently one central resource for admission requirements.

Helpful courses may include:

FRHD*3090 Poverty and Health
FRHD*4020 Family Theory
PSYC*2310 Social Psychology
PSYC*3570 The Psychology of Death and Dying
SOC*3040 Sociology of Social Welfare

The following website, Ontario Association of Social Workers, lists Social Work Education Programs in Ontario: https://www.oasw.org/Public/Choosing_Social_Work_as_a_Career.aspx

Special Needs

If you are considering working with individuals with special needs (physical, educational, intellectual), the following electives will be useful to you:

PSYC*3850 Intellectual Disabilities

Sex Therapy

For more information on becoming a registered sex therapist, see the Board of Examiners for Sex Educators, Counselors and Therapists' website <http://www.bestco.info/> . You will need to become a licensed marriage and family therapist, psychologist or social worker before you can get additional training and certification as a sex therapist. The following electives might be helpful for you:

FRHD*4200 Issues in Human Sexuality

FRHD*4290 Practicum II: Adult (1.00 credit)

PSYC*2740 Personality

PSYC*3300 Psychology of Gender

Potential Career Opportunities

- Adult or parent education
- Community-based services
- Working with older adults
- Health promotion
- Sexuality education
- Secondary school teaching*
- Counselling or social work*
- Occupational therapy*
- Speech and language pathology**

*Careers which require further education/training

Also, check labour market information at: <http://www.workingincanada.gc.ca>