



DEPARTMENT OF
**FAMILY RELATIONS
AND APPLIED NUTRITION**

FAMILY STUDIES and HUMAN DEVELOPMENT Student Handbook

1st Edition: August 2021

2021-2022

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 2021-Winter 2022, many courses will be offered in alternative delivery formats and scheduling may differ from what appears in this handbook. See [WebAdvisor](#) for the most up to date information on course availability and scheduling.

For updates on the COVID 19 Pandemic, please see the [University of Guelph homepage](#).

Andrea Breen, the CSTU and FSHD Faculty Advisor will be available to answer inquiries around program information and advice about completing the requirements for your program, as well as advice about careers and further education. Email questions to abreen@uoguelph.ca

April Nejedly, 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 Microsoft Teams Meeting 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 Academic Calendar](#). 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.

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Important Contact Information

[Family Relations and Applied Nutrition \(FRAN\) website, Our People](#)

Department Chair

Tricia van Rhijn

frandept@uoguelph.ca

Telephone: 519-824-4120, Ext. 52412, MINS 245

Program Counsellor

April Nejedly

bascprog@uoguelph.ca

Telephone: 519-824-4120, Ext. 58964 (for appointments), 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

kukkkonen@uoguelph.ca,

Telephone: 519-824-4120, Extension 53345, MINS 237

Student Academic Representatives

Grace Hiltz (F'21)

ghiltz@uoguelph.ca

Kayla Veiner (W'22)

kveiner@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
- Please see link to [University of Guelph on Social Media](#) website

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 link to the [Central Students Association \(CSA\)](#) website for a full listing of clubs
- If you live on campus, consult your [Interhall Council](#) at the provided link and residence life staff for involvement opportunities.
- If you live off campus, see link to [Student Experience–Off Campus Living \(OCL\)](#) website
- 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 [University of Guelph campus, Map](#)

University of Guelph Policies

Link to [List of University Policies, University Secretariat](#) website

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

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 Academic Calendar](#) at the linked provided.

Study Tips

- Learn about [Residence Learning Communities](#) and [Academic Clusters](#) which includes a BASc cluster. Further information is outlined online [Student Housing Services, University of Guelph](#) at the links provided.
- 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 University of Guelph Library web site at the provided link. 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 [University of Guelph Library](#) website to connect you with a wealth of study resources such as the [Learning Commons](#) found at the links provided.
- 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 and browse the [University of Guelph Library](#) website.

Textbooks

[University of Guelph Bookstore](#)

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

[Guelph Campus Co-operative - Co-op Bookstore](#)

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.

[The Cannon](#)

Run by the Central Student Association, this website has a 'buy and sell text books' function that lets you browse text books by subject in 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 Academic Calendar](#) at the provided link.

Booking Appointments

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

For uncomplicated questions please email bascprog@uoguelph.ca. Please include your student number in your email.

For more complicated issues it may be better to book an appointment with April Nejedly, the Bachelor of Applied Science (BASc) Program Counsellor by going to the following link and provide the requested information:

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

The majority of appointments are scheduled 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

Please see the [Department Family Relations and Applied Nutrition](#) website for 2021-2022 CSTU Program Plan pages which can be used to plan your required courses and electives throughout your time in the FSHD program based on the [2021-2022 Undergraduate Academic Calendar for FSHD](#). Course offerings and curriculum are subject to change. Please refer to the on-line 2021-2022 Undergraduate Academic Calendar for further information on the majors. S=Summer Semester, F=Fall Semester, and W=Winter Semester. Courses designated as DE are offered as a Distance Education (on-line) format

To monitor your program plan and progress, see [WebAdvisor](#) resources available such as the Student Planning Tool which allows students to check their program requirements, plan their degree or diploma, track their academic progress and select their courses. Further information is found at University of Guelph, Office of Registrarial Services website, see link to [Student Planning Tool](#) which includes student FAQ and help guides.

You may also develop a draft program plan for the completion of your degree, especially after first year, using the Course Planning Checklist Found on the FRAN Department website, see link to [Undergraduate](#). Please note that course offerings and curriculum are subject to change.

Both the Faculty Advisor and the Program Counsellor are available to assist you with planning your program. The Program Counsellor assists with procedures for handling academic considerations and general career planning. The Faculty Advisor can assist you with questions about courses and planning issues specific to applied nutrition and the dietetic profession.

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](#) web page at the provided link. 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.

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 Academic 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

Please note that course offerings are subject to change. Courses may have scheduling changes, Priority Access (PA) which means the course may be restricted to certain degree programs or majors or are offered through Distance Education

(DE) format only. Also, when planning electives, check the course description in the Undergraduate Academic Calendar as the course may have additional prerequisites or a co-requisite other than what is required in the major.

Priority Access is the process by which a department implements course restriction rules in order to limit registration in a course where enrolment demand habitually exceeds course capacity and where there is demonstrated need to restrict access to a particular cohort of students on a priority basis.

For this reason, it is advisable to **select courses that do not restrict you from registering**. That said, sometimes restrictions are lifted. See link to Office of Registrarial Services, and the [Temporary Course Restrictions](#) section.

If a student has an exceptional need to take a course that is restricted, a student may request a Course Restriction Waiver by completing a [Course Waiver Request Form](#) and obtaining a signature from the course instructor or departmental designate.

Some designate contacts are found at following links:

- Gordon S. Lang School of Business and Economic website, see [Departmental Contacts for B. Comm Courses section](#)
- **B.Sc.** Academic Advising website, see link to [B.Sc Program Counsellors](#) section
- **B.A** Academic Advising website, see [B.A Course Selection](#) section

If you can't find the information you are looking for on their website, you could contact the department Faculty Advisors regarding restrictions dates and alternative courses. Please see website list of [Faculty Advisors, UAIC](#).

Please refer to the Undergraduate Academic Calendar or WebAdvisor for further information regarding when a course is offered, prerequisites, restrictions, and Priority Access. Also, watch for announcements on the FSHD listserv.

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. F- Fall Semester, W-Winter Semester, U-Unassigned offering, consult WebAdvisor or with the relevant department.

Aging and Health	Prerequisites/Restrictions
BIOL*1080 [0.50] (F, W) Biological Concepts of Health	4U Biology
FRHD*1100 [0.50] (F) Life, Health and Well-Being	No prerequisites Priority Access Distance Education only
FRHD*3060 [0.50] (F) Principles of Social Gerontology	8.00 credits including (1 of ANTH*1150, FRHD*1010, FRHD*1020, FRHD*1100, PSYC*1000, SOC*1100) Priority Access

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
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	13.00 credits including FRHD*2100 Restricted to students in BASc
FRHD*4290 [1.00] (F, W) Practicum II: Adult	FRHD*3290 Restricted to students in ADEV, ADEV:C and FSHD Instructor consent required
HIST*3020 [0.50] (F) History in Sexuality and Gender in History	7.50 credits including 1.00 credits in History (1 of 0.50 credits in History, PHIL*2060, POLS*2150, SOAN*2400, WMST*1000, WMST*2000)
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 Offered odd-numbered years
SOAN*2400 [0.50] (S, F) Introduction to Gender Systems	ANTH*1150 or SOC*1100 Also offered through Distance Education format
SOAN*3100 [0.50] (F) Gender Perspectives on Families and Households	(1 of ANTH*2160, ANTH*2180, SOAN*2112, SOAN*2400), (POLS*2650 or SOAN*2120) Restrictions: FRHD*3120
Family	
ANTH*3770 [0.50] (W) Kinship, Family and Power	ANTH*2230, (ANTH*2160 or ANTH*2180), SOAN*2120

SOAN*3100 [0.50] (F) Gender Perspectives on Families and Households	(1 of ANTH*2160, ANTH*2180, SOAN*2112, SOAN*2400), (POLS*2650 or SOAN*2120) Restrictions: FRHD*3120
Business and Management	
HROB*2090 (F,W) Individuals and Groups in Organizations	Restrictions: HROB*2100, HROB*4000, PSYC*3080 Also offered through Distance Education format
EDRD*3500 [0.50] (F W) Recreation and Tourism Planning	10.00 credits Offered through Distance Education format only
HROB*2010 [0.50] (F,W) Foundations of Leadership	Restriction: UNIV*2000 Also offered through Distance Education format
MCS*1000 [0.50] (S,F,W) Introductory Marketing	Priority Access This course may not be taken for credit subsequent to receiving credit in FARE*4370, HTM*3080.
MCS*2100 [0.50] (S F W) Personal Financial Management	5.00 credits Offered through Distance Education format only
Research	
FRHD*3500 [0.50] (S,F,W) Research Internship	FRHD*3070, STAT*2090, Instructor consent required
FRHD*4810 [0.50] Thesis I (U)	FRHD*3070 Instructor consent required
FRHD*4910 [1.00] Thesis II (U)	FRHD*4810 Instructor consent required

Other Elective Suggestions

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

CIS*1000 (3-2) [0.50] (S) Introduction to Computer Applications	Restriction: CIS*1200 Not available to students registered in BASC.AHN, BCOMP degree or a CIS minor Offered through Distance Education format only
ENGL*1030 (3.0) [0.50] (S,F,W) Effective Writing	No prerequisites or restrictions Also offered through Distance Education format
ENGL*1200 (3-0) [0.50] (F,W) Reading the Contemporary World	No prerequisites or restrictions Also offered through Distance Education format
ENGL*2740 (3-0) [0.50] (F,W) Children's Literature	2.00 credits Also offered through Distance Education format
ENVS*1060 (3-0) [0.50] (S,F,W) Principles of Geology	No prerequisites Offered through Distance Education format only
GEOG*1200 (3-0) [0.50] (F) Society and Space	No prerequisites or restrictions Also offered through Distance Education format
GEOG*1220 (3-0) [0.50] (F,W) Human Impact on the Environment	No prerequisites or restrictions Also offered through Distance Education format
HIST*2260 (3-0) [0.50] (W) Religion and Society	Prerequisite: 2.00 credits Offered through Distance Education format only
PHIL*1010 (3-0) [0.50] (F,W) Introductory Philosophy: Social and Political Issues	No prerequisites or restrictions
PHYS*1600 F (3-0) [0.50] Contemporary Astronomy	Students with standing in any other 1000 level course credit in physics (except (PHYS*1020 or PHYS*1300), PHYS*1810)) may not use this course for credit Offered through Distance Education format only
POLS*1150 (3-1) [0.50] (F,W) Understanding Politics	Restrictions: POLS*1000, POLS*1300
PSYC*2310 (3-0) [0.50] (S,F,W) Social Psychology	1 of (PSYC*1000, PSYC*1100, PSYC*1200) Also offered through Distance Education format
PSYC*2330 (3-0) [0.50] (F) Principles of Learning	PSYC*1000 Priority Access

PSYC*2390 W (3-0) [0.50] (W) Sensation and Perception	1 of (PSYC*1000, PSYC*1100, PSYC*1200) Priority Access Also offered through Distance Education format
PSYC*2740 (3-0) [0.50] (W) Personality	1 of (PSYC*1000, PSYC*1100, PSYC*1200) Priority Access Also offered through Distance Education format
SOC*1500 (3-0) [0.50] (F,W) Crime and Criminal Justice	No prerequisites or restrictions
SOAN*2290 U (3-0) [0.50] Identities and Cultural Diversity	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). Practicum courses are specifically designed to provide students with the opportunity to build a repertoire of transferable applied skills.

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 link to the website for the Undergraduate Academic Calendar is:

[2021-2022 Undergraduate Academic Calendar](#)

There are a number of questions which direct students to [Section VIII, Undergraduate Degree Regulations and Procedures](#) of the Undergraduate Academic calendar and the provided link

Where can I find information about important academic dates?

Each year, important dates for the academic year are listed on WebAdvisor. The same information is under the [Schedule of Dates](#) section as found in the Undergraduate Academic Calendar at the provided link.

Can I take a Minor?

Yes. FSHD majors may declare a minor and submit the relevant documentation. You need to consult with the BAsc Program Counsellor. The course requirements for specific minors are listed under the Bachelor of Arts (B.A.) or Bachelor of Science (BSc.) at the following [2021-2022 Undergraduate Academic Calendar](#) link. Select the degree (B.A. or BSc.) and then select the specific degree program to see if that program has a minor available and the requirements are for that minor.

To complete the minor, be sure to plan your elective course choices according to the specific requirements for that minor.

Listed below are a few examples of minors. Please feel free to explore other subject areas, see link to [2021-2022 Undergraduate Academic Calendar, Degree Programs](#).

French (FREN)

International Development (ID)

Psychology (PSYC)

Sociology (SOC)

To locate the Faculty Advisor for the Minor you are interested in, see link to Undergraduate Academic Information Centre (UAIC) website, [Academic Advisors](#). Should you have specific questions regarding requirements of a minor, you may contact the Faculty Advisor or the departments counselling office directly for more information.

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 University of Guelph website, [Centre for International Programs](#), Level 3, University Centre at the link provided. 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 required courses required in the CSTU majors. 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 link to the [“Letters of Permission”](#)

topic within the “Undergraduate Degree Regulations and Procedures” section of the Undergraduate Academic 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, see link to [Course Outlines](#).

What scholarships and awards are available?

Information about scholarships and awards are available online by utilizing the [Student Financial Services Award Search Tool](#) at the provided link.

The information from the tool 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 link to the [“Continuation of Study”](#) topic within the section “Undergraduate Degree Regulations and Procedures” of the Undergraduate Academic 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?

Students may obtain treatment and support for health or other problems by booking an appointment with [Student Wellness](#), in the J.T. Powell Building. Student Wellness is comprised of 6 different units, all of which provide health and wellbeing support and services to students e.g. services for health, counselling, accessibility etc.

If students have issues affecting their academic work during the semester e.g. late assignment or missed midterm, they can request academic consideration/accommodations from their course instructors. Check the course outline to see if there is a standard process for handling missed assignments and/or mid-terms in that particular course.

If academic consideration is required for work outside the semester e.g. deferred exam, late drop, deferred condition/privilege (submitting work after the end of term), they should consult their Program Counsellor. 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.

In addition to Student Health Services and Counselling Services, you may also consider contacting Student Accessibility Services if you need accommodations for your courses. Please note that documentation is required in order to register with Accessibility Services. Please see link to Student Wellness website, [Accessibility Services](#).

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 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 have no academic penalty, you must drop courses by the **last day of classes for one semester long courses**. Check the [Undergraduate Academic Calendar](#) for the actual date under the [Schedule of Dates](#) section at the link provided. You may drop the course on Web Advisor. Refer to the [Student Financial Services website, Refunds](#) at the provided link for more information.

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.

Please see, [Student Financial Services webpage, Contact us](#) or call 519-824-4120, Ext. 58715 before dropping courses.

Can defer a final exam?

You can apply to have a final exam or final assignment deferred if you have a medical, psychological, or compassionate reason. 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 your BASc Program Counsellor (April Nejedly) to be sure that you follow all appropriate procedures. Also, review the "[Deferred Privileges](#)" section in the "VIII Undergraduate Degree Regulations and Procedures" section of the Undergraduate Academic Calendar.

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

If you miss an assignment deadline or a mid-term exam, contact the course instructor as soon as possible. Check the Course Outline for the course to see if there is a standard process for handling missed assignments and/or mid-terms. If there are extenuating circumstances and you need to request academic consideration for missed assignments or exams, make an appointment with the BASc program counsellor, immediately. 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 Web Advisor from the University of Guelph web site on the same release day. You can find out about the grading system used at this university, see link "[Grades](#)" section found in the Undergraduate Degree Regulations and Procedures section of the Undergraduate Academic Calendar.

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 link to "[Failed Courses](#)" in the "Undergraduate Degree Regulations and Procedures" section of the Undergraduate Academic Calendar. If you believe that there are extenuating circumstances related to failing the course, see the Program Counsellor for assistance. As soon as feasible, you should discuss with your Program Counsellor to create a plan to maximize your success when you re-take the course and keep up with your program plan.

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 link to "[Grade Reassessment](#)" section in the "Undergraduate Degree Regulations and Procedures" section of the Undergraduate Academic Calendar.

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

Make an appointment to talk with the BAsc. Program Counsellor April Nejedly. 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?

It is possible to change your major however, admission to a different major is not guaranteed as it is a competitive process that depends on space and the applicants' grades. If you wish to transfer into Family Studies and Human Development or Applied Human Nutrition, please contact the BAsc Program Counselling Office at bascprog@uoguelph.ca to obtain the internal BAsc application form. If you wish further information regarding the high school subject requirements, the course requirements and the grade average required, please contact the Bachelor of Applied Science Admission Counsellor. Contact information is found at the [UAIC website, Admission Counsellors](#).

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. Please see Office of Registrarial Services website [Undergraduate Admission 2021, Contact us](#) for further information. The degree programs and affiliated majors are listed in the Undergraduate Academic Calendar, see link to [Degree Programs](#) section.

If have questions regarding course requirements for other majors, please contact the relevant Program Counselling Office found at [UAIC website, Program Counsellors](#) at the provided link.

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](#), please link to Office of Registrarial Services website
- 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

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.

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 throughout the course selection period. Depending on the number of students involved, the University may also open new sections or it may be necessary to alter the order you take courses to complete your program. Watch for emails on the listserv or consult with the Undergraduate Program Assistant, Lorraine Weir.

You may need a course waiver.

I have been told that I need to get a course waiver completed. What is this and what do I do?

Course waivers need to be completed when you are being allowed into a course, despite not meeting the official requirements stated in the Undergraduate Academic calendar for pre-requisites or credits. Course waivers are used in special circumstances and are not needed by most students. The [Course Waiver Request form](#) may be obtained online at the link provided by the Office of Registrarial Services, or from the BASc Counselling Office, MINS 253.

To get waived into a course offered by our department (FRAN), see information on the course waiver process on the [Enrolment Help & Course Waivers](#) section of our departmental website. Although the waiver form states that the Instructor needs to sign the form, in FRAN, the Undergraduate Program Assistant signs this form.

To get waived into courses offered by other departments the process may be different. We suggest you contact the course instructor or department directly. In some departments, the instructor of the course or a designate signs the 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. Volunteer opportunities in the community are announced on the CSTU Listserv or see link to Student Wellness website, [Volunteer Opportunities](#).
- **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 link to Student Financial Services website, [Undergraduate Research Assistant \(URA\) program](#) for more information.

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
- Career Panel Information Sessions with various professionals
- 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.queph.9/>

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

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

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

Faculty Research Interests

For more details about our faculty research and their contact information please go to each of the faculty web links found from the departmental web page: [FRAN Department Website, Faculty.](#)

Beyond Undergrad

Career Planning

Experiential Learning Hub

[Co-operative Education and Career Services](#) have career assessment resources and other services to help you build your resume. You can examine your personal/career potential; develop your skills for the job search and practice doing interviews, in addition to searching their job listings. See links to [NEW UofG Course: Career Advising](#) from the Experiential Learning Hub and [Online Learning with Career Advisors](#) for all virtual services such as appointments, webinars and online events, articles, career tool kit & tip sheets and social media.

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 website or by visiting their office.

Volunteering

You have unlimited opportunities for volunteering on campus and in the Guelph community while you are a student in AHN. Volunteer opportunities in the community are announced on the APP-NUTR Listserv or see link to [Student Wellness, Volunteer Opportunities](#) website. Through volunteering, you can gain practical experience, while providing help for others. Volunteering can give you great experience in the nutrition field and helps you to apply classroom knowledge. On campus, you can get nutrition-related volunteer experience with the Student Nutrition Awareness Program (SNAP), the Wellness Program, and the dietitians in the Health and Performance Centre or Student Health Services. Check with faculty members to see if they have any volunteer jobs 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 eating behaviour, by seeing how others eat, 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 FSHD 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 link to FRAN Department website, [Graduate Programs at 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 \(AGHE\)](#) and suggested careers in aging see link provided.

Education

For extensive information about teacher education programs in Ontario, visit Ontario Universities Application Centre website, see link to [Teacher Education Application Service \(TEAS\)](#).

For information about the Ontario College of Teachers, see link to [Ontario College of Teachers](#) website.

Family Life Educator

For information about the [Family Life Education Institute](#), see link to Family Life Education website provided.

Law

For extensive information about law schools in Ontario, visit Ontario Universities Application Centre website and see link to [Ontario Law Schools \(OLSAS\)](#).

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 Ontario Universities Application Centre website, see link to [Ontario Medical Schools \(OMSAS\)](#).

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 enquiries regarding a career in medicine, you may see Canadian Faculties of Medicine, [Association of Faculties of Medicine of Canada](#) website at the provided link.

Nursing

There are Nursing programs available in Ontario community colleges, for further information please see link to [ontariocolleges.ca website, Nursing](http://ontariocolleges.ca).

Information regarding Accredited Canadian Nursing Education program and accelerated programs may be found at the [Canadian Association of Schools of Nursing website](#) at the provided link. For example, please see link to University of Toronto website, [Bachelor of Science in Nursing \(BScN\)](#) and link to McMaster University website, [Accelerated Nursing](#).

You may also want to go to 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 link to Therapeutic Recreations directory website, [Colleges & Universities with Therapeutic Recreation Programs](#).

You may want to consider:

PSYC*2020 Abnormal Psychology

PSYC*3480 Psychology of Sport

EDRD*3500 Recreation and Tourism Planning

Graduate Education

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 FRAN department website, see link to [Graduate Programs at FRAN](#).

FSDH majors may consider applying to:

Couple and Family Therapy (MSc) and further information may be found at FRAN department website, see link to [Couple and Family Therapy \(MSc\)](#).

Family Relations and Human Development (MSc) and further information may be found at FRAN department website, see link to [Family Relations and Human Development \(MSc\)](#).

<http://www.gradschools.com/> may be a helpful website 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, see link to Canadian Psychological Association website, [CPA Accredited Programmes](#).

Rehabilitation Sciences

For extensive information about Occupational Therapy, Physiotherapy and Speech/Language Pathology programs in Ontario, visit Ontario Universities Application Centre website, see link to [Ontario Rehabilitation Sciences Programs \(ORPAS\)](#).

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

The Ontario Association of Social Workers website provides information on Social Work as a Career as well the Social Work Education Programs offered in Ontario. Please see Ontario Association of Social Workers website, [Education & Training](#) at the provided link.

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' \(BESTO\)](#) website as the provided link. 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 require further education*

Check labour market information at <http://www.workingincanada.gc.ca>