

Social Services & Well-Being Studies

program information & planning sheet

UNIVERSITY OF
GUELPH
HUMBER

Important Information 2026-2027

What courses do I need **to complete** in order **to graduate**?

You must complete 20 credits (40 courses), including the following:

- **16.5 credits** / 33 Core Courses
- **2.0 credits** / 4 SSWS Restricted Elective Courses
- **1.5 credits** / 3 General Electives

I am a **Transfer Student**. How do I know which courses I can select?

Transfer Students should use this document, in conjunction with their **official credit assessment** to determine which courses they have been granted, and which courses they need to take. Transfer students should meet with their Academic Advisor to confirm the schedule they have developed in advance of the course selection dates.

Are there **Field Placements** in the SSWS Program?

Yes. Starting in second year, students receive workplace experience through **three progressive practicum placements** in community agencies across the GTA. Students will be considered “professionals in training” and performance expectations will increase according to the semester level. Throughout the placements students participate in classroom seminars to critically analyze and share their experiences.

Am I required to complete a **Specialization**?

Completing a Specialization is **optional**. To complete a specialization, students are required to complete at least 1.5 restricted electives within a specific area, **Mental Health Practice (MHP)** or **Youth and Families (YF)**. Students will be required to submit a **Declaration of Area of Emphasis form** online no later than the 7th semester of study.

Where can I go for **more information**?

Visit your Academic Advisor, **Lalita Manku (A-Z)** in GH108 during office hours. Call 416.798.1331 x6288 to speak with the front desk, or email your questions to advisors@guelphhumber.ca. You can also use our online booking system at <https://www.guelphhumber.ca/advising/advisors>.

For more support, visit the **Learning Support Peers (LSPs)** in the Learning Commons or email them at lsp@guelphhumber.ca.

Visit our **Frequently Asked Questions** webpage for more information on Course Selection and Enrollment, Degree Requirements, Academic Consideration/Accommodations, Academic Standing, and Academic Resources.



**Lalita
Manku**

(Last Names A-Z)

lalita.manku@guelphhumber.ca

Note: This program plan has been designed to assist you with course selection and program planning. In the case of any discrepancies between this document and the approved Schedule of Studies, the Schedule of Studies (as found in the Academic Calendar at www.guelphhumber.ca) will serve as the official record.

Semester 1 / **Fall**

Course Code	Course Name	Prerequisites	Credit
CSS*1210	Writing and Communication Skills		0.5
CSS*1060	Mental Health, Well-being, and Resiliency		0.5
CSS*1050	The Social Determinants of Health		0.5
PSYC*1110	Introduction to Psychology		0.5
AHSS*1130	Principles of Sociology		0.5

Semester 2 / **Winter**

Course Code	Course Name	Prerequisites	Credit
CSS*1030	Issues in Advocacy and Social Justice		0.5
CSS*1020	Interpersonal Communication Skills		0.5
CSS*1120	Couple and Family Dynamics		0.5
CSS*1070	Media, Mental Health, and Digital Advocacy		0.5
	General or Restricted Elective		0.5

PLEASE NOTE: Students must complete 3 **General Electives** & 4 **Restricted Electives** for degree requirements.
 *If completing an optional specialization, please review pages 6 & 7 of this plan.

Semester 3 / Fall

Course Code	Course Name	Prerequisites	Credit
CSS*2010	Understanding Mental Health Issues	3.0 credits including: CSS*1060	0.5
CSS*2030	Anti-Oppressive Theory and Practice	3.0 credits	0.5
CSS*2070	Counselling Foundations	3.0 credits including: CSS*1020	0.5
SCMA*2040	Research Methods for Social Science	3.0 credits	0.5
	General or Restricted Elective		0.5

PLEASE NOTE: Students must complete 3 General Electives & 4 Restricted Electives for degree requirements.
*If completing an optional specialization, please review pages 6 & 7 of this plan.

Semester 4 / Winter

Course Code	Course Name	Prerequisites	Credit
CSS*2100	Field Preparation and Professional Readiness *Pass-Fail Course*	CSS*2070 & minimum cumulative average 60%	0.5
CSS*2050	Ethical and Professional Issues in Human Services	CSS*2020 or CSS*2070	0.5
CSS*2060	Group Work: Theory and Practice	CSS*2000 or CSS*2070	0.5
	General or Restricted Elective		0.5
	General or Restricted Elective		0.5

PLEASE NOTE: Students must complete 3 General Electives & 4 Restricted Electives for degree requirements.
*If completing an optional specialization, please review pages 6 & 7 of this plan.

Semester 5 / **Fall**

Course Code	Course Name	Prerequisites	Credit
CSS*3030	Spirituality and Religion in Professional Practice	CSS*2050	0.5
CSS*3100	Aging, Health, and Well-Being	7.5 credits	0.5
CSS*3120	Intermediate Practicum I	CSS*2100, CSS*2050, minimum cumulative average 60%	1.0
SCMA*3040	Quantitative Methods for Social Science	SCMA*2040	0.5

Semester 6 / **Winter**

Course Code	Course Name	Prerequisites	Credit
CSS*3020	Working with Diverse Communities	7.5 credits	0.5
CSS*3040	Counselling: Advanced Practice	CSS*2060 & CSS*2070	0.5
CSS*3060	Crisis Intervention: Theory and Practice	7.5 credits	0.5
CSS*3130	Intermediate Practicum II	CSS*3120 & minimum cumulative average 60%	1.0

Semester 7 / Fall

Course Code	Course Name	Prerequisites	Credit
CSS*4010	Agency Administration and Community Relations	12.5 credits	0.5
CSS*4030	Law and Legislation in Professional Practice	12.5 credits	0.5
CSS*4120	Advanced Practicum I	12.5 CR. including: CSS*3020, CSS*3060, CSS*3130 & min. cumulative average 60%	1.0
	General or Restricted Elective		0.5

PLEASE NOTE: Students must complete 3 General Electives & 4 Restricted Electives for degree requirements.
*If completing an optional specialization, please review pages 6 & 7 of this plan.

Semester 8 / Winter

Course Code	Course Name	Prerequisites	Credit
CSS*4040	Case Management	12.5 credits	0.5
CSS*4130	Advanced Practicum II	15.0 credits including: CSS*4120 & minimum cumulative average 60%	1.0
	General or Restricted Elective		0.5
	General or Restricted Elective		0.5

PLEASE NOTE: Students must complete 3 General Electives & 4 Restricted Electives for degree requirements.
*If completing an optional specialization, please review pages 6 & 7 of this plan.

Fall / Restricted CSS Electives

2.0 credits (4 courses) are required

Course Code	Course Name	Prerequisites	Spec.
PSYC*1020	Indigenous Mental Health: A Global Perspective		MHP
CSS*2080	Mental Health and Addictions	3.0 credits	MHP
CSS*4000	Family Theory and Therapy	12.5 credits including: CSS*2090	YF
CSS*4200	Honours Thesis Preparation*	15.0 CR. including SCMA*3040 & [SCMA*2040 (min. grade of 80%)]	MHP/YF

*A minimum cumulative average of 80% and Chair consent is required in order to take CSS*4200 - Honours Thesis Preparation.

Winter / Restricted CSS Electives

2.0 credits (4 courses) are required

Course Code	Course Name	Prerequisites	Spec.
PSYC*1020	Indigenous Mental Health: A Global Perspective		MHP
CSS*1040	Child and Adolescent Development		YF
CSS*2090	Supporting Families: Research and Applications	5.0 credits, CSS*1120	YF
CSS*3010	Drug and Chemical Use and Abuse	5.0 credits	MHP
CSS*4060	Family Mediation and Conflict Resolution	12.5 credits including: CSS*3040 & CSS*4000	YF
CSS*4100	Community Services in Mental Health and Addictions	7.5 credits	MHP
CSS*4210	Honours Thesis *1.0 Credit Course*	CSS*4200 & minimum cumulative average of 80%	MHP/YF

Summer / Restricted CSS Electives

2.0 credits (4 courses) are required

Course Code	Course Name	Prerequisites	Spec.
PSYC*1020	Indigenous Mental Health: A Global Perspective		MHP

Specialization Checklist and Restricted SSWS Electives

Students may choose between two optional specializations. To obtain recognition for a specialization, students are required to complete a **minimum of 1.5 restricted electives credits (3 courses)** from the listing in that specific area. Only one specialization may be declared.

If opting to complete a specialization, students must declare a specialization by the start of their seventh (7th) semester of full-time study. Only one specialization may be declared. Transfer students admitted under an articulation agreement (block credit) are not eligible for a specialization.

MHP / Mental Health Practice 1.5 credits (3 courses)

Course Code	Course Name	Term
☐ CSS*2080	Mental Health and Addictions	Fall
☐ CSS*3010	Drug and Chemical Use and Abuse	Winter
☐ CSS*4100	Community Services in Mental Health and Addictions	Winter
☐ CSS*4200	Honours Thesis Preparation	Fall
☐ CSS*4210	Honours Thesis *1.0 Credit Course*	Winter
☐ PSYC*1020	Indigenous Mental Health: A Global Perspective	S/F/W

YF / Youth & Families 1.5 credits (3 courses)

Course Code	Course Name	Term
☐ CSS*1040	Child and Adolescent Development	Winter
☐ CSS*2090	Supporting Families: Research and Applications	Winter
☐ CSS*4000	Family Theory and Therapy	Fall
☐ CSS*4060	Family Mediation & Conflict Resolution	Winter
☐ CSS*4200	Honours Thesis Preparation	Fall
☐ CSS*4210	Honours Thesis *1.0 Credit Course*	Winter