

**WINTER 2012
GENERAL EDUCATION ELECTIVE COURSE DESCRIPTIONS
DEGREE PROGRAMS**

ELECTIVE BLOCK TIMES:

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| CAMBRIDGE: WEDNESDAY 2 – 5 PM (Cambridge Students Only) |
| DOON: THURSDAY 2 - 5 PM (Doon Students Only) |
| EVENING DEGREE: THURSDAY 6 – 9 PM |

COURSE NUMBER AND DESCRIPTION

**ELECTIVE
BLOCK**

LIBS7230 ESSENTIALS OF CANADIAN HISTORY

**DOON
THURS. 2 – 5 PM**

This course is a study of recurrent themes in public affairs within the historical context of the development of Canada from Confederation to the present. It is designed to increase the student's understanding of how our past conditions our present and to develop an appreciation of the forces which will shape our future.

LANG7020 INTRODUCTION TO FRENCH LANGUAGE & CULTURE

**DOON
THURS. 6 – 9 PM**

This course teaches students standard French along with some Canadian French and introduces certain aspects of French culture related to their language studies. The course is designed for students to develop basic skills in listening, speaking, reading and writing using audio-visual material for comprehension and conversation while focusing on the following elements: vocabulary, pronunciation, grammar, reading authentic texts, sentence-level writing, and cultural aspects of the French language and people.

LIBS7280 INTRODUCTION TO MEDIA STUDIES

**DOON
THURS. 2 – 5 PM**

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**CAMBRIDGE
WED. 2 – 5 PM**

This course provides an introductory overview of the role of the major news/information media within a democratic society and their impact upon the ability of its citizens to make informed decisions. It considers the historical context of journalism in Canada, the major influences affecting the function of the news media and their evolution in a digital age. The course is also designed to enable the student to recognize bias in the news and evaluate news as a social construction.

LIBS7110 INTRODUCTION TO PHILOSOPHY

**DOON
THURS. 2 – 5 PM**

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**CAMBRIDGE
THURS. 2 – 5 PM**

The purpose of this course is to introduce some of the main problems of philosophy, including: Are ethical principles relative? Are all persons really at heart egoistic? Does God exist? What is good? What is evil? How can truth be established? Are there causal determinants of choice? What is real? Are ethical and

artistic judgments subjective? What kind of society promotes the best life? What is the purpose and meaning of life? The answers to these questions are *not* obvious. Wars have been fought and continue to be fought over these questions. One might make the case for seeing the history of human cultures as an ongoing attempt to answer these questions. This course you will help students to inquire into complex problems and begin to formulate their own philosophy. Students will learn effective methods of inquiry, analysis, and criticism. The study of philosophy develops one's ability to think carefully and critically. The objective of this course is to enable students to be reflective about the beliefs that they or their society have developed. The ability to think reflectively does not develop independently from the ability to read critically and perceptively or the *ability* to express ourselves. Thus, in this course we will seek to advance our reading comprehension as well as our communication skills, both oral and written.

LANG7010 INTRODUCTION TO SPANISH LANGUAGE & CULTURE

**DOON
TUES. 6 – 9 PM**

This course teaches students Spanish and introduces the cultural variety in the Spanish speaking world as it relates to language studies. Students will develop listening, speaking, reading and writing skills while focusing on the following areas: vocabulary, syntax, pronunciation, reading authentic texts, sentence-level writing, and cultural aspects of the Spanish language.

LIBS7260 LIFE BALANCE: QUEST FOR WELLNESS

**CAMBRIDGE
THURS. 2 – 5 PM**

This course will assist you to develop lifelong strategies to balance and improve your lifestyle from a wellness perspective. You will investigate theories and practices of mindfulness, self-responsibility, social/emotional development, stress management, physical activity, spirituality, substance abuse, nutrition, and complementary health. 'Life Balance' provides the opportunity to evaluate various theories of wellness and their application to your present and future lifestyles.

LIBS7140 MULTICULTURALISM

**DOON
THURS. 2 – 5 PM**

LIBS7140 MULTICULTURALISM

**CAMBRIDGE
WED. 2 – 5 PM**

This course examines the ethnic and multicultural diversity of Canadian society including a historical look at immigration and how the Canadian government has treated its inhabitants. Integral to the course is an overview of the emergence of Canada as a model of cultural pluralism. Students will also explore how Canada and more specifically Ontario, has attempted to protect the rights of its citizens. In addition, attention is paid to the challenges that are faced by newcomers and Aboriginal people. This course also provides an opportunity for students to look at a variety of different world religions and to share their own experiences.

PSYC7000 PSYCHOLOGY OF MINDFULNESS

**DOON
THURS. 2 – 5 PM**

Mindfulness is the practice of non-judgemental, moment-to-moment awareness in our lives. It is cultivated through paying attention, in a specific way, "non-reactively, non-judgementally, and openheartedly as possible." In recent years, mindfulness has been recognized as a cognitive skill, that can be taught, and that can enhance the lives of those who practice. In addition, research into the therapeutic value of mindfulness has shown promising results with a variety of psychological afflictions, including; stress, chronic pain, depression, anxiety and mood regulation. The purpose of the course, then, is twofold: a) to introduce students to the personal practice of mindfulness, and b) to explore the applications of mindfulness in evidence-based psychological processes.

LIBS7130 QUEST FOR MEANING

**DOON
THURS. 2 – 5 PM**

This course introduces philosophical ideas and methods through reading, discussing, and writing about basic questions that arise when we reflect on the human condition. Topics to be analyzed and discussed include death, pleasure, technology, science conflict, love, reason, hospitality, art, religion and tragedy.

This course provides an opportunity for students to increase their awareness of themselves, others and their world with a view to understand the human need for a meaningful existence and the human search for a meaningful life. How do our beliefs about human nature, religion, and morality affect how we ask or answer the question of meaning? How does our mortality affect our living? Using insights from the fields of philosophy, science, psychology, literature and other subjects, this interdisciplinary course is designed to assist students to better understanding the ways in which they are seeking meaning for themselves with new possibilities for personal significance.