

UNDERGRADUATE STUDIES

HUMAN RELATIONS AND SPIRITUALITY
(COMPLEMENTARY MINOR)

This is the face of change



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General Information

A complementary minor is taken in addition to a student's main program. There is no direct admission in a complementary program; the choice is made after admission and registration in a bachelor program.

PROGRAM REQUIREMENTS

Compulsory courses (18 credits)

- » HUM1101 Introduction to Sociology of Religion
- » HUM2101 Psychology of Spiritual Experience
- » PSY1101 Introduction to Psychology: Foundations (UO)
- » PSY1102 Introduction to Psychology: Applications (UO)
- » PSY3303 Personality (UO)
- » PSY3102 Interpersonal Relationships (UO)

Optional courses (12 credits)

12 credits from:

- » HUM 1107 Religious Anthropology
- » IGL2126 Group Intervention and Active Listening
- » PSY3123 The Psychology of the Family (UO)
- » SOC2104 Women, Men and Society (UO)
- » SOC2309 Canadian Society (UO)
- » THO3166 Moral Existence
- » THO3171 Introduction to Pastoral Practice I
- » THO4104 Sexual Ethics

Students must take at least 2 courses at the 3000 and 4000 levels for completing a minor.

Some courses have specific prerequisites.

A course that is part of a bachelor degree or a major cannot count as an optional course toward a minor.

COURSES

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HUM 1107 - RELIGIOUS ANTHROPOLOGY

Divergence and convergence of world religious systems; specific nature of the sacred. Analysis of the traditions of various peoples through their mode of religious expression. Analysis of the religious experiences that seem to be the source of these different systems of expression. Presentation of a typology of religions past and present on the basis of their different settings for religious experience.

HUM 2101 - PSYCHOLOGY OF SPIRITUAL EXPERIENCE

Main currents in the psychology of spiritual experience, with a special focus on psychodynamic, humanist and existential theories. The relationships between spirituality and mental health. The links between spirituality and psycho-pathologies.

IPA 2128 - GROUP INTERVENTION AND ACTIVE LISTENING

Focus on the active listening model as applied to group intervention and leadership. Listening skills for interpersonal and group situations such as empathy, congruence, paraphrasing, reflecting, feedback, questioning, process.

This course was previously ANI2126 and IGL2126.

PSY 1101 - INTRODUCTION TO PSYCHOLOGY: FOUNDATIONS (UO)

Object and method of psychology. Heredity, environment, human development. Nervous system, consciousness. Sensory processes, perception, cognition, memory, language, and thought. Learning.

Previously: PSY1200. This course cannot be combined for credit with IPA1121.

PSY 1102 - INTRODUCTION TO PSYCHOLOGY: APPLICATIONS (UO)

Emotions, motivation. Personality. Mental health, abnormal behaviour and therapeutic approaches. Social psychology. Historical perspective.

Previously: PSY 1200. This course cannot be combined for credit with IPA1122.

PSY 3102 - INTERPERSONAL RELATIONSHIPS (UO)

Verbal and non-verbal communication. Theory and research of interpersonal relationships. Intercultural communication. In-class laboratory exercises



and preparation of individual projects.

Prerequisites: PSY1101, PSY1102

PSY 3123 - THE PSYCHOLOGY OF THE FAMILY

Relationships, separation, divorce, remarriage and step-parenting. Childlessness, infertility, pregnancy. Caring. Poverty. Abuse of children, spouse or elders. Balancing work and family. Psychopathology and treatment.

Prerequisites: PSY1101, PSY1102

PSY 3303 - PERSONALITY

Major theories in personality. Main schools of thought and study of general characteristics of each theory. Leading representative of each school.

Prerequisites: PSY1101, PSY1102 (Previously PSY2303)

SOC 2104 - WOMEN, MEN AND SOCIETY

Relations between the sexes and gender relations. Introduction to feminist theories about gender relations. Examination of the social construction of the gendered division of labour, especially since industrialization. Canadian and Quebec examples.

Prerequisite: 6 credits in SOC or 18 university credits.

SOC 2309 - CANADIAN SOCIETY

Sociological examination of certain economic, political, and cultural phenomena of Canadian society. The course will study several characteristics of Canadian society in comparative perspective.

Prerequisite: 6 credits in SOC or 18 university credits.

THO 3171 - INTRODUCTION TO MINISTRY

Learning and growth in pastoral ministry through critical reflection in small groups and integration of academic knowledge, personal experience, and the practice of ministry.