

INTD – INTERDISCIPLINARY COURSES

INTD 105

Interpersonal Skills Development

3 Credits Weekly (3-0-0)

This course provides students with the awareness, knowledge and skills to communicate effectively with individuals and groups from diverse backgrounds and cultures. As a basis for forming healthy and satisfying relationships, students engage in activities to increase their self-awareness and their understanding of non-verbal communication. They practice listening and sending skills, then apply these skills in helping relationships, and to resolve conflict. To equip students to live and work in a diverse environment, particular attention is given to the impact of culture in communication and relationships.

INTD 130

Cross Media Studies

3 Credits Weekly (3-0-0)

This course examines how literary themes and techniques are adapted into various genres and media. The works studied depend in any given year upon the interests and expertise of the instructor. The course may focus on a specific genre and then examine cross media works from within that genre, for example, film and prose in science fiction, or cinematic adaptations of the theatrical works of Shakespeare. Alternatively, the course could focus on a single medium that incorporates aesthetic elements from other media, such as graphic novels or hypertext fiction.

INTD 205

Introduction to the Social Determinants of Health

3 Credits Weekly (3-0-0)

This course introduces students to the social determinants of health. Students will learn about the social, political and economic forces that shape the health of individuals which is central to a deeper awareness of inequities in health. Students will critically examine what determines health, become more cognizant of social inequities in health and will be able to make informed recommendations on improving the health status of diverse populations in Canada.

INTD 208

Introduction to Mental Health Promotion

3 Credits Weekly (3-0-0)

This course introduces students to the continuum of mental health promotion. Students will learn about mental health as a social determinant of health and how social, political and built environments can foster and/or challenge the health of individuals. Students will identify pathways to mental health promotion via primary, secondary and tertiary prevention. Students will examine mental health promotion policies in order to determine how issues of equity contribute to mental health status and the overall health of individuals.