



General Education Courses

**Broaden
Your
Perspective**

General Education Course Descriptions

General Education courses are designed to complement the vocational studies of students by addressing important issues to our lives as individuals and members of society. The General Education Department strives to enhance the development of skills necessary for living and working in an increasingly complex, interdependent world. According to the Ministry of Training, Colleges and Universities, “General Education strengthens students’ [essential] skills, such as critical analysis, problem-solving, and communication, in the context of an exploration of topics with broad-based personal and/or societal importance” (Ministry Guidelines, p. 21). In addition, General Education provides students with the tools necessary to engage in lifelong learning.

GNED 1000

Environmental Concerns

Course Description

In this course, students develop an understanding of how human actions impact various plant and animal ecologies. Past and present environmental issues are examined and future environmental concerns predicted through the lens of human value systems, priorities, lifestyles, and environmental worldviews. Issues of sustainability are investigated in light of specific environmental challenges. Traditional indigenous values are identified and their relationship with the land explored within the environmental ecological worldview.

GNED 1001

Contemporary Canada

Course Description

Through an examination of political, economic, and socio-cultural features of life in contemporary Canada, students gain an understanding of the forces that challenge Canadian citizens. While topics may vary from year to year, issues under discussion in the course emphasize themes such as changing values in society, socio-economic change, Canada's political role in world events, social conflict within our country, and Canadian identity.

GNED 1002

The Social Impact of Technology

Course Description

How does technology spark social change? What are the ethical considerations surrounding the technologies that we use? Who has access to these new innovations and technologies, and who does not? What are the social, political, and psychological implications of the technologies that we use? Students explore the multifaceted ways that technologies have shaped and continue to shape contemporary society. Students consider the unforeseen consequences of technologies, and assess the potential negative and positive consequences of emergent technologies. Technologies to be explored may include the printing press, environmental technologies, television, social media, and artificial intelligence.

GNED 1003

Personal Finance

Course Description

Students are introduced to personal and social factors that influence financial decisions. Using financial principles and concepts, students examine strategies and tools for personal financial planning. Students explore how personal values evolve throughout the life cycle, and how these values influence financial decision-making.

GNED 1004

Health and Safety in the Workplace

[Course Description](#)

Every day, workers in Canada are exposed to hazards in the workplace. Factors that contribute to safe and unsafe workplaces are examined. Students learn about the social and personal benefits of safety in the workplace, as well as methods to prevent and correct unsafe work practices.

GNED 1005

Human Behaviour in the Workplace

[Course Description](#)

Understanding human relations is essential for career and personal success. In this course, students draw on sociological, psychological, ethical, and legal perspectives to enhance understanding of effective interactions in today's workplace. Students engage in an experiential component where they learn and practice effective teamwork and conflict resolution skills, and develop comprehension of individual differences and an understanding of how human uniqueness impacts behaviours in the workplace.

GNED 1010

Ojibwe Language and Culture 1

[Course Description](#)

Language is culture. Learning the language is learning about the people. In this course, students begin the study of the Algonquin language family. Basic vocabulary, common usage and grammatical structure of the Ojibwe language are introduced. Through the context of language, students gain insight into the history of Indigenous languages as irreplaceable cultural knowledge and the cornerstone of Indigenous community and family values.

GNED 1011

Developing Leadership

[Course Description](#)

What makes a good leader? In a changing and diverse workforce, leadership is increasingly becoming an essential skill for success. Students explore critical characteristics and models of leadership relating them to theoretical and historical perspectives. Students reflect on the impact and value of leadership on their personal lives in a variety of contexts.

GNED 1017

Understanding Art

[Course Description](#)

Art has been called a mirror of society, providing a reflection and expression of what is, and also what could be. In this course, students develop basic art vocabulary and an understanding of different concepts and artistic practices. A variety of periods and styles are explored to examine the role of art in society.

GNED 1023

Canadian Short Writing

[Course Description](#)

This course provides a framework for understanding Canadian culture and history through critical analysis of selected Canadian essays, short stories and poems. A variety of social issues are examined using personal, cultural, historical and political perspectives.

GNED 1025

German Language and Culture

[Course Description](#)

This course is intended for students without prior knowledge of German. It is designed to enable students to communicate in situations they are likely to encounter when traveling in German-speaking regions or when meeting German speakers. Students explore elements of culture that a first-time visitor to a German-speaking region would need to know.

GNED 1026

Spanish Language and Culture

[Course Description](#)

This course is intended for students without prior knowledge of Spanish. It is designed to enable students to communicate in situations they are likely to encounter when traveling in Spanish-speaking regions or when meeting Spanish speakers. Students explore elements of culture that a first-time visitor to a Spanish-speaking region would need to know.

GNED 1027

French Language and Culture

[Course Description](#)

This course is intended for students without prior knowledge of French. It is designed to enable students to communicate in situations they are likely to encounter when traveling in French-speaking regions or when meeting French speakers. Students explore elements of culture that a first-time visitor to a French-speaking region would need to know.

GNED 1034

Music in Our Lives

[Course Description](#)

In this course, students examine the importance and the fundamentals of music through individual and social experiences. The study of the historical and socio-cultural development of popular music creates a context for an exploration of current issues in the world of music.

GNED 1036

Italian Language & Culture

[Course Description](#)

This course is intended for students without prior knowledge of Italian. It is designed to enable students to communicate in situations they are likely to encounter when traveling in Italian-speaking regions or when meeting Italian speakers. Students explore elements of culture that a first-time visitor to an Italian-speaking region would need to know.

GNED 1041

Ethics and Issues

[Course Description](#)

As individuals, and as a society, we often face challenging and complex ethical issues and dilemmas. Ethical reasoning presents a framework for considering these issues in objective ways. In this course, students develop and apply critical thinking strategies to assess various contemporary issues, drawing on specific moral concepts and theories.

GNE1044

Sports and Society

Course Description

From peaceful idealism to violence and destruction, sports are a complex, ever-present part of societies around the world. Students explore how our understanding of sport is shaped by social and historical contexts. Students also critically assess the relationship of sports to issues of equity, identity, and commercialization.

GNE1054

Nutrition for Healthy Living

Course Description

Nutrition is a vital component of living a long and healthy life. Students learn the functions of various nutrients and how they affect different systems of the body. Students develop skills to make healthy food choices in different settings, from eating at restaurants, to buying food at the grocery store.

GNE1055

Plants and People

Course Description

This is a general introductory science course about plants and their importance to people. Students explore the essential role of plants in everyday life as sources of meals, materials and medicines, and discuss the basic structure of plants, their historical significance and economic contributions to society. Students learn the connection between people and plants, while enhancing their appreciation of domesticated and wild plants.

GNE1056

Entrepreneurial Explorations

Course Description

Students examine the characteristics and goals of entrepreneurs as well as the relevant social, political, and economic influences. Students are encouraged to consider various perspectives of entrepreneurship, as well as their own entrepreneurial potential.

GNE1071

Indigenous Peoples of Canada

Course Description

Students explore the social, political, and economic history of Indigenous peoples in Canada. By examining the ways in which roles, responsibilities, and relationships have altered over time, students gain a deeper understanding of the wide range of Indigenous cultural practices.

GNE1072

War and Conflict in the 20th Century

Course Description

Students examine war and conflict in the twentieth century through an analysis of world wars and regional conflicts. Students explore geopolitical and ideological factors leading to conflict, as well as the evolution of warfare over time. Consideration is given to the aftermath of war and conflict and its impact on society.

GNED 1073

Inventions That Changed the World

Course Description

Throughout history, there have been inventions that have significantly impacted societies and the lives of individuals. In this course, students examine particular inventions from the Scientific Revolution to the current day, as well as the social, political, and economic contexts that have given rise to these innovations. Students also investigate different ways to assess progress with an emphasis on environmental sustainability.

GNED 1074

Social Change and Entrepreneurship

Course Description

Students explore Social Entrepreneurship as an approach to solving ecological and social problems within the context of sustainable social change. Students are introduced to the framework within which social enterprises measure impact through social innovation, technology, and the belief that everyone is a changemaker.

GNED 1075

Religion, Myth, and Spirituality

Course Description

Is religion the same as spirituality? Can ancient myths still have meaning in the modern world? How have different religions helped people answer life's ultimate questions? In this course, students are introduced to the stories, beliefs, practices, and heritage of some of the world's major wisdom traditions. Particular attention is paid to how a variety of spiritual practices respond to contemporary life. Students have an opportunity to reflect and challenge their own belief systems.

GNED 1078

Building a Culture of Community

Course Description

Students engage in critical thinking about culture, community and how we can, as individual citizens, have an impact on the world in which we live. Students explore key areas that are interwoven with developing a cultural intelligence that they can then apply in a variety of contexts. Canadian perspectives are examined alongside more global perspectives, with the goal of a wider worldview and the application of Changemaker thinking.

GNED 1079

Mysteries Of The Animal Mind

Course Description

Students are introduced to the study of animal minds. A wide range of scientific research on the animal kingdom is surveyed with an emphasis on 'higher' mammals such as dogs, cats, birds, dolphins, and chimpanzees.

Students investigate animals's abilities to learn, solve problems, use tools, and form relationships from a number of perspectives including Indigenous worldviews. By comparing humans to other animals students gain a deeper understanding of biology, evolution, neuroscience, and human nature.

GNED 1080

Animals In Our Lives: Companions and Commodities

Course Description

Sentient beings, companions, yet commodities? Animals are an integral part of any society and have been perceived in various ways across cultures and throughout history. Human-Animal studies is an exciting new area to learn about non-human animals and their reciprocal relationship with society. In this course, students analyze the relationship between humans and animals from a multidisciplinary approach through various lenses and theoretical perspectives.

GNED 1082

History Of Hip Hop

Course Description

Hip-hop hustled its way out of the Bronx in the late 1970s, as the voice of black and Latino youth. Focusing on the four basic elements of hip-hop (MCing, DJing, breaking, and graffiti art), students trace the origins and evolution of hip-hop culture in both the US and Canada, and explore its role in sociopolitical change. Sociological themes such as race, gender, and class frame the study of iconic artists, powerful producers, and legendary record labels.

GNED 1085

Fashion and Society

Course Description

“Fashion is the communication between society and clothing, and the future is forever evolving” (Lena Kasparian, fashion designer). What does fashion communicate? What does it reflect about our culture and ourselves? Students examine the dynamic cultural and political role of fashion in societies past and present. Using a cross-cultural lens, learners consider how fashion can communicate, control, construct, and challenge intersecting aspects of identity including race, class, gender, sexuality, ability/disability, and body image. Through diverse case studies about the creation and consumption of fashion, students investigate pressing social issues such as social justice, cultural appropriation, consumerism, and environmental sustainability.

GNED 1087

Stand-Up Comedy and Social Change

Course Description

From its early roots in vaudeville and burlesque to the rise of streaming comedy specials in the modern era, stand-up comedy has persisted as one of the most important forms of artistic and cultural expression around the world. By analyzing stand-up comedians from a variety of genres, eras, and countries, students learn the historical and cultural impact that comedy has on society. Stand-up comedians are viewed as important social commentators and philosophers who put a mirror up to society and use comedy as a way of critiquing and complicating our cultural values, especially as it relates to race, gender, sex, politics and religion.

GNED 1088

Becoming (Good) Kin: Braiding Decolonial Futures

Course Description

Students of this course learn to identify and articulate their interconnectedness and responsibilities to Indigenous people, communities, and land. Indigenous knowledges, histories, stories, and perspectives are centered in the creation and implementation of approaches to decolonization, reconciliation, and Indigenous resurgence. Carefully, and considering positionality, students seek to collectively imagine and build a decolonial future, a future rooted in a remembered relationship with all of creation.

GNED 1089

Visual Culture: The Power of the Image

Course Description

From our screens, to advertising, to art galleries -- we are immersed in images. What is the role and influence of visual culture on societies past and present? In this course, students examine how images, objects, and visual practices shape our worldviews, social identities, and cultural experiences. Through a multidisciplinary approach, students learn to critically analyze a range of cross-cultural visual forms, including art, advertising, fashion, and social media, as they explore how these forms intersect with cultural and social issues. Students gain a deeper understanding of the ways in which visual culture can both reinforce and challenge dominant ideologies and power structures such as patriarchy and colonialism.

GNED 1090

Learning to Thrive: Unleashing Your Potential

Course Description

In this course, students are empowered to thrive in a post-secondary environment while developing the skills necessary for personal and professional success. By understanding how institutions function, students learn to optimize their experiences by collaborating with others to build a personalized network of support. Students examine theories of learning, personal development, and wellness to build self-awareness and confidence, and to advance a sense of citizenship with a focus on equity, diversity, inclusion, and belonging.

GNED 2005

Conflict Resolution

Course Description

Students explore a variety of methods and techniques for resolving conflict, such as negotiation, mediation, and facilitation. Using an interdisciplinary framework, students are encouraged to be critically reflective and to challenge their preconceptions about conflict. By exploring conflict in a variety of settings, students learn how to approach conflict in a positive manner that is beneficial to both their personal and professional lives. Through individual and group reflection, students examine their experiences of conflicts and how learned techniques and strategies expose conflict styles and methods to managing these styles.

GNED 2010

International Politics

Course Description

This course examines communications as a key feature of global politics and conflict. The relationship between global power and communications is viewed as fundamental to how international politics function and are perceived. The term "media" is broadly defined in the course to include the Internet and portable devices, radio, books, television, painting, photography and other practices. The point is to examine the ways through which we get information about international politics and ask "how we know" about events at a distance. The communications-media approach in the course is historically- based and examines how media have been used in conflict in the past through to the present-day.

Class discussion will focus on how persuasion and ideas have been used in politics in the past and today with any eye to pinpointing differences and similarities between types of issues and successes/ failures.

GNED 2011

Canada and World Affairs

Course Description

In this course, students gain insight into Canada's prospects in the contemporary world with regard to globalization, Canada/US relations, and international organizations. Students examine themes of trade, including new international growth areas, security and defence policy, and the role of the federal government in managing Canada's foreign affairs and international trade.

GNED 2012

Criminology

Course Description

Explore society's evolving definitions of deviance, crime and criminal behaviour using the concepts and theories of Criminology. Through an analysis of numerous cases, students learn to understand and apply theories regarding why criminal acts are committed, the role of the victim, and society's response to criminal acts. The criminal justice system, legislation and related controversies, are also considered.

GNED 2014

Gender Studies

Course Description

Gender studies helps us make sense of the extent to which gender shapes our experiences of the world. Students examine social issues with a focus on the social and cultural construction of gender. Students explore the relationship of gender to personal experiences, social institutions, and power.

GNED 2016

Social Psychology

Course Description

In this course, students develop a working knowledge of the central theories and everyday applications of social psychology. Students explore how social environments influence our view of self, and our perceptions of others. Using classic and current research students discuss topics such as interpersonal attraction, social cognition, group dynamics, discrimination, aggression and prosocial behaviour. As a result, students gain a greater understanding of how they and others think, feel, and behave across diverse social contexts.

GNED 2020

Creative Writing

Course Description

In this course, students are introduced to the art and discipline of creative writing. Students write a variety of short forms, including fiction, poetry, and memoir. Through writing practice, students experiment with form and style, develop craft, and explore self-expression.

GNED 2021

Family Sociology

Course Description

In this course, students are introduced to the study of families from a socio-cultural perspective. Students explore issues that could include family formation and relationships, parenting, economics, changing gender roles, family challenges and solutions.

GNED 2028

Lifestyle Management

Course Description

Quality of life is reflected in personal and societal wellness. In this course, students are introduced to the concept of wellness and provides practical strategies for developing a healthy lifestyle. Students explore issues such as stress management, nutrition, mental and physical fitness, and self-responsibility. In addition, students assess the impact of global forces on themselves and Canadian society.

GNED 2030

Indigenous Arts in Canada

Course Description

Students explore the arts of Canada's Indigenous peoples. By examining the traditional and contemporary Indigenous arts, students gain a deeper understanding of the history, iconography, aesthetics, and social activism of Indigenous cultures.

GNED 2032

Human Rights

Course Description

In this course, students are provided with an understanding of human rights in Canada and their impact on the global community. Students gain knowledge of Canadian constitutional rights and the processes involved in exercising these rights. Global human rights issues are explored.

GNED 2033

Introduction To Cinema Genres

Course Description

Across countries, cultures and languages, cinema can entertain, enrage, enlighten and/or energize viewers through the power of story. To explore this power, students identify a variety of cinema genres and examine the ways in which films reflect or contradict the conventions of genre. Through the analysis of films styles and structures, students develop the critical skills necessary to become discerning viewers and explore the role cinema plays within society.

GNED 2035

Abnormal Psychology

Course Description

In this course, students are introduced to the psychology of abnormal behaviour. Students explore definitions of psychopathology and investigate various perspectives pertaining to abnormal behaviour. Students develop a deeper understanding of the connections between causes of behaviours and different treatment approaches.

GNED 2036

Indigenous Way Of Being

Course Description

Students discuss the Indigenous holistic way of being. By exploring Indigenous roles, responsibilities, and relationships, students have the opportunity to share Indigenous teachings and traditions.

GNED 2039

Science Fiction

[Course Description](#)

In this course, students trace the history and development of science fiction, and are introduced to representative works from literature, television and cinema. Selected works of science fiction illustrate and analyze how science fiction performs the role of social commentary. These works serve as a catalyst to class discussion of universal and contemporary social issues.

GNED 2050

Law in Everyday Life

[Course Description](#)

This course is designed to encourage civic responsibility by informing students about current law and its effect on their everyday lives. Students explore various types of Canadian law, with a focus on the legal system as it applies to the Charter of Rights and Freedoms, students get to watch an effective arrest and observe how the Charter is applied. The Supreme Court is also examined.

GNED 2054

Documentary Film

[Course Description](#)

Students explore how documentary films inform, influence, entertain and persuade audiences. By analyzing both the technical and theoretical elements of documentary filmmaking, students engage in film critique, creation and appreciation of this genre.

GNED 2055

Ojibwe Language and Culture 2

[Course Description](#)

In this course, students expand their study of the Ojibwe language. Enriching their oral and written skills, students enhance their listening and language comprehension through storytelling and presentations. Students gain insight into the links among language, cultural values, and ways of learning.

GNED 2057

Contemporary Social Issues

[Course Description](#)

With all of our progress, why do social problems continue to endure in our society, and internationally? The simple answer is to blame the individual for things like addiction or poverty, but evidence-based research gives a fuller explanation. The issues explored by students in this course include substance abuse and addiction, health, media, 'race', gender, poverty, the environment, and armed conflict. Students identify and analyze social issues from various sociological perspectives.

GNED 2065

Ojibwe Language and Culture 4

[Course Description](#)

In this course, students apply conversational knowledge of the Ojibwe language. Language tools are created through the evaluation of current Indigenous language preservation and revitalization models. The impact of historic and current legislation on Indigenous peoples and their language is analyzed.

GNED 2071

Nonprofits in Action: Transforming Communities

Course Description

Canadian nonprofit organizations provide an organizational framework for society to identify and respond to diverse community needs, including social, cultural, and environmental issues. Through research and discussion, students critically examine the capacity of citizens, individually and collectively, to participate in resolving emerging community issues in partnership with nonprofit organizations. Students assess the nonprofit sector's ability to effect community change from local, national and/or global perspectives.

GNED 2074

Ojibwe Language and Culture 3

Course Description

Exploring cuisine is a good way to explore culture. In this course, students examine the geographical, historical, social, and religious factors that combine to create a culture and its cuisine, and investigate the social and religious symbolism of food and sharing food. Students analyze a range of cultures and cuisines from every region of the world, ancient and modern, to show how they reflect and reveal the variety of human experience.

GNED 2075

Culture and Cuisine

Course Description

Exploring cuisine is a good way to explore culture. In this course, students examine the geographical, historical, social, and religious factors that combine to create a culture and its cuisine, and investigate the social and religious symbolism of food and sharing food. Students analyze a range of cultures and cuisines from every region of the world, ancient and modern, to show how they reflect and reveal the variety of human experience.

GNED 2076

Performance Psychology in Sport

Course Description

In this course, students are introduced to the field of sport and exercise psychology through theory and application. Strategies and techniques that sport psychologists and mental performance consultants (MPC) employ to help athletes achieve and maintain peak performance are explored. Ultimately, students are assisted in developing a range of psychological skills that are broadly transferable to all performance tasks (e.g., sport, exercise, academic testing, career testing), helping them achieve consistent peak performance.

GNED 2086

True Crime In North America

Course Description

In this course, students are introduced to a variety of true crime stories in spoken and written form, and in music and film. Students consider perspectives on morality in relation to gender, race and class in the telling of true crimes.

GNED 2088

Across Time and Place: An Introduction to Queer Identity, Culture, and History[Course](#)

[Description](#)

Many people express their sexualities, relationships, and gender outside of mainstream societal norms. In this course, students use queer theories as frameworks to understand social issues, and to identify historical and cultural distinctions between sex, sexuality, and gender identity. Students uncover the impact of prejudice, discrimination, and intersectionality, and they explore individual and collective contributions of the queer community to the wider society.

PSYL 1001

Introduction to Psychology

[Course Description](#)

Students are introduced to the development of psychology as a science, including key concepts and theories, and their application to real life situations. Through exploration of topics such as stress, learning, memory, motivation, and perception, students will better understand why they think and behave the way that they do. Students learn about the unique contribution of psychology to all contexts of life by exploring current research in an ever-evolving world.

PSYL 1002

Introduction to Psychology 2

[Course Description](#)

Students are introduced to the development of psychology as a science, including key concepts and theories, and their application to real life situations. Through exploration of topics such as human development, personality, intelligence, and psychological disorders, students will better understand why they think and behave the way that they do. Students learn about the unique contribution of psychology to all contexts of life by exploring current research in an ever-evolving world.

SOCL 1000

Introduction to Sociology

[Course Description](#)

Sociology is the study of human society and social interactions. Students develop awareness of the relationships between individual beliefs, attitudes, and behaviours in society. By applying sociological concepts to various aspects of Canadian society, students develop a deeper understanding of the ways in which groups interact.

SOCL 1001

Introduction to Sociology 2

Sociology is the study of human society and social interactions. Using sociological concepts and perspectives, students analyze issues relating to inequalities, the family, education, religion, politics, the economy, population trends, and social change. By applying sociological concepts to various aspects of Canadian and global societies, students develop a deeper understanding of how people are affected by the society in which they live.