



People Who Make a Difference

Adult Development at the University of Guelph is designed to educate professionals to understand the process of aging and to appreciate the broader context within which families live and work. This comprehensive program considers the psychological, social, biological and economic factors that influence individual development, capabilities, health and relationships across the lifespan. Focusing on health, students will learn and apply research and theories that can be used to promote individual and family well-being. Courses in adult development, family and social relationships, social policy and community services, and statistics provide theoretical and first-hand experience with adults and families to prepare students to work effectively with adult individuals and groups in a variety of settings.

University of Guelph Advantage

Students investigate development and aging across the adult life span within a framework of health and well-being to capture the complexity of issues facing our society.

Guelph's co-op work terms offer community service-learning opportunities that allow students to gain knowledge, skills and values, as well as a fully integrated package of related courses.

Our co-op process responds to your needs. Employers can post, hire and interview throughout the semester and our students are available for 4 or 8 month work terms. The **Experience Guelph** hiring tool makes hiring Guelph co-op students easy!

Student Strengths

- An excellent grounding in the social and health sciences that is fundamental to the study of emerging adults, adulthood and elder care
- Strong analytic and evaluation skills due to a trained, critical academic background
- A solid knowledge of family relations, interpersonal dynamics and life span development issues
- An ability to conduct reliable and valid research projects
- An understanding of political and governmental issues
- Solid communication and problem-solving abilities

Adult Development Course Sequencing

YEAR	FALL (SEPT-DEC)	WINTER (JAN-APRIL)	SUMMER (MAY-AUG)
ONE	<ul style="list-style-type: none"> LIFE: HEALTH AND WELL-BEING INTRODUCTION TO PSYCHOLOGY <u>ONE OF</u>: SOCIOLOGY OR INTRODUCTION TO ANTHROPOLOGY INTRODUCTION TO NUTRITION 1 ELECTIVE 	<ul style="list-style-type: none"> HUMAN DEVELOPMENT COUPLE AND FAMILY RELATIONSHIPS <u>ONE OF</u>: CONCEPTS IN HUMAN PHYSIOLOGY OR GENETICS AND SOCIETY 2 ELECTIVES 	OFF
TWO	<ul style="list-style-type: none"> INTRODUCTION TO CO-OPERATIVE EDUCATION DEVELOPMENT OF HUMAN SEXUALITY INTRODUCTORY APPLIED STATISTICS I RESEARCH METHODS: FAMILY STUDIES COMMUNICATION AND COUNSELLING SKILLS ADULT DEVELOPMENT AND AGING 	<ul style="list-style-type: none"> INTRODUCTION TO HUMAN SERVICES INTRODUCTORY APPLIED STATISTICS II STRATEGIES FOR BEHAVIOUR CHANGE 2 ELECTIVES 	WORK TERM ONE
THREE	WORK TERM TWO	<ul style="list-style-type: none"> PRACTICUM I: ADULT DEVELOPMENT AGING AND HEALTH <u>ONE OF</u>: SOCIAL POLICY & GERONTOLOGY OR SOCIAL POLICIES FOR CHILDREN, YOUTH AND FAMILIES PARENTING AND INTERGENERATIONAL RELATIONSHIPS 	• 5 ELECTIVES
FOUR	<ul style="list-style-type: none"> PROFESSIONAL ISSUES 4 ELECTIVES 	WORK TERM THREE	• 5 ELECTIVES

Students who intend to pursue studies and careers in a particular area of interest are encouraged to take courses from those areas, including:

- ADULT DEVELOPMENT AND AGING • NUTRITION • FAMILY AND SOCIAL RELATIONS
- RESEARCH • HUMAN SEXUALITY AND HEALTH • PSYCHOLOGY

BASED ON THE 2020/21 UNDERGRADUATE CALENDAR

PLEASE SEE THE CURRENT UNDERGRADUATE CALENDAR FOR MORE INFORMATION