



PROGRAM PLANNING GUIDE

ID:

Name: _____

Bachelor of Health Sciences / Bachelor of Arts

Addictions Counselling / Psychology



Explore the five-year combined Bachelor of Health Sciences / Bachelor of Arts degree majoring in Addictions Counselling / Psychology. Prepare for graduate studies and/or careers in mental health, from prevention and health promotion to intervention and treatment by gaining specialized practical skills and theoretical knowledge.

What determines my program requirements?

Please refer to the Academic Calendar (www.ulethbridge.ca/ross/academic-calendar) for complete program information.

Calendar Year: 2024/2025 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

Faculty/School: Faculty of Arts and Science (www.ulethbridge.ca/artsci) and Faculty of Health Sciences (www.ulethbridge.ca/healthsciences)

Program(s): Bachelor of Health Sciences / Bachelor of Arts

Major(s): Addictions Counselling / Psychology

Minor: A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see www.ulethbridge.ca/ross/minors.

Am I admissible to this program?

Admission: www.ulethbridge.ca/ross/admissions/undergrad

Transfer: www.ulethbridge.ca/ross/transfer-resources

When/How do I apply to the University?

Deadlines: www.ulethbridge.ca/ross/admissions/undergrad/deadlines

Step-by-Step: www.ulethbridge.ca/ross/admissions/step-by-step

Where can I find information on courses?

Course Catalogue: www.ulethbridge.ca/ross/courses

Registration Guide: www.ulethbridge.ca/ross/registration-guide

When can I register for classes?

Register early! (March for Summer and Fall; November for Winter)

Registration Dates: www.ulethbridge.ca/ross/registration-dates

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge

Co-op Education: www.ulethbridge.ca/career-bridge/co-operative-education

Internship: www.ulethbridge.ca/healthsciences/addictions-counselling-internship

Independent Study: www.ulethbridge.ca/healthsciences/independent-study

What supports are available to students?

Student Services: www.ulethbridge.ca/campus-life/student-services

Student Success Centre: www.ulethbridge.ca/student-success-centre

Accessible Learning: www.ulethbridge.ca/ross/alc

Counselling Services: www.ulethbridge.ca/counselling



Required courses and notes

Program Requirements

- _____ 1. Addictions Counselling 1000 - Introduction to Addiction Studies
- _____ 2. Addictions Counselling 1020 - Introduction to the Counselling Interview
- _____ 3. Addictions Counselling 1220 - Counselling I (Individual Counselling)
- _____ 4. Addictions Counselling 2120 - Counselling II (Group Counselling)
- _____ 5. Addictions Counselling 2235 - Indigenous Perspectives on Counselling and Wellness
- _____ 6. Addictions Counselling 2245 - Assessment of Addictions
- _____ 7. Addictions Counselling 2275 - Trauma in Addictions Counselling
- _____ 8. Addictions Counselling 3002 - Health Education and Promotion
- _____ 9.-13. Addictions Counselling 3050 - Internship in Addictions Counselling I (15.0 credit hours)
- _____ 14. Addictions Counselling 3120 - Counselling III (Family Counselling)
- _____ 15. Addictions Counselling 3130 - Diversity and Counselling
- _____ 16. Addictions Counselling 3260 - Research in Addictions
- _____ 17. Addictions Counselling 3420 - Ethics in Addictions Counselling
- _____ 18.-22. Addictions Counselling 4050 - Internship in Addictions Counselling II (15.0 credit hours)
- _____ 23. Health Sciences 3450/Psychology 3450 - Applied Statistics for Clinical Practice
- _____ 24. Neuroscience 2610 - Principles of Brain Structure and Function
- _____ 25. Neuroscience 2620 - Principles of Behavioural Neuroscience
- _____ 26. Psychology 1010 - Introduction to Psychology A: Evolution, Mechanisms, and Cognition/Perception
- _____ 27. Psychology 1020 - Introduction to Psychology B: Developmental, Sociocultural, and Abnormal
- _____ 28. Psychology 1030 - Key Skills in Psychology
- _____ 29. Psychology 2005 - Psychological Sketches: Straight from the Researchers
- _____ 30. Psychology 2030 - Thinking with Data I
- _____ 31. Psychology 2110 - Introduction to Child Development
- _____ 32. Psychology 2330 - Learning and Cognition
- _____ 33. Psychology 2700 - Behaviour and Evolution
- _____ 34. Psychology 2800 - Social Psychology
- _____ 35. Psychology 3105 - Adolescent Development
- _____ 36. Psychology 3330 - Social Cognition
- _____ 37. **One of:**
 - _____ Addictions Counselling 3150 - Adult Psychopathology
 - _____ Psychology 3500 - Abnormal Psychology
- _____ 38. **One of:**
 - _____ Addictions Counselling 3140 - Behavioural Pharmacology
 - _____ Psychology 3535 - Drugs and Behaviour
- _____ 39. One course (3.0 credit hours) in Psychology at the 4000 level, excluding Psychology 4980 (Applied Studies), Psychology 4990 (Independent Study), and Psychology 4995 (Undergraduate Thesis)
- _____ 40.-41. Two additional courses (6.0 credit hours) in Psychology at the 3000 or 4000 level, at least one of which must be designated as Social Science
 - _____ 40. _____
 - _____ 41. _____

- _____ 42.-45. Four courses (12.0 credit hours) from List I: Fine Arts and Humanities offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education
 - _____ 42. _____
 - _____ 43. _____
 - _____ 44. _____
 - _____ 45. _____
- _____ 46.-50. Five elective courses (15.0 credit hours) from disciplines offered by the Faculty of Health Sciences, the Faculty of Arts and Science, the Faculty of Fine Arts, or the School of Liberal Education
 - _____ 46. _____
 - _____ 47. _____
 - _____ 48. _____
 - _____ 49. _____
 - _____ 50. _____

General Requirements

- _____ A minimum of 50 course equivalents (150.0 credit hours) from disciplines offered by the Faculty of Health Sciences, the Faculty of Arts and Science, the Faculty of Fine Arts, or the School of Liberal Education with a GPA of at least 2.00 (on the University of Lethbridge 4.0 scale).
- _____ A minimum cumulative GPA of 2.50 (on the University of Lethbridge 4.0 scale) on all Aboriginal Health, Addictions Counselling, Health Sciences, and Public Health courses taken for credit towards the degree.
- _____ A maximum of 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the program, excluding Activity courses (labelled PHAC and MUSE).
- _____ A maximum of three Independent Study courses (9.0 credit hours) may be completed for credit towards the program.
- _____ Completion of the Liberal Education List Requirement (see **School of Liberal Education** in the 2024/2025 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar).
- _____ Residence requirement: Students must complete a minimum of 30 courses at the University of Lethbridge, including 20 courses from disciplines offered by the Faculty of Health Sciences and 10 courses from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education.
- _____ All Aboriginal Health, Addictions Counselling, Health Sciences, and Public Health degree requirements must be completed within seven years of completion of the first required course offered by the Faculty of Health Sciences.

Optional Minor: _____

For information about minors see **Minors** in the 2024/2025 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar. Consult with an Academic Advisor if you wish to add a minor to your program.

- _____ **1.-6. Required Courses**
 - _____ 1. _____
 - _____ 2. _____
 - _____ 3. _____
 - _____ 4. _____
 - _____ 5. _____
 - _____ 6. _____

Recommended Course Sequence

Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms). Students are strongly encouraged to follow the sequencing plan outlined here. Not following the sequencing plan may result in extending the length of your program.

Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.

First Year (Fall)

Addictions Counselling 1000
Addictions Counselling 1020
One of: Psychology 1010 or Psychology 1020
Psychology 1030
Psychology 2005

First Year (Winter)

Addictions Counselling 1220
One of: Psychology 1010 or Psychology 1020
Psychology 2030
Addictions Counselling 2235
Fine Arts and Humanities elective

Second Year (Fall)

Addictions Counselling 2120
Fine Arts and Humanities elective
Psychology 2700
Psychology 2800
Neuroscience 2610

Second Year (Winter)

Addictions Counselling 2245
Addictions Counselling 3002
Neuroscience 2620
Psychology 2330
Psychology 2110

Third Year (Fall)

Addictions Counselling 3130
Addictions Counselling 3260
Psychology 3105
Addictions Counselling 3420
Fine Arts and Humanities elective

Third Year (Winter)

Psychology 3330
Addictions Counselling 2275
Addictions Counselling 3120
Fine Arts and Humanities elective
Health Sciences 3450/Psychology 3450

Fourth Year (Fall)

¹One of: Addictions Counselling 3140 or Elective
One of: Addictions Counselling 3150 or Psychology 3500
Psychology 3000/4000 level
Psychology 3000/4000 level
Elective

Fourth Year (Winter)

¹One of: Psychology 3535 or Elective
Psychology 4000 level
Elective
Elective
Elective

Fifth Year (Fall)

Addictions Counselling 3050

Fifth Year (Winter)

Addictions Counselling 4050

1. Students who take Addictions Counselling 3140 in Fall must take an Elective in the Winter.
Students who take an Elective in Fall must take Psychology 3535 in the Winter.