# ACADEMIC ADVISING

DISCLAIMER—Please note that the following information is provided to help guide you in selecting your first year courses. It is the responsibility of all students to familiarize themselves with the specific requirements for the degree which they seek. This information can be found at [www.trentu.ca/calendar](http://www.trentu.ca/calendar)

**The following are some tips on course selection for the various majors available on the Durham campus. Please also visit** [**www.trentu.ca/durham/orientation**](http://www.trentu.ca/durham/orientation)

**TRANSFER STUDENTS: students in receipt of transfer credits should review all documents on this webpage but are also advised to consult with an Academic Advisor to confirm appropriate course selection.**

**Please note the following:**

* **It is highly recommended for all first year students to build WRIT 1001H into their timetable. Some programs already require this very helpful writing course.**
* **All programs require 0.5 credit from the Approved Indigenous Course List (see page 17 of the Academic Calendar** [**www.trentu.ca/calendar**](http://www.trentu.ca/calendar)**). This course can be completed in ANY year of your program.**
* **If you are seeking to register with Student Accessibility Services (SAS) for disability-related accommodations you can find information about how to schedule an appointment at:**

<https://www.trentu.ca/durham/student-life/student-support-services/accessibility-services>

**MAJORS AVAILABLE AT THE DURHAM CAMPUS INCLUDE:**

## Anthropology, Communications and Critical Thinking, English, History, Information Systems (joint degree only) Media Studies, Gender & Women’s Studies (3 year), Philosophy (3 year), Psychology, Sociology, BSW\*, BBA\*, and Child and Youth Studies\*.

***\*BBA, BSW and Child and Youth Studies students should read all of this document but also refer to ‘First Year Course Selection by Major’ document to see additional course requirements and/or considerations for first year.***

***\*Teachers Education Stream students please note that ‘Teachers Education Stream’ is NOT a major—you will still need to determine what your major will be by end of first year if you have not already done so. See ‘First Year Course Selection by Major’ for information on required courses in first year.***

***What is the difference between credits and courses? How many courses should I take? What is considered to be a full course load?***

Courses are either 0.5 credit or 1.0 credit. If a course indicates an “H” at the end of the course code, it is a half credit course (0.5). If the course indicates a “Y” at the end of the course code, it is a full credit course (1.0). More information on this is provided as you continue to read. A first year full course load usually consists of a total of 5 total credits over the fall and winter term. Typically, 5 courses in a term equates to 2.5 credits. So, 5 courses per term (fall and winter) equates to 5.0 credits for the year.

You may end up taking fewer courses but it is your responsibility to know whether or not you should be taking a particular course load. Please ask an Academic Advisor if you are unsure of what load you should be carrying.

The university defines 3.5 credits to 5.0 credits as ‘full-time’ and 3.0 or less as ‘part-time’. Please consult [www.trentu.ca/financialaid](http://www.trentu.ca/financialaid) for definitions of ‘full-time’ and ‘part-time’ for the purposes of OSAP. Students registered with Accessibility Services should consult an Advisor about course loads. Note that if you are a recipient of the Trent Renewable Entrance Scholarship, you must complete 5.0 credits in an academic year.

Typically, you will need to complete the first year introductory courses in a subject before being able to take upper year courses (exceptions are noted in the “First Year Course Descriptions” document). Find the introductory course(s) for your intended major(s) or area(s) of interest (if undeclared). These courses will start with a ‘1 (one)’ which represents the introductory 1000 level. For example, PSYC 1020H or SOCI 1001H.

**Note that** **you are picking courses for both the Fall and Winter semesters so remember to select the second half of your intro course (if there is one) in the winter term.** For example, you need both SOCI 1001H (Fall) and SOCI 1002H (Winter) if you are a Sociology major. However, ADMN 1000H does not have a second half component. Be sure to check out the ‘First Year Course Selection by Major’ document to help ensure you are taking all required first year courses. If the first year courses you are required or are choosing to take do not have a second half, you are welcome to fill the space with other courses you are eligible to take. This includes first year electives or some upper year courses that don’t require first year prerequisites. See the ‘First Year Course Descriptions’ document for prerequisites of a particular course.

Now, remember the half credit vs full credit information? There are a few courses that are not in two half credits but instead just run through both terms. These are called full-credit courses. HIST (History) 1000Y is such a course and it therefore technically represents a course in each term, so you should be mindful of this when counting how many ‘courses’ you have in each term as well as ‘credits’ for the year. For instance, if you are taking 1 full year credit (such as HIST 1000Y), you will only need 4 half credits in the fall semester and 4 half credits in the winter semester in order to obtain 5.0 credits in the academic year. This is because the full credit history course will count as 1 course in each of the semesters (think of it as 0.5 of the history course being completed in the fall, and 0.5 of the same course being completed in the winter).

After choosing your courses of primary interest (based on your intended major), it is time to think of what other courses you might like to take in first year. These are often referred to as ‘electives’. Review the ‘First Year Course Description’ document on this webpage to see what interests you. Remember, course descriptions can also be found at [www.trentu.ca/calendar](http://www.trentu.ca/calendar).

It is not uncommon for students to change their minds about their major. When selecting electives, use this as an opportunity to explore courses that might excite you! ***Think about taking other 1000 level courses that you enjoyed in a previous educational setting.*** ***Consider taking something at the 1000 level that is new to you and sounds intriguing.***

**OTHER IMPORTANT THINGS TO NOTE:**

There is really nothing that you can take that is ‘wrong’, however, be mindful that if you ‘intend’ to stay at the Durham campus you should choose at least a couple of introductory courses from majors that you can complete in Durham.

Try not to schedule more than two (2) courses per day, as more than two can potentially be an overwhelming amount of information in one day.

All introductory (first-year) courses in Durham are open to all students in all majors (except EDUC courses).

As mentioned above, most of your first year classes will be classes that begin with 1. However, there are some exceptions. These include ENGL 2001H, ANTH 2001H, ANTH2002H, ANTH 2121H, ANTH 2122H, and WMST 2410H. See “First Year Course Descriptions” for other exceptions.

You are not ‘locked in’ to your major. You can change your mind after exploring your first year. Speak to your Academic Advisor about ‘Joint Majors’ and Minors/Options/Emphases/Specializations during your first year.

Please note that the timetable is subject to change.