



Calendar Year: 2026/2027

# PROGRAM PLANNING GUIDE

Name: \_\_\_\_\_

ID:

## Bachelor of Health Sciences / Bachelor of Arts

### Addictions and Mental Health Counselling / Psychology



Explore the five-year combined Bachelor of Health Sciences / Bachelor of Arts degree majoring in Addictions and Mental Health 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](http://www.ulethbridge.ca/ross/academic-calendar)) for complete program information.

**Calendar Year:** 2026/2027 - 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](http://www.ulethbridge.ca/artsci)) and Faculty of Health Sciences ([www.ulethbridge.ca/healthsciences](http://www.ulethbridge.ca/healthsciences))

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

**Major(s):** Addictions and Mental Health 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](http://www.ulethbridge.ca/ross/minors).

#### Am I admissible to this program?

**Admission:** [www.ulethbridge.ca/ross/admissions/undergrad](http://www.ulethbridge.ca/ross/admissions/undergrad)

**Transfer:** [www.ulethbridge.ca/ross/transfer-resources](http://www.ulethbridge.ca/ross/transfer-resources)

#### When/How do I apply to the University?

**Deadlines:** [www.ulethbridge.ca/ross/admissions/undergrad/deadlines](http://www.ulethbridge.ca/ross/admissions/undergrad/deadlines)

**Step-by-Step:** [www.ulethbridge.ca/ross/admissions/step-by-step](http://www.ulethbridge.ca/ross/admissions/step-by-step)

#### Where can I find information on courses?

**Course Catalogue:** [www.ulethbridge.ca/ross/courses](http://www.ulethbridge.ca/ross/courses)

**Registration Guide:** [www.ulethbridge.ca/ross/registration-guide](http://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](http://www.ulethbridge.ca/ross/registration-dates)

#### How can I enhance my program?

**Career Bridge:** [www.ulethbridge.ca/career-bridge](http://www.ulethbridge.ca/career-bridge)

**Co-op Education:** [www.ulethbridge.ca/career-bridge/co-operative-education](http://www.ulethbridge.ca/career-bridge/co-operative-education)

**Internship:** [www.ulethbridge.ca/healthsciences/addictions-counselling-internship](http://www.ulethbridge.ca/healthsciences/addictions-counselling-internship)

**Independent Study:** [www.ulethbridge.ca/healthsciences/independent-study](http://www.ulethbridge.ca/healthsciences/independent-study)

#### What supports are available to students?

**Student Services:** [www.ulethbridge.ca/campus-life/student-services](http://www.ulethbridge.ca/campus-life/student-services)

**Student Success Centre:** [www.ulethbridge.ca/student-success-centre](http://www.ulethbridge.ca/student-success-centre)

**Accessible Learning:** [www.ulethbridge.ca/ross/alc](http://www.ulethbridge.ca/ross/alc)

**Counselling Services:** [www.ulethbridge.ca/counselling](http://www.ulethbridge.ca/counselling)



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Contact an Academic Advisor ([www.ulethbridge.ca/ross/academic-advising](http://www.ulethbridge.ca/ross/academic-advising)) for advising information

This is a planning guide and not a graduation check or guarantee of course offerings. You should have a program check done in your final year of studies. Students are responsible for ensuring they have met program requirements. This guide should be used in conjunction with the University of Lethbridge Academic Calendar, which is the final authority on program requirements and academic regulations.



**Program Requirements**

- \_\_\_\_\_ 1. Addictions and Mental Health Counselling 1000 - Introduction to Addiction Studies
- \_\_\_\_\_ 2. Addictions and Mental Health Counselling 1020 - Introduction to the Counselling Interview
- \_\_\_\_\_ 3. Addictions and Mental Health Counselling 1220 - Counselling I (Individual Counselling)
- \_\_\_\_\_ 4. Addictions and Mental Health Counselling 2002 - Health Education and Promotion
- \_\_\_\_\_ 5. Addictions and Mental Health Counselling 2120 - Counselling II (Group Counselling)
- \_\_\_\_\_ 6. Addictions and Mental Health Counselling 2130 - Diversity and Counselling
- \_\_\_\_\_ 7. Addictions and Mental Health Counselling 2235 - Indigenous Perspectives on Counselling and Wellness
- \_\_\_\_\_ 8. Addictions and Mental Health Counselling 2245 - Assessment of Addictions and Mental Health
- \_\_\_\_\_ 9. Addictions and Mental Health Counselling 2260 - Research Methods for Addictions, Mental Health, Counselling, and Psychotherapy
- \_\_\_\_\_ 10. Addictions and Mental Health Counselling 3120 - Counselling III (Family and Mental Health Counselling)
- \_\_\_\_\_ 11. Addictions and Mental Health Counselling 3375 - Trauma in Addictions and Mental Health Counselling
- \_\_\_\_\_ 12. Addictions and Mental Health Counselling 3420 - Ethics in Counselling
- \_\_\_\_\_ 13.-17. Addictions and Mental Health Counselling 4050 - Internship in Addictions and Mental Health Counselling II (15.0 credit hours)
- \_\_\_\_\_ 18. Indigenous Health 1000 - Introduction to Indigenous Health
- \_\_\_\_\_ 19. Neuroscience 2610 - Principles of Brain Structure and Function
- \_\_\_\_\_ 20. Neuroscience 2620 - Principles of Behavioural Neuroscience
- \_\_\_\_\_ 21. Psychology 1010 - Introduction to Psychology A: Evolution, Mechanisms, and Cognition/Perception
- \_\_\_\_\_ 22. Psychology 1020 - Introduction to Psychology B: Developmental, Sociocultural, and Abnormal
- \_\_\_\_\_ 23. Psychology 1030 - Key Skills in Psychology
- \_\_\_\_\_ 24. Psychology 2005 - Psychological Sketches: Straight from the Researchers
- \_\_\_\_\_ 25. Psychology 2030 - Thinking with Data I
- \_\_\_\_\_ 26. Psychology 2110 - Introduction to Child Development
- \_\_\_\_\_ 27. Psychology 2330 - Learning and Cognition
- \_\_\_\_\_ 28. Psychology 2650 - Individual Differences
- \_\_\_\_\_ 29. Psychology 2700 - Behaviour and Evolution
- \_\_\_\_\_ 30. Psychology 2800 - Social Psychology
- \_\_\_\_\_ 31. **One of:**
  - \_\_\_\_\_ Psychology 3105 - Adolescent Development
  - \_\_\_\_\_ Psychology 3330 - Social Cognition
- \_\_\_\_\_ 32. **One of:**
  - \_\_\_\_\_ Addictions and Mental Health Counselling 3150/ Psychology 3150 - Adult Psychopathology
  - \_\_\_\_\_ Psychology 3500 - Abnormal Psychology
- \_\_\_\_\_ 33. **One of:**
  - \_\_\_\_\_ Addictions and Mental Health Counselling 3145/ Psychology 3145 - Behavioural Pharmacology
  - \_\_\_\_\_ Psychology 3535 - Drugs and Behaviour

- \_\_\_\_\_ 34.-38. **One of:**
  - \_\_\_\_\_ Addictions and Mental Health Counselling 3050 - Internship in Addictions and Mental Health I (15.0 credit hours)
  - \_\_\_\_\_ Five electives offered by the Faculty of Health Sciences, Faculty of Arts and Science, Faculty of Fine Arts, or the School of Liberal Education (15.0 credit hours)
    - \_\_\_\_\_ 34. \_\_\_\_\_
    - \_\_\_\_\_ 35. \_\_\_\_\_
    - \_\_\_\_\_ 36. \_\_\_\_\_
    - \_\_\_\_\_ 37. \_\_\_\_\_
    - \_\_\_\_\_ 38. \_\_\_\_\_
- \_\_\_\_\_ 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. One additional course (3.0 credit hours) at the 3000 level from disciplines offered by the Faculty of Health Sciences
- \_\_\_\_\_ 41.-42. 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
  - \_\_\_\_\_ 41. \_\_\_\_\_
  - \_\_\_\_\_ 42. \_\_\_\_\_
- \_\_\_\_\_ 43.-46. 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
  - \_\_\_\_\_ 43. \_\_\_\_\_
  - \_\_\_\_\_ 44. \_\_\_\_\_
  - \_\_\_\_\_ 45. \_\_\_\_\_
  - \_\_\_\_\_ 46. \_\_\_\_\_
- \_\_\_\_\_ 47.-50. Four elective courses (12.0 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
  - \_\_\_\_\_ 47. \_\_\_\_\_
  - \_\_\_\_\_ 48. \_\_\_\_\_
  - \_\_\_\_\_ 49. \_\_\_\_\_
  - \_\_\_\_\_ 50. \_\_\_\_\_



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**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 (no courses labelled ACCT, AGEM, CDEV, CRED, DGTR, EDUC, FINC, GLBU, HRLR, IGBM, MGT, or MKTG unless cross-listed with a course from one of the above faculties) 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 Addictions Counselling, Health Sciences, Indigenous Health, and Public Health courses taken for credit towards the degree.
- \_\_\_\_\_ 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 2026/2027 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://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 Addictions Counselling, Health Sciences, Indigenous Health, 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.

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).

\_\_\_\_\_ **1.-12. Introductory Course Limit**

- \_\_\_\_\_ 1. \_\_\_\_\_
- \_\_\_\_\_ 2. \_\_\_\_\_
- \_\_\_\_\_ 3. \_\_\_\_\_
- \_\_\_\_\_ 4. \_\_\_\_\_
- \_\_\_\_\_ 5. \_\_\_\_\_
- \_\_\_\_\_ 6. \_\_\_\_\_
- \_\_\_\_\_ 7. \_\_\_\_\_
- \_\_\_\_\_ 8. \_\_\_\_\_
- \_\_\_\_\_ 9. \_\_\_\_\_
- \_\_\_\_\_ 10. \_\_\_\_\_
- \_\_\_\_\_ 11. \_\_\_\_\_
- \_\_\_\_\_ 12. \_\_\_\_\_

**Optional Minor:** \_\_\_\_\_

For information about minors see **Minors** in the 2026/2027 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://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. \_\_\_\_\_



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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 and Mental Health Counselling 1000
- Addictions and Mental Health Counselling 1020
- One of: Psychology 1010 or Psychology 1020
- Psychology 1030
- Psychology 2005

### First Year (Winter)

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

### Second Year (Fall)

- Addictions and Mental Health Counselling 2120
- Psychology 2650
- Psychology 2700
- Psychology 2800
- Neuroscience 2610

### Second Year (Winter)

- Addictions and Mental Health Counselling 2002
- Addictions and Mental Health Counselling 2245
- Neuroscience 2620
- Psychology 2330
- Psychology 2110

### Third Year (Fall)

- Addictions and Mental Health Counselling 2130
- Addictions and Mental Health Counselling 2260
- One of: Psychology 3105 or Psychology 3330
- Addictions and Mental Health Counselling 3420
- Fine Arts and Humanities elective

### Third Year (Winter)

- Addictions and Mental Health Counselling 3120
- Addictions and Mental Health Counselling 3375
- Fine Arts and Humanities elective
- Fine Arts and Humanities elective
- Faculty of Health Sciences elective 3000 level

### Fourth Year (Fall)

- <sup>1</sup>One of: Addictions and Mental Health Counselling 3145/Psychology 3145 or Elective
- One of: Addictions and Mental Health Counselling 3150/Psychology 3150 or Psychology 3500
- Psychology 3000/4000 level
- Psychology 3000/4000 level
- Elective

### Fourth Year (Winter)

- <sup>1</sup>One of: Psychology 3535 or Elective
- Psychology 4000 level
- Elective
- Elective
- Elective

### Fifth Year (Fall)

- Addictions and Mental Health Counselling 3050 (15.0 credit hours)
- OR**
- Elective
- Elective
- Elective
- Elective
- Elective

### Fifth Year (Winter)

- Addictions and Mental Health Counselling 4050

1. Students who take Addictions and Mental Health Counselling 3145/Psychology 3145 in Fall must take an Elective in the Winter.  
 Students who take an Elective in Fall must take Psychology 3535 in the Winter.