

General Education

What is the purpose of the General Education Component?

Regardless of which educational path you choose to follow, you will take both program-specific courses and general education courses. General Education is an essential component directly linked to the three main goals of college education:

1. To educate students to live responsibly in society.
2. To help students integrate cultural knowledge into their studies.
3. To help students master language as a tool for thought, communication and openness to the world.

Your English, French, Humanities, Physical Education and Complementary courses are designed to help you develop competencies associated with these goals.

Components of General Education

English

French

Humanities

Physical Education

Complementary



General Education Courses

English Courses

At the start of their program, students are all placed in the Introduction to College English course, which introduces them to thinking, talking and writing about literature at the college level. Upon successful completion of this course students go on to studying:

Literary Genres

The objective of Literary Genres courses is to enable students to apply a critical approach to the study of literary genres. Students will learn to recognize literary genres and their conventions. Successful students will understand a work's relationship to literary and historical context.

Literary Themes

The objective of the Literary Themes courses is to enable students to apply a critical approach to the study of literary themes. Students will learn to recognize a work's literary themes, cultural context and value system. Students will analyze a text from a thematic perspective.

Program Specific - Block B

The objective of the Block-B courses is to enable students to develop their skills in reading and analyzing texts related to one or more fields of study. Students will draw on their program-specific knowledge to develop and organize their ideas, with attention to relevant rhetorical strategies, forms, and conventions.

French Courses

French is an important component in Quebec society and an essential General Education element for students to obtain their Diploma of Collegial Studies (DCS). Students must complete a French course sequence based on their academic background and English instruction eligibility.

As of the Fall 2024 semester and in accordance with Law 14, those without certificates of English eligibility will complete a French course sequence that will prepare them to successfully complete the French Exit Exam (l'Épreuve uniforme de français EUF), which, for these students, is a requirement to obtain their Diploma of Collegial Studies.

In contrast, English eligibility certificate holders will be placed in a French proficiency level based on their academic background and results.

Those without certificates of eligibility will also be required to complete three program courses in

French while certificate holders will be required to complete three program courses in French or three additional French courses.

We strongly recommend you speak to an Academic Advisor if you have questions regarding your academic path.

Humanities Courses

The Humanities courses are developed around three major themes – Knowledge, Worldviews and Ethics. Students must take one course from each of these categories.

Knowledge

Courses in this group examine ways of knowing, ways of assessing knowledge and truth and the difference between knowledge and belief. Students will begin to understand how knowledge can be organized, analyzed and related to historical context. Students will consider how knowledge is used to restrict or contribute to the progress of a society.

Worldviews

A worldview touches every aspect of a person's life. A worldview may be common to an entire civilization or historical period, or specific to a particular social group or philosophical outlook. Courses in this group examine how ideas, values and experiences inherent in a worldview influence an individual's understanding of the world. Students will analyze and compare the central ideas of two or more worldviews with the goal of understanding how worldviews both reflect and shape societies.

Humanities Block-B - Program Specific

Courses in this group require students to examine the connection between ethical choices and social responsibility. A number of theories and principles of ethical decision-making are introduced. Students are required to consider opposing sides of issues related to their program of study by applying ethical theories.

Physical Education Courses

The three Physical Education courses of the General Education component aim at getting students to develop an active and healthy lifestyle.

The 101 course involves identifying the role that certain lifestyle behaviours, such as regular physical activity, good nutrition and stress management, play in the pursuit of optimal health and well-being. Students will examine the health and wellness effects derived from participation in regular physical activity and will explore the effects of their current lifestyle habits.

The 102 course is skills-oriented. Each student will be expected to analyze the factors that contribute to the acquisition of skills to be a successful participant in their chosen activity. Using a problem-solving approach, the student will conduct a personal analysis of their knowledge and abilities, establish personal goals, and plan strategies leading to the improvement of those skills.

The 103 course addresses the competency of designing and managing a personal activity program that incorporates healthy lifestyle choices. This course contributes to the development of responsible behaviours leading to the promotion and improvement of health. The learning situation will require the application of fundamental knowledge and experiences acquired in the 101 and 102 Physical Education courses. The student will explore a variety of health-related activities and be responsible for choosing, performing and scheduling activities appropriate to meet personal needs, interests and abilities.

To respond to students' diverse interests, abilities and motivations, Champlain Saint-Lambert offers a wide range of courses – downhill skiing, snowboarding, water front activities, basketball, badminton, total body conditioning, soccer, ice activities, golf, hiking, yoga, weight training and canoe camping etc.

For detailed course descriptions please see the course catalogue on champlainsaintlambert.ca

Complementary Courses

Complementary courses give students the opportunity to explore academic fields and topics outside of their program of study.

A Sustainable World?
A World of Cities
Astronomy
Based on a True Story? Popular Culture & the Past
Behind the Camera: Introduction to Photography
Behind the Camera: TV Studio Workshop
Biological Perspectives on Sex
Biology: Sharing the Environment
Chemistry and the Environment
Computer Applications for Commerce
Creative Images with Photoshop
Creative Writing
Cultivating Creativity Online and Beyond
Digital Disruptors
Exploring Environmental Change
How to Get the Most Bang for Your Travel Dollar
Indigenous People and Globalization
Introduction to Film Studies
Introduction to Forensic Science
Italian I
Meaning and Life's Problems: Exploring Philosophy
Model United Nations
Money Skills and Consumer Economics
Music: Back and Forth from Jazz to Rap to Techno
NewsActivist
Nutrition and Health Management
Political Science: Politics and Society
Psychology: Introduction to Social Sciences
Psych Yourself Up: Psychological Strategies for Self Understanding
Public Speaking for Beginners
Sociology: An Introduction to Social Life
Spanish I
Sports and Social Issues Throughout History
Storytelling with Still Photography
Studio Art Workshop / Introduction to Artistic Practices
The Language of Food Culture: Italy
Understanding the Things You Put in Your Mouth: Food, Drinks & Drugs
Writing for Journalism