

**General Educative Electives (GNED)
Spring/Summer 2026**

Oshawa On-Campus					
Course Code	Course Title	CRN	Day	Start time	End Time
GNED 1101	Reimagining Leadership in the 21st Century	11659	Tuesday	8:10	10:00
GNED 1222	Making Monsters	11669	Tuesday	10:10	12:00
GNED 1106	Psychology: Understanding Ourselves and Others	11661	Wednesday	8:10	10:00
GNED 1132	Get Happy! The Pursuit of Happiness and the Science of Positive Psychology	11666	Wednesday	10:10	12:00
GNED 1222	Making Monsters	11668	Wednesday	14:10	16:00
GNED 1413	Current Affairs: Becoming the Change You Wish to See in the World	11674	Friday	10:10	12:00
GNED 1308	Canadian Law	11670	Friday	12:10	14:00

Whitby On-Campus					
Course Code	Course Title	CRN	Day	Start time	End Time
GNED 1506	Natural Disasters	11974	Wednesday	14:10	16:00

Online (Asynchronous)					
Course Code	Course Title	CRN	Day	Start time	End Time
GNED 1119	Money Matters	11662	Online-asynchronous		
GNED 1119	Money Matters	11663	Online-asynchronous		
GNED 1120	Stress, Wellness & Nutrition	11664	Online-asynchronous		
GNED 1120	Stress, Wellness & Nutrition	11665	Online-asynchronous		
GNED 1132	Get Happy! The Pursuit of Happiness and the Science of Positive Psychology	11667	Online-asynchronous		
GNED 1404	Popular Culture & the Media	11671	Online-asynchronous		
GNED 1407	Introduction to Sociology	11672	Online-asynchronous		
GNED 1407	Introduction to Sociology	11673	Online-asynchronous		
GNED 1471	Geography Matters: Connecting People and Places in Our Globalized World	11676	Online-asynchronous		
GNED 1508	The Digital Learner	11677	Online-asynchronous		
GNED 1515	World Mysteries	11679	Online-asynchronous		
GNED 1515	World Mysteries	11680	Online-asynchronous		
GNED 1521	Eco Warriors: Empowering Environmental Champions	11681	Online-asynchronous		

Compressed 7-Week GNEDs (May 4 - June 19)					
Course Code	Course Title	CRN	Day	Start time	End Time
GNED 1403	A Short History of the World	12074	Online-asynchronous		
GNED 1448	Humanity's Destiny	12075	Tuesday	12:10	14:00
			Friday	8:10	10:00
GNED 1509	Astronomy: Exploring the Night Sky	12076	Online-asynchronous		
GNED 1520	Big History: The Story of the Universe	12077	Tuesday	2:10	4:00
			Friday	8:10	10:00

Compressed GNEDs run May 4 - June 19 and have a workload of 6 hours per week.

INDG 0000 Options (only for students requiring an INDG GNED)					
Course Code	Course Title	CRN	Day	Start time	End Time
INDG 1473	Conflict, Colonization & Courage: First Nations, Métis, & Inuit in Canada	11720	Wednesday	17:10	19:00
INDG 1473	Conflict, Colonization & Courage: First Nations, Métis, & Inuit in Canada	11719	Online-asynchronous		
INDG 1475	First Nations, Métis, & Inuit Representation in Media and Popular Culture	11721	Online-asynchronous		
INDG 1475	First Nations, Métis, & Inuit Representation in Media and Popular Culture	11722	Online-asynchronous		
INDG 1475	First Nations, Métis, & Inuit Representation in Media and Popular Culture	11723	Online-asynchronous		
INDG 1477	Then, Now, Forever - Indigenous Resiliency in the Modern Era	11724	Online-asynchronous		
INDG 1477	Then, Now, Forever - Indigenous Resiliency in the Modern Era	11725	Online-asynchronous		
INDG 1479	The Forgotten People: Exploring Métis Identity	11726	Online-asynchronous		
INDG 1479	The Forgotten People: Exploring Métis Identity	11727	Online-asynchronous		



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Spring/Summer 2026**

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GNED 1101 – Reimagining Leadership in the 21st Century

Why do so many of today's leaders seem to be in a state of paralysis, unable to rise to the interrelated challenges, like climate crisis or rising inequity? While leadership remains a concept in motion, meaning different things to different people, this course focuses on the integrative model, a values based theory and practice of leadership that may be our best chance of effectively responding to the planetary challenges and opportunities we currently face. The holistic leadership approach seeks to broaden student's perspective of leadership and to unravel power dynamics across systemic, generational, ideological and class divides. To help students learn how to tap into the creative potentials of diversity, values, change and complexity. Students will explore their own orientation to leadership and the world, as they engage in self and social reflection to formulate a practice of leadership that supports both individual growth and an egalitarian and environmentally sustainable planet.

Note: this course was previously titled "Leadership and Motivation".

GNED 1106 – Psychology: Understanding Ourselves and Others

Do you ever wonder why people behave the way they do? What were they thinking? What motivates your own behaviour and thinking? Through experiments, videos, reflections, and other activities, you will better understand how the mind works. Like how you learn and forget things. Or how you can use psychological knowledge to improve your sleep, enhance your understanding of mental health and psychological disorders, and make sense of how people behave in groups. You will even have some choice in how you demonstrate this learning!

Note: this course was previously titled "Selected Topics in Psychology".

GNED 1119 – Money Matters

What do YOU want to do...Today? Tomorrow? In a few years?

It takes more than money to get what you want out of life. Why? Because hope alone doesn't make dreams come true. Goals do! Planning ahead will turn your dollars into something you can drive, live or retire in down the track. Start setting your goals today. Remember, when you plan, YOU save! We all have various amounts of money, but we spend and save it differently. The better we understand money, the more of it we will have. Start your journey to financial success!

This course will provide a general overview of a wide variety of money topics including budgeting, expenses, debt, saving, retirement and insurance among others. Understanding how each of these topics work together and relate to one another can help in laying the groundwork of a solid financial foundation. Students in this course will be evaluated using quizzes, assignments, worksheets, and participation in discussion items.

GNED 1120 – Stress, Wellness & Nutrition

Stress can play a huge factor in our professional lives. Learning how to deal with it is vital to our long-term health. While stress alone doesn't cause disease, it triggers molecular changes throughout the body that make us more susceptible to many illnesses. In this course, students will gain an understanding of the importance of how to deal with both positive and negative stress in their lives. By using wellness

perspectives, each student will gain more insight into how he or she can control both internal and external stressors.

GNEED 1132 - Get Happy! The Pursuit of Happiness and the Science of Positive Psychology

It could be said that one of the main goals in life is to “be happy”, but what does that really mean and how do we achieve that goal? Positive Psychology is a newer branch of psychology that seeks to answer those very questions, as well as to provide us with a pathway for our own, personal happiness. Wouldn't you love to develop a greater understanding of how long-term happiness differs from the short-term happiness we get from empty actions, like buying “stuff”? We explore and debate reasons for the decline in our happiness levels, including the rise in both materialism and technology. We increase our awareness of how personal happiness is dependent upon our relationships with other people, as well as discover how happiness can be derived from healthy, sexual relationships, both with ourselves and others. And because happiness needs to be experienced, not just discussed; you have the opportunity to put the science into meaningful action through goal setting, weekly activities and experiments. At the culmination of the course, participants will have the opportunity to contribute to a Happiness Project and put their joy into practice!

Note: this course was previously titled “Positive Psychology: The Quest for Happiness”.

GNEED 1202 – Invisible Art: Design You're Not Meant to See

Creativity is about more than if something is beautiful. “Art” also requires exploring if that creation is functional, what purpose it serves, if the design is ethical, and how it renews humanity for better or for worse. Invisible Art: Design You're Not Meant to See invites you to develop your critical thinking skills by exploring examples of creative works that have shaped our modern world. By looking more closely into culture, design, and ideas from various communities, students broaden their awareness of ways built (and imagined) environments have impacts on living beings.

Note: this course was previously titled “Art & Aesthetics”.

GNEED 1222 – Making Monsters

A society is defined by what it fears. From the inhuman shapes taken on by Jews in Nazi propaganda to the radio broadcasts likening Tutsis to cockroaches in Rwanda, governments throughout history have turned minorities into monsters in order to excuse terrible actions. This course aims to explore how and why monsters are created in societies. We begin by examining the mythology of several societies around the world to explore what their monsters say about what the societies they come from. Building on this, we will examine what it means to be a monster through fiction using movies and horror novels. The course will then focus on what it means to call a human a monster by examining examples from history where people were considered monsters. In addition, this course will use video games, role-play, and primary sources to understand how good people can be convinced to do bad things and become monsters themselves. Through discussion and reflection, students will learn the critical thinking skills to evaluate the messages they receive from government and media. Students will also

develop a greater empathy with their fellow humans to resist the bigotry and violence associated with dehumanizing other human beings.

GNEED 1308 – Canadian Law

Can you be evicted from your apartment? Can the police search you or your car? What about your phone? Who and how are laws made in Canada? What can you do if you get fired? Whether you were born in Canada or just arrived, this Canadian Law course will give you a solid understanding of the constitutional rights in this country. Explore how laws are defined, created, implemented and interpreted to give meaning and solutions to modern social problems.

GNEED 1403 – A Short History of the World

Become a more global citizen by exploring the world as one planet through the broad patterns of our shared human history. Our past can reveal much about our present and future. Discover how the modern world was shaped, how globalization is taking hold, and what wisdom this can bring to your life and career choices. This is our story – the human story. It is forward looking and thoroughly modern, an exciting and inspiring big-picture course that includes a student-designed website, dynamic communications-driven assignments, and an engaging “talk show” feature that brings the world to the classroom.

GNEED 1404 – Popular Culture and the Media

In this course, students will answer the question “Who is in Charge?” by using cultural analysis to connect to what’s going on in our society and how it occurs. Students will examine the role of popular culture in maintaining and reproducing the kind of society we live in by critically analyzing the influence of advertising, music and media, views of gender, ethnicity, race, age, class, and sexuality. Participants will learn to question media messaging and the impact messaging has on the way we think, our actions and behaviours. This course will provide participants with an understanding of the 20th century information age and how its many changes has reshaped and improved our daily lives, yet, at the same time has changed the way we find truths. Students will practice applying a critical lens over the course of the semester to in-class discussion, debates, group activity, on-line posts and assignments.

GNEED 1407 – Introduction to Sociology

Sociology is the study of people and how they interact with each other and various social groups. This course deals with the study of people's lives, their relationship to society as a whole, and how people are affected by the society in which they live. The concepts, theories and methods of the discipline will be introduced and discussed with particular emphasis on the dynamics of Canadian society and Canadian social problems.

GNED 1413 - Current Affairs: Becoming the Change You Wish to See in the World

Why do so many of us resist change and continue to unsuccessfully meet the present and future with what we have been doing in the past? This widening gap between what we want and need of ourselves and our leaders, and what today's realities demand, comes at a time when looming climate crises, growing inequity, and the rise of authoritarianism call for more conscious and collaborative responses than ever before. Today's challenges and opportunities necessitate an awakening of our moral imagination, civic responsibility, and systems thinking, as we work together to design entirely new, egalitarian and sustainable ways of living and impacting the planet. The course begins by identifying the student's sub-conscious world-views, and then explores and compares these to contemporary ideologies that shape and influence (for better or for worse) today's imbalanced social, political, and environmental realities. Students are invited to explore topics of interest, and to study the nature of knowledge, so as to develop a reflective practice that nurtures integrative thinking, openness, and self-authorship - in the hopes of helping students become the change they wish to see in the world.

Note: this course was previously titled "Current Affairs".

GNED 1448 – Humanity's Destiny

We all think about the future. Many of us have dreams for ourselves and our children. In an age when much can change in one lifetime, we may wonder: Where are we going? In this course, a continuation of the popular elective, Short History of the World, students look ahead within the context of the 21st century and beyond, exploring challenges, dilemmas, and opportunities. Using projection technologies and drawing on examples from human history, contemporary futurists, and their own lives, students give concrete thought to their future and how their actions might affect future generations. Assignments include a life plan and a reflection on the enduring drivers of human progress, as well as a dynamic summative project in a medium of choice in which students imagine the world of the near future. What is my vision, my path in today's complicated world? This is an exciting modern course that is also part of Durham College's groundbreaking "global class".

GNED 1471 – Geography Matters: Connecting People & Places in our Globalized World

We all know that the world is going global, but what if you are struggling to keep things straight in a world inhabited by close to 8 billion people spread over 200 countries. Add in the environment, climate, and culture and the whole thing becomes completely overwhelming. You start to wonder, how can you expect to work and make decisions in this complex global world. This course goes beyond locating things on maps to understand the interconnectedness of people, places, and environments. Increase your knowledge of what is occurring globally, how it got there, and how it is all connected. Join in and increase your geo-literacy level.

GNED 1506 – Natural Disasters

In this course students will be introduced to several major natural disasters, including earthquakes, tsunamis, volcanoes, tornadoes, hurricanes, ice storms, floods and avalanches. Students will research, prepare and demonstrate and understanding of why and how these natural disasters occur, and how the average person is affected. They will illustrate their understanding of the topic through essays and projects.

GNED 1508 – Digital Learner

In a world shaped by smartphones, streaming, algorithms, and instant access to information, what does it really mean to learn and to keep learning in a digital world? This course is a challenge-based, fully online course that explores how technology is transforming the way we think, focus, communicate, and grow. You'll tackle 10 big questions about your digital life, from managing distractions to building a personal learning system that works for you. Through real-life activities and reflective challenges, you'll uncover your unique learning, strengthen your digital habits, and build the self-awareness and skills needed to thrive in school, work, and life.

GNED 1509 – Astronomy: Exploring the Night Sky

Imagine looking up at the night sky. Now, pretend you can fly through space faster than light. Suddenly, the sky, that two-dimensional tapestry of light, becomes three-dimensional. You pass the Moon, asteroids, then some planets, then the Sun. Before long, you find yourself whipping past stars many times larger than the Sun like Betelgeuse and Antares, past dazzling nebulae, past alien star systems with planets of their own, and into Andromeda, our closest galactic neighbour...and you still won't have left Earth's cosmic backyard! Even though we can't travel faster than light, we can (and will!) use scientific inquiry to learn about the origin and fate of these mysterious objects, and even peer back in time, using some of the oldest light in the universe, to learn about the birth of the Universe itself. After taking this course, you will always remember to make time to look up!

GNED 1515 – World Mysteries

All topics are explored from a skeptical viewpoint and critical thinking is applied. Students will learn to separate fact from fiction within topics such as Stonehenge, the Shroud of Turin, the ancient pyramids, the crystal skulls, the Mayan Ruins, the legend of Atlantis, the Bermuda Triangle, Oak Island, crop circles, and Easter Island. Select real-life unsolved criminal mysteries will also be examined including Jack the Ripper, Jimmy Hoffa, and the assassination of JFK. What do you believe? Students will examine these mystery topics while learning about skepticism, reasons for belief, pseudoscience red flags, critical thinking, and how to evaluate evidence. Some activities are created with free digital tools; examples include Padlet, visual quotes, and word clouds. Student work will be posted on class websites for sharing and formative assessment, and some learning objects will be collaboratively created by the class.

GNED 1520 – Big History: The Story of the Universe

Bang!!! Our universe is born! The early elements of the universe emerge from a cosmic soup of extreme energy, the force of gravity eventually pulling them together into stars and galaxies. Near many of these stars, rocky and gassy spheroids take shape and begin to dance and whirl around them – the planets! On at least one of these planets, single-celled life arises, gradually evolving into beautifully diverse and complex life-forms. One of these life-forms (us!) begins to learn at a staggering speed, and comes to dominate the planet. How did we discover these astounding facts about the universe? What role do human beings play in this story? What is our future as a species? And how does knowing this story change how we think about humanity? To fully answer these questions, we must turn to Big History – an all-encompassing approach to learning about human and natural history from the Big Bang to the present. Become a Big Historian! The universe awaits!

GNED 1521 – Eco Warriors: Empowering Environmental Champions

Join us on a journey as we unveil the secrets to becoming environmental superheroes. In this course, we'll dive headfirst into a world of non-scientific environmental transformations that can empower your own life and the planet we call home. Prepare to embark on an adventure that will empower you with the knowledge and tools to reshape your lifestyle and coexist harmoniously with Mother Nature. From small changes to bold actions, we'll explore the vast spectrum of possibilities that will make a tangible difference.

But wait, there's more! You won't be facing this mission alone. As part of our online community, you'll collaborate with fellow eco-warriors, pooling your creative genius to tackle a real-world environmental challenge. Together, we'll brainstorm solutions, make meaningful connections, and use online tools that could shape the future of our planet. So, are you ready to unleash your green potential? Join the ranks of the mighty eco-warriors who are transforming the world, one eco-friendly step at a time.

Note: this course was previously titled “Greening Your Life: Becoming an Environmental Citizen”.

INDG 1473 – Conflict, Colonization & Courage: First Nations, Métis, & Inuit in Canada

The course will provide students with an introduction to First Nations, Métis and Inuit peoples in Canada including their diverse histories, cultures, and ways of knowing. Students will challenge pre-conceived ideas and stereotypes about Indigenous people and will learn about the past, present, and future as it relates to Indigenous peoples in Canada. Topics will include Indigenous world view, colonization, treaties, the Indian Act, residential schools, the 60's Scoop, urban issues, intergenerational trauma, resiliency, and reconciliation.

INDG 1475 – First Nations, Métis, & Inuit Representation in Media and Popular Culture

Pocahontas is a household name, but the true story of her short but powerful life has been buried in myth due in large part to her stereotyped portrayals through fictional works. Indeed, media driven stereotypes like the “Indian princess” or the “noble savage” for example, contribute to our already very distorted view of Indigenous people and culture. This course will provide context for past and current portrayals of Indigenous peoples and topics in literature, film, and media. With a better understanding of Indigenous cultures, histories, and perspectives, students will analyze sources related to, and/or about Indigenous peoples, through a critical lens whilst identifying the failings of the past and the successes of contemporary developments.

INDG 1477 – Then, Now, Forever - Indigenous Resiliency in the Modern Era

This course will explore the current issues affecting First Nation, Metis, and Inuit populations, and will showcase modern examples of Indigenous resistance, resilience, and resurgence. Students will study the contemporary interactions between Indigenous and non-Indigenous peoples in Canada, environmental concerns (e.g. Trans Mountain pipeline), laws and policies, national issues (e.g. the National Inquiry into Missing and Murdered Indigenous Women and Girls), contemporary movements (e.g. Idle No More), and reconciliation initiatives.

INDG 1479 – The Forgotten People: Exploring Métis Identity

This course provides an introduction to the Métis and the complexity of emerging Métis identity across Canada today. The focus of the course is on the lives and experiences of Métis people, their ancestral communities, kinship ties, governing systems and contemporary issues, to develop a comprehensive understanding of Métis Nationhood. Important themes include: assimilation, cultural persistence and survival, adaptation and identity. Although it covers broader topics relating to all Métis (e.g. those historically located in Western Canada), course content centres specifically on the Great Lakes Métis (including the modern Ontarian Métis experience).