

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

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 (DEC).

Students must complete a French course sequence based on their academic background and English instruction eligibility.

In accordance with Law 14, students 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).

In contrast, certificate holders will be placed in a French proficiency level based on their high school marks and write the English Exit Exam.

All students will complete five courses in French during the course of their studies as required.

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

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.

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.

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.

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