

**WHAT CAN I DO WITH MY MAJOR IN**

# APPLIED HUMAN SCIENCES

**OVERVIEW OF MAJOR**

The Department of Applied Human Sciences at Concordia University offers a BA Specialization in Human Relations, BA Specialization in Leisure Sciences, BA Specialization in Therapeutic Recreation, BA Major in Human Relations, BA Major in Leisure Sciences, a Minor in Human Relations, a Certificate in Community Service and a Certificate in Family Life Education. At the graduate level the Department offers an MA in Human Systems Intervention and a Graduate Diploma in Youth Work. For the latest information on programs, go to the Department of Applied Human Sciences' web site at: <http://ahsc.concordia.ca>.

The interdisciplinary focus of this program prepares students for a broad range of careers and workplace settings in private and public sectors. Students develop skills for solving social problems and making appropriate decisions in people-oriented professions where they can apply their ability to analyze the multiple dimensions of an issue. Many Applied Human Sciences undergraduates pursue graduate study in the helping professions such as counselling, psychology, therapy and social work.

**EXAMPLES OF JOBS ACQUIRED BY  
CONCORDIA GRADUATES**

The following job titles are representative of the types of entry-level positions for which Concordia University students are qualified upon graduation. Note that the numbers following each job title refer to Canada's National Occupational Classification (NOC) code. For details on these titles go to <http://www5.hrsdc.gc.ca/NOC/>

- Activity Programmer (3414, 5254)
- Administrative Assistant (1411)
- Administrator (0112)
- Career Counsellor (4213)
- Childcare Educator (4131, 4214)
- Client Care Representative
- Community Service Worker (4212)
- Consultant (4167, 4164, 1121)
- Day Camp Counselor (5254)
- Employee Relations Officer (1121)
- Employment Counselor (4213)
- Entry Level Employee Relations Specialist (1121)
- Facilitator (4212, 4213)
- Fundraiser (5124)
- Human Resources Assistant
- Human Resources Manager (0112)
- Interviewer (1223, 1454)
- Junior Recruiter (1223)
- Junior Research Analyst (4165, 1121)
- Office Administrator (1221)
- Political Consultant (4164)
- Public Relations Assistant (5124)
- Recreational Therapist (3144)
- Recruiting Assistant (1223)
- Research Assistant (4164, 4122)
- Special Events Coordinator (1226)
- Street Outreach Worker (4212)
- Therapist (3144)
- Training Coordinator Assistant
- Welfare Worker (4212)
- Youth Worker (4212)

## CELEBRATED APPLIED HUMAN SCIENCES MAJORS

**Nancy Ruth**. Canadian Canada's 1st feminist philanthropist

**Nadia Alterio**. Canadian. Promoter of Women Health Issues

**Harry Lloyd Hopkins**. Politician/Social Worker. 8th US Secretary of Commerce

**Josey Vogels**. Concordia Graduate. Syndicated Sex/Relationship Advice Columnist

**Léa Cousineau**. Canadian. 1st Woman President of Quebec Municipal Political Party

**Thais Frémont**. Canadian Social Activist. Founded Conservative Women's Assn, Quebec City

**Akua Benjamin**. Canadian. Founding Member, Coalition of Visible Minority Women. Nominated for *The 1000 Women for the Nobel Peace Prize 2005 Project*

- Home Economist (4164)
- Housing Policy Analyst (4164)
- Human Relations Office, Family and Children's Services (4153)
- Instructor, Recreation and Sport (5254)
- International Aid and Development Project Officer (4164)
- Manager in Public Administration (0411)
- Marriage Counsellor (4153)
- Mediator (1121)
- Parole Officer (4155)
- Physiologist (2121)
- Police Officer (6261)
- Probation Officer (4155)
- Program Leader, Recreation and Sport (4167)
- Psychologist (4151)
- Recreation and Leisure Supervisor (4167)
- Recreation and Sports Director (0513)
- Recreation Counsellor (4167)
- Rehabilitation Counsellor (4153)
- Sales Representative (6411)
- Sexologist (4153)
- Social Policy Researcher (4164)
- Social Survey Researcher (4164)
- Social Worker (4152)
- Therapeutic Recreationist (3144)
- Therapeutic Services Administrator (0311)
- University Professor (4121)
- Young Offender Services Director (0314)
- Youth Court Judge (4111)
- Youth Development Co- Ordinator (4212)
- Youth Recreational and Leisure Activities Counsellor ( 4167)

## MORE JOB TITLES

Applied Human Sciences specializations, training and internships prepare students for a multitude of occupations. The titles below are not meant to be exhaustive but are representative of fields which Applied Human Sciences majors pursue. Keep in mind that some occupations require further education (e.g., a higher degree, second degree, and diploma). Note that the numbers following each job title refer to Canada's National Occupational Classification (NOC) code. For details on these titles go to <http://www5.hrsdc.gc.ca/NOC/>.

- Case Work Supervisor (4152)
- Child Welfare Worker (4212)
- Children's Aid Investigator (4152)
- Conference Planner (1226)
- Diplomat (4168)
- Early Childhood Educator (4214)
- Education Policy Officer (4166)
- Family Counsellor (4153)
- Geriatric Care Manager (0311, 3152)
- Government Manager, Social Policy Development and Program Administration (0411)
- Half Way House Supervisor (4212)
- Health Policy Researcher (4165)
- High School Counsellor (4143)

## POTENTIAL WORK SETTINGS

Applied Human Sciences prepares students to work in public, private and nonprofit sectors where employers seek people with an interdisciplinary education. Many graduates pursue work in community development, counselling services, youth work, the corporate world, public health sectors and social settings of various sorts. To research specific employers who hire those in the field, there are many resources available in such locations as the Career Resource Centre, the Webster Library, Vanier Library and the Internet.

- Charitable Organizations
- Child Welfare Agencies
- Colleges and Schools
- Community Centres
- Conference Planning Agencies
- Consulates

## CONT – POTENTIAL WORK SETTINGS.

- Convention Management Services Centres
- Counseling Services
- Customer Services Centres
- Education Agencies
- Elder Care Consulting Agencies
- Ethnic and Cultural Organizations
- Family Therapy Centres
- Gerontology Centres
- Government Services
- Half Way Houses
- Hospitals
- Human Resource Firms
- Law Firms
- Libraries
- Management & Planning Firms
- Marriage Therapy Centres
- Medical Settings
- Mental Health Institutions
- Non-governmental Organizations
- Paralegal Firms
- Police Departments
- Politics
- Public Relations Firms
- Public Service Commission
- Public Welfare Facilities
- Recreational Centres
- Rehabilitation Centres
- Seniors Residences
- Shelters and Residences
- Social Service Work Facilities
- Special Need Centres
- Television Industry
- Therapeutic Recreational Centres
- Universities
- Volunteer Services
- Youth Agencies

## SKILLS AND CHARACTERISTICS

Majors generally acquire an understanding of the social world from many perspectives and numerous transferable skills through the course of their studies. They develop strong interpersonal communication, problem solving and leadership skills. In addition they usually acquire management, teaching, creative and helping skills that are very attractive to potential employers. Finally, students will find the following skills, interests, values and other characteristics valuable for succeeding in the field.

- Ability to Design and Implement Rehabilitative Programs
- Ability to Plan Recreational Activities
- Ability to Promote Healthy Relationships

- Active Listening
- Analytical Skills
- Communication Skills
- Complex Data Analysis
- Critical Thinking
- Cultural Sensitivity
- Deal Effectively with Individuals
- Deal with the Public
- Effectively Interact with Diverse Populations
- Emotional Maturity
- Familiarity with Social Processes
- Keen Observation
- Knowledge of Community Resources
- Motivational Skills
- Objectivity
- Organizational
- Patience
- People-orientation
- Perseverance
- Persuasiveness
- Report Writing
- Research Methods
- Self Reflection
- Sensitivity to Others
- Sociability
- Statistical Skills
- Teamwork Ability
- Understanding of Community Needs
- Understanding of Group Dynamics
- Work Well Under Pressure

## PROFESSIONAL ASSOCIATION AND OTHER LINKS

Making wise career decisions requires exploring your field. A multitude of Internet sites and other resources will help you do this to the best of your ability. Professional association sites, in particular, are very useful for their career descriptions and job hunting tips. Moreover, these authoritative sites frequently provide links to Internet sites which announce job openings and list potential employers. A few recommended sites are included below.

### CANADIAN

#### **Association of Family Life Educators of Quebec (AFLEQ)**

<http://www.afleq.ca/>

Promotes the profession of family life education. Students are offered a discounted membership and opportunities for mentoring, training, attestation and networking during social events to enhance their transition into the profession.

### **Association des sexologues du Québec (l'ASQ)**

<http://www.associationdessexologues.com/>

Located in Montreal, l'ASQ represents clinical sexology professionals. Membership helps one keep current with trends in the field and keep in touch with other professionals through meetings, professional development activities, publications and networking.

### **Canadian Association of Gerontology**

<http://cagacg.ca>

Click on *Student Connection* for opportunities to network and get involved in the field.

### **Canadian Counselling and Psychotherapy Association (CCPA)**

<http://www.ccacc.ca>

Represents counsellors from diverse fields and provides an abundance of resources for keeping up in the field and networking with other professionals. Click *For Students* for information on the benefits of student membership (e.g., discounts, awards, access to job opportunities).

### **Canadian Police Association (CPA)**

<http://www.cpa-acp.ca/>

Click on *Links* to explore careers with police associations across Canada including La Sûreté du Québec.

### **Canadian Therapeutic Recreation Association**

<http://www.canadian-tr.org>

Under *Resources* try *T.R. Links* to access recreation resources and associations. *Job Postings* available on *Members Only* portion of site.

### **Charity Village**

<http://charityvillage.com>

A well-known site which offers listing of employment opportunities in the non-profit sector. Click on *Jobs* to get started.

### **Child Welfare League of Canada (CWLC)**

<http://www.cwlc.ca>

Promotes the well-being of children. Check out its many links to related organizations dealing with child rights, youth justice, youth at risk, mental health and more. Also explore events and projects supported by CWLA.

### **Government of Canada – Service Canada**

<http://www.jobbank.gc.ca>

Click on *Government Jobs* to find information for career planning and jobs with the federal, provincial and municipal government.

### **Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec**

<http://www.otstcfq.org>

A good starting place to learn about requirements for practicing social work in Québec. Look under *Devenir Étudiant Associé* for information on the discount for student members and the benefits of membership (e.g., volunteering, networking with potential employers, attending activities to keep up with trends in the field).

### **CREATE YOUR AMAZING CAREER – CAREER RESOURCE CENTRE TITLES**

For those who need more help with their career and educational planning, the Career Resource Centre (CRC) offers books, pamphlets, DVDs and recommended Internet sites. It is located in the Hall Building, H-440, at 1455 de Maisonneuve Blvd. West. The following titles are just a few of the titles available in the CRC.

- Aspiring Academics: A Resource Guide for Graduate Students and Early Career Faculty
- Becoming a Counselor
- Becoming a Life Coach
- Becoming a Mediator: An Insider's Guide to Exploring Careers in Meditation
- Careers for Caring People & Other Sensitive Types
- Careers for Good Samaritans & Other Humanitarian Types
- Careers for Kids at Heart & Others Who Adore Children
- Careers in Applied Human Sciences Panel Discussion. DVD format.
- Careers in Exercise Science: Athletic Therapy Panel Discussion. DVD format.
- Careers in Social and Rehabilitation Services
- Careers in Social Work
- Comprehensive Guide to Careers in Sports
- Directory of Community Services of Greater Montreal
- The Everything Guide to Careers in Health Care
- A Guide to Careers in Community Development
- The Helping Professions
- Human Services – Field Guides to Finding a New Career
- I'm a People Person: A Guide to Human Service Professionals
- Jobs and Careers with Non-profit

## CONT. – CREATE YOUR AMAZING CAREER CAREER RESROUCE CENTRE TITLES

- Many Paths, One Purpose: Career Paths for Social Work & Human Services Majors
- Mastering the Job Search Process in Recreation and Leisure Services
- Never Get Lost Again: Navigating Your HR Career
- 101 Careers in Gerontology
- Opportunities in Recreation and Leisure Careers
- Plant Law School
- Notes from Canada's Young Activists
- Resumes for Social Service Careers
- Who's Who in International Development: A Profile of Canadian NGO's