

HWCDSB

Dual Credit with Mohawk College

Mohawk Bridge - Health and Wellness

Program Details

Mohawk Bridge - Health and Wellness

The Mohawk Bridge - Health and Wellness Dual Credit program offers secondary school students the opportunity to earn up to **two** credits towards their Ontario Secondary School Diploma (OSSD) while earning **two** college General Education credits towards the completion of a college program. General Education credits are applicable as electives for almost all college diploma programs.

Students will spend half of the day at their home secondary school or cooperative (co-op) education placement, and the other half at Mohawk College.

Please note that programs and courses available are subject to change.

Location	Secondary School	Semester
Mohawk College Fennell Campus	Cathedral St. Jean de Brébeuf St. Thomas More	1 & 2

Course Descriptions

Positive Psychology

Explore various pathways to well-being, as we learn evidence-based strategies with roots in the science of Positive Psychology. Discover ways in which you can improve your mindset, increase self-awareness and self-understanding, cultivate flourishing relationships, practice self-care, and align your life with your values and purpose. By practicing a variety of these interventions, we can learn to flourish in our personal, interpersonal and professional lives, as we create a life worth living.

Intro to Health and Wellness

Explore the seven basic dimensions of wellness. The social, intellectual, emotional, occupational, environmental, spiritual and physical components allow for the development of a balanced approach to lifestyle choices. Lifestyle choices have a direct impact on an individual's short and long-term health potential.

DUAL CREDIT @ HWCDSB

HWCDSB Dual Credit courses and programs are offered through the School College Work Initiative and in partnership with Mohawk College.

Students in Dual Credit:

- Have a chance to simultaneously earn both colleges credits and high school credits
- Experience college level programming while still in high school
- Can earn high school credits that count towards completion of the Ontario Secondary School Diploma
- Can earn college credits that can count toward a College Diploma or Certificate
- Engage in an exciting experience that will help to create a successful transition to college

There is no cost to the student for tuition, transportation, textbooks, or course materials.



Hamilton-Wentworth
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Course Codes

Dual Credit Course	College Course Code	Secondary Course Code
Positive Psychology	PSYC10028	HBK4T
Intro to Health & Wellness	HEALTH10081	PPI4T

Registration

Eligibility

Students must be at least 17 years of age or will turn 17 while taking the Dual Credit course/program. Students who have completed all OSSD requirements (graduates) are not eligible to participate.

How to Register

Students interested in registering for a Dual Credit are asked to contact the Student Services Department at their Secondary School.

Additional Information and Resources

Related Programs

Dual Credit courses and programs can count toward completion of Specialist High Skills Major (SHSM) programs and Ontario Youth Apprenticeship Programs (OYAP). Students in these programs are encouraged to explore the Dual Credit options available to them.

Want to learn more?

For more information, please contact your Guidance Counsellor in the Student Services department at your secondary school or visit the HWCDSB myPath website: pathtosuccess.ca

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