

Brescia School of Food and Nutritional Sciences

**FSHD 1010A – Introduction to Families and Human Development
Fall 2026**

Campus Support

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements



Stable internet connection



Laptop computer



Calculator

Important Dates

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
September 9	October 10-18	December 9	December 10	December 11–22

September 30, 2026, is National Day for Truth and Reconciliation and is a non-instructional day
November 30, 2026: Last day to withdraw from a first-term half course without academic penalty

Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Jill Dombroski, PhD	jdombros@uwo.ca	By Appointment

Teaching Assistant(s)	Contact Information	Office Hours
Isabel Bertomeu	ibertom@uwo.ca	By Appointment
Jordan Millward		
Niaz Ahmed		
Meron Mengistu		

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description (including prerequisites/anti-requisites):

This introductory course explains the field of Family Studies and Human Development, examining the factors that shape family life, from individual psychology to group dynamics to social forces such as the workplace, the economy, and the government. Families are considered across the life course, and family diversity is highlighted.

Antirequisite(s): [Family Studies and Human Development 1020](#).

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from an academic advisor in your Home Unit.

Delivery Mode: In-person

Component	Date(s)	Time
Lecture 001		

Learning Outcomes

Upon successful completion of this course, you will be able to:

1. Express knowledge of Family Studies terminology, concepts and theories.
2. Identify stages of family life.
3. Describe how family theories help us understand the characteristics and processes of families in different stages.
4. Understand how families are affected by social institutions.
5. Demonstrate an understanding of diversity in contemporary Canadian families.
6. Understand challenges facing Canadian families, such as poverty and violence.
7. Demonstrate knowledge of ongoing changes in Canadian families.
8. Reflect upon their attitudes and beliefs about families and family roles.
9. Develop skills in synthesizing Family Studies knowledge and presenting it professionally and coherently.

Course Content and Schedule

Week	Class Date	Topic	Study material	Things due
1	September 10	Course Introduction & Expectations	Syllabus	1.Life Check-In
2	September 15 September 17	The Family	Chapter 1	2.Life Check-In
3	September 22 September 24	Diversity and Social Justice Life Course Analysis	Chapter 2	3.Life Check-In
4	September 29 October 1	Dating and Mate selection	Chapter 3	4.Life Check-In
5	October 6 October 8	Marriage and Cohabitation Childbearing Decisions	Chapter 4 Chapter 5	5.Life Check-In
6	October 13 October 15	October 10 Fall Reading Week October 18		
7	October 20 October 22	Parent-child Relationship	Chapter 6	6.Life Check-In
8	October 27 October 29	Study Day (Oct 27) Midterm Exam (Oct 29)		Midterm Exam (Oct 29)
9	November 3 November 5	Middle years and Aging	Chapter 7 Chapter 8	7.Life Check-In
10	November 10 November 12	Changes in the Family	Chapter 9	8.Life Check-In
11	November 17 November 19	Divorce and Repartnering	Chapter 10 Chapter 11	9.Life Check-In
12	November 24 November 26	Problems in Families	Chapter 13	10.Life Check-In
13	December 1 December 3	Violence in the Family Poverty and the Family	Chapter 14 Chapter 15	11.Life Check-In Family Profile Due on Dec 4, 5:00pm
14	December 8	Course Review	All weeks	
		Final Exam – to be scheduled by registrar		

Course Materials You Must Acquire and Their Costs

Textbook: Ward, M., & Bélanger, M. (2022). *The Family Dynamic: Canadian Perspectives* (8th ed.). Top Hat. ISBN:9781774943236

To buy the textbook, please click the following link:

https://bookstore.uwo.ca/textbook-search?campus=UWO&term=W2026A&courses%5B0%5D=001_UW/FAS1010A

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Assessment	Format	Weight	Due Date	Flexibility	Learning Outcome
Life check-in Complete 7 of 11	Variety of formats	5%	Thursday – submit in class - Brightspace	Submit through Brightspace by 11:59 p.m. if you cannot complete it in class ¹	LOs: All
Midterm Exam	Multiple-Choice	25%	October 29	Not applicable – Designated Assessment ²	LOs: 1, 2, 3 Chapters: 1, 2, 3, 4, 5, 6.
Family Profile Assignment	Essay	25%	December 4, by 5 pm	See academic policy and statements ³	LOs: 1, 2, 3, 5, 8, 9 Chapters: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13.
Final Exam	Multiple-Choice	45%	During December Exam Period	Not applicable – Designated Assessment ⁴	LOs: 1, 2, 3 4, 5, 6, 7 Chapters: 1, 2, 3 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14.

Notes:

1. You are required to complete 7 of the 11 Life Check-Ins offered throughout the term. This built-in flexibility is intended to accommodate circumstances that may prevent you from completing individual Life Check-Ins each class. You are encouraged to plan accordingly, as requests for academic consideration for missed Life Check-Ins will be denied.
2. This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, you must provide documentation with academic consideration requests for any absence from this evaluation. If you miss this evaluation, you must complete the makeup assessment. The makeup assessment is an extension of the Midterm Test, and so you will need to present documentation for this assessment, should you need to miss it. Please note that there is only one makeup assessment for this Midterm. It will be available at least one week after the date of the midterm exam. Students approved to miss the makeup will have the weight of this assessment transferred to the final exam. Students must not provide medical or compassionate documentation to the instructor. Students must submit all academic consideration requests through the [Student Absence Portal \(SAP\)](#).

3. You must submit this assignment by the deadline listed. Should extenuating circumstances arise, you are permitted to submit your assignment up to 72 hours past the deadline without a late penalty. No Academic Consideration is required for this extension. Students submitting their assessment beyond the extended deadline will receive a penalty of 5% mark deduction per day that it is late. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension. Students must not provide medical or compassionate documentation to the instructor.
4. You cannot use undocumented absences for final exams.

Life check-in (5%) – In-class Thursday – 10 minutes completion-based design

These are low-stakes opportunities to strengthen your learning throughout the course. Each week, you will receive a prompt related to that week's learning. Unless a prompt specifies a particular format, you may respond in any format that works for you. These activities are completion-based rather than graded for correctness or quality, giving you space to make connections, reflect on your thinking, and solidify your learning without the pressure of getting every answer "right" or relying on AI or other outside tools. Time will be provided during Thursday classes to complete each Life Check-In, so they are not intended to add substantially to your workload outside of class. You will be offered 11 Life Check-Ins and must complete 7 to receive full credit. Submit through Brightspace by 11:59 p.m. if you cannot complete it in class.

Midterm Exam (25%) – Thursday, October 29, 8:00 am until 11:59 pm - Brightspace

This online midterm exam will cover the materials from Sept 15 to Oct 22. It will consist of multiple-choice questions only. This exam requires memorizing facts and definitions and applying information from the readings and lectures. This exam will be available from 8:00 am until 11:59 pm. If you miss the exam, you must have academic accommodation for a makeup exam.

Family Profile Assignment (25%) – Friday, December 4, by 5 pm - Brightspace

You will create a brief family profile by using relevant lecture content. To begin, you will use the life course perspective you have learned in Week 3 lecture as the main structure of your paper. Specifically, you will select a number of key life course transitions that characterize your family. Then, you will **apply relevant themes, concepts or theories from other lectures as possible** to the selected family life course transitions. This assignment should contain one cover page, two pages of the family profile (double-spaced) and one page of references (four pages in total). Please **bold the themes, concepts and theories** you withdraw from the course materials. **Please use the APA referencing format.** You can consult the APA guide on Brightspace. This assignment should be submitted to the assignment folder on Brightspace by 5:00 pm, Friday, December 4. For late submission, a 5% deduction per day will apply unless you have academic accommodation.

Final Exam (45%) – During December Exam Period

This final exam will cover all the materials you have learned in this course. It will consist of multiple-choice questions only. However, more questions will come from the materials covered after the midterm exam. This test requires memorizing facts and definitions and applying information from the readings and lectures. To ease your exam preparation, I will test you only on the lecture material. If you miss the exam, you must have academic accommodation in order to have a makeup exam. The exam delivery format will be announced by the end of the semester.

General information about assessments

- ✓ All assignments are due at 23:59 EST unless otherwise specified.
- ✓ You are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0.
- ✓ Written assignments will be submitted to Turnitin (statement in policies below)
You will have access to Turnitin reports before your submission is graded.
After an assessment is returned, you should wait 24 hours to digest feedback before contacting your evaluator; to ensure a timely response, reach out within 7 days
- ✓ Requests for regrading must include a written explanation and evidence showing how the work meets the assignment criteria or rubric. Requests without a clear justification will not be considered.
- ✓ Prior to the filing of a written request for relief, you must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If you are dissatisfied with the decision of the instructor or you do not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

Rounding of Grades (for example, bumping a 79 to 80%)

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Information about late or missed assessments:

- ✓ Late assessments submitted without approved academic consideration will incur a penalty of 5% per day, or may receive a grade of zero if excessively overdue.
- ✓ If you miss the midterm exam and require a makeup exam, you will need to be approved by the academic advisor in order to write the makeup exam. The date will be set by the instructor.

Course-specific conditions:

- ✓ You must complete all the required assessments (midterm exam, family profile assignment and final exam) in order to pass this course.

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy.

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. [Academic Support and Engagement](#)
2. [Wellness and Well-being](#)
3. [Registrar's Office](#)
4. [Ombuds Office](#)
5. [Services provided by the University Students' Council \(USC\)](#)

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at: <https://www.uwo.ca/health/gbsv/support/get-help.html>.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's [Non-Discrimination/Harassment Policy](#) (M.A.P.P. 1.35) and [Non-Discrimination/Harassment Policy – Administrative Procedures](#) (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination must report the behaviour to the Western's [Human Rights Office](#). Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the [central academic consideration portal](#). Students are permitted one academic consideration request per course per term **without** supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the [Scholastic Offences policy](#), specifically, the definition of what constitutes a Scholastic Offence.

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the

university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

For group assignments, all members share responsibility for academic integrity. Plan your work so the group has time to review the full submission and ensure all sources are appropriately used and cited. In the absence of a scholastic offence, everyone gets the same mark, so work with the rest of your group in a proactive fashion.

Use of Artificial Intelligence for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., "ChatGPT") in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

Use of Electronic Devices

During Exams

Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk**

or in your pocket. **Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.**

During Lectures and Tutorials

Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on Brightspace for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. You can read more about the [request for relief policy](#) and [request for relief procedures](#) here.