



Sociology

TERM	CATEGORY	COURSE CODE	COURSE TITLE	
Semester 1 Fall 2026	Required (Auto Enrolled)	SSH 205	Academic Writing and Research	Enrollment begins online on August 5, 2026, at 6:00 a.m. on MyServiceHub (my.torontomu.ca)
	Required (Auto Enrolled)	SOC 105	Introduction to Sociology	
	Table I Elective			
	Table I Elective			
	Open Elective*			
Semester 2 Winter 2027	Required (Auto Enrolled)	SSH 105	Critical Thinking	
	Required (Auto Enrolled)	SOC 107	Sociology of the Everyday	
	Table I Elective			
	Table I Elective			
	Open Elective*			

TABLE I HUMANITIES			TABLE I SOCIAL SCIENCES		
Choose minimum two (2) courses from the following:		OFFERED	Choose minimum two (2) courses from the following:		OFFERED
ACS 100	Ideas That Shape the World I	F26 W27	CRM 100	Introduction to Canadian Criminal Justice	F26 W27
ACS 210	Ideas That Shape the World: Antiquity	-- W27	CRM 102	Introduction to Criminology	-- W27
ARB †	An Arabic course	F26 W27	ECN 101	Principles of Microeconomics	-- --
ASL	An American Sign Language course	F26 W27	ECN 201	Principles of Macroeconomics	-- --
CHN †	A Chinese course	F26 W27	EUS 102	Environment and Sustainability	-- F26
ENG 110	Literatures Across Borders	F26 W27	EUS 202	Sustaining the City's Environments	-- W27
ENG 208	Introduction to Non-Fiction	F26 W27	GEO 131	Energy, Earth and Ecosystems	-- F26
FRE †	A French course	F26 W27	GEO 151	Location, Location, Location	-- W27
HIS #	A History course	F26 W27	POG 100	People, Power and Politics	F26 W27
LIR 100	Global Models in Intercultural Relations	F26 W27	POG 110	Power and Influence in Canadian Politics	F26 W27
MHK101	Introductory Kanyen'kéha I	F26 --	PPA 101	Cdn Public Administration I: Institutions	F26 W27
MHK201	Introductory Kanyen'kéha II	-- --	PPA 102	Cdn Public Administration II: Processes	-- --
PHL 101	Plato and the Roots of Western Philosophy	F26 W27	PSY 102	Introduction to Psychology I	F26 W27
PHL102	What is Philosophy?	F26 W27	PSY 202	Introduction to Psychology II	F26 W27
PHL110	Philosophy of Religion	F26 W27	SOC 105	Introduction to Sociology	F26 W27
PHL187	Classical Philosophy	-- W27	SOC 107	Sociology of the Everyday	-- W27
PHL201	Problems in Philosophy	-- W27	SSH 100	Inquiry and Problem-Solving	-- --
PHL212	Introductory Logic	-- W27	SSH 102	Learning and Development Strategies	F26 W27
PHL306	Freedom, Equality, Limits of Authority	F26 --			
PHL333	Philosophy of Human Nature	F26 W27			
PHL365	Philosophy of Beauty	F26 W27			
PHL366	Existentialism and Art and Culture	F26 W27			
PHL406	Issues of Life, Death and Poverty	F26 W27			
SPN	A Spanish course	F26 W27			

No more than two courses may be taken from any one subject area.

† An online placement test is required. For more details please see: <https://www.torontomu.ca/ilc/>.

A History (HIS) course numbered between HIS 100 and HIS 399 or HIS 461, HIS 462, HIS 475, and HIS 490.

Important Information

- Verify that you are auto-enrolled in your required courses and alert your Program Administrator if you are not.
- Please refer to the Enrollment Tutorials links on the [New Students website](#) or the [MyServiceHub Support website](#) for instructions on how to add courses.
- When selecting courses on Table I, please refer to the [Transferability Guidelines](#) on the Undeclared Arts website to ensure you are completing the required courses for program transfer.
- *Open electives can be found under "my classes offered" on MyServiceHub. The courses are divided by teaching faculty and then alphabetically by course codes. There are over 500 courses available as Open Electives, so students should focus their search on specific areas of interest. More information on courses is available in the [undergraduate calendar](#).
- After you enroll in courses, check MyServiceHub for your timetable.
- Classes are scheduled weekly as a three-hour lecture OR two-hour lecture and one-hour tutorial.
- Students are encouraged to run an [Academic Advisement Report](#) on MyServiceHub to help them determine what courses they need to enroll in and to ensure that the courses apply to their program graduation requirements.
- The typical course load is 5 courses per semester. Students should speak to their Program Administrator if they wish to reduce or increase their course load.
- Instructors will provide course outlines (including required texts) to students via D2L on the first day of classes.
- Login to [my.torontomu.ca](#) to access MyServiceHub, D2L Brightspace, and your TMU email account .
- Always check your TMU email regularly for important information and updates from your program and the University.
- Students are encouraged to use [Visual Schedule Builder](#) (VSB) to help create their optimal class schedule.
- Some courses have a wait list function. To add yourself to a wait list, please refer to the [Course Wait List website](#). Register for [Academic Accommodation Support \(AAS\)](#) if you identify as a student with a temporary and/or permanent disability. AAS implements individualized accommodation plans to reduce disability-related barriers and ensure that students have equal access to education.
- When enrolling in Liberal Studies courses (Table A or Table B) starting in 2nd year, please note there are certain courses that cannot be taken for liberal studies credit. Please refer to the [Table A - Lower-Level Restrictions](#) and [Table B Upper-Level Restrictions](#). Liberal Studies courses are part of your 2nd year curriculum and should not be taken in the first year.
- If you have received transfer credits for first-year courses, you can select courses from Year 2 (or higher). If you have not yet received confirmation about transfer credits, please enroll in your first-year courses but be prepared to drop them if confirmation is received. **IN ALL CASES**, it is recommended that you consult with the Program Administrator, for further clarification.

Important Dates

Aug 5	Enrollment begins for 1st year students
Aug 5 - Aug 16	Priority Enrolment Period for 1st Year Students
September 8	First day of classes
September 18	Last day to add/swap a Fall course (100% fee refund)
September 25	Last day to pay Fall tuition fees
Sept 19 - Oct 9	Drop period to receive a 50% fee refund
November 20	Final date to drop a course without academic penalty. No refund will be issued.
December 7	Last day of classes for the Fall 2026 semester
December 9 - 20	Fall 2026 exam period

Contacts

Elizabeth Johnson & Viola Ing
Undergraduate Program Administrator
socundergrad@torontomu.ca

Dr. Chris Powell
Undergraduate Program Director
upd.soc@torontomu.ca

Faculty of Arts Instagram: @arts_tmu
Course Union Instagram: @tmu.soc