



COURSE OUTLINE: NSW101 - FOUNDATIONS/PRACTICE

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Approved: Karen Hudson - Dean

Course Code: Title	NSW101: FOUNDATIONS FOR BALANCED PRACTICE
Program Number: Name	1221: SSW INDIGENOUS SPECA
Department:	SOCIAL SERV. WKR. - INDIGENOUS
Academic Year:	2025-2026
Course Description:	Students will be introduced the field of social work and social service work, its values and ethics as a profession. Social work theories that guide the action of practice will be introduced. Students will learn to assess strengths and limitations from individual and community perspectives. Alternative outlooks based in Indigenous ways of knowing on problem solving, self-concept and growth will be explored through the 7 Grandfathers and Medicine Wheel teachings. The teachings of the Sacred Tree will provide a basis for course work.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	SSW125
This course is a pre-requisite for:	NSW203, NSW214
Vocational Learning Outcomes (VLO's) addressed in this course:	1221 - SSW INDIGENOUS SPECA
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Develop respectful and collaborative professional and interpersonal relationships that adhere to professional, legal, and ethical standards aligned to social service work.
	VLO 2 Record information accurately and communicate effectively in written, digital, verbal and non-verbal ways, in adherence to privacy and freedom of information legislation, in accordance with professional and workplace standards.
	VLO 3 Integrate a practice framework within a service delivery continuum, addressing the needs of individuals, families and communities at micro, mezzo, macro and global levels, and work with them in achieving their goals.
	VLO 4 Plan and implement accessible and responsive programs and services, recognizing the diverse needs and experiences of individuals, groups, families and communities, and meeting these needs.
	VLO 5 Examine current social policy, relevant legislation, and political, social, historical, and/or economic systems and their impacts for individuals and communities when delivering services to the user/client.
	VLO 6 Develop strategies and approaches that support individual clients, groups, families and communities in building the capacity for self-advocacy, while affirming their



	<p>dignity and self-worth.</p> <p>VLO 7 Work from an anti-oppressive, strengths-based practice, recognizing the capacity for resilience and growth of individuals and communities when responding to the diverse needs of marginalized or vulnerable populations to act as allies and advocates.</p> <p>VLO 8 Develop strategies and approaches to implement and maintain holistic self-care as a member of a human service profession.</p> <p>VLO 10 Develop the capacity to work with the Indigenous individual, families, groups and communities while respecting their inherent rights to self-determine, and to identify and address systemic barriers that produce ill-effects, developing appropriate responses using approaches such as trauma informed care practice.</p> <p>VLO 11 Integrate culturally appropriate strategies and Indigenous methods of healing practices to help empower individuals and communities to solution build within an aboriginal worldview and context.</p>
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
Course Evaluation:	<p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>
Books and Required Resources:	<p>Introduction to Social Work In Canada: Histories, Contexts and Practices by Ives, N., Denov, M., Sussman, T Publisher: Oxford University Press Canada Edition: 2nd ISBN: 9780199028818</p> <p>The Sacred Tree: Reflections on Native American Spirituality by Bopp, J., Bopp, M., Brown, L., Lane, P. Publisher: Lotus Press (WI) Edition: 4th ISBN: 9780941524582</p> <p>Strong Helpers Teachings: The Value of Indigenous Knowledges in the Helping Professions by Baskin, Cyndy Publisher: Canadian Scholars Press Edition: Third</p>



Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Communicate the fundamental social work principles within multiple levels of practice and roles throughout the helping process.	1.1 Identify the perspectives and roles inherent within the micro, mezzo and macro societal systems. 1.2 Connect the social service work person-in-environment perspective and the Indigenous holistic interconnected worldview to create an understanding of working with people. 1.3 Utilize the OCSWSSW Code of Ethics, Scopes of Practice and Standards of Practice for Social Service Workers. 1.4 Identify the phases of the helping process and the role of cultural safety within each. 1.5 Differentiate between various fields of practice while understanding the interconnectedness of the work in different fields of practice.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Integrate self-awareness and balance into work and personal life.	2.1 Ground professional work in the values, ethics and mission of the profession and the 7 Grandfathers teachings. 2.2 Examine the four components of the Medicine Wheel, from Indigenous ways of knowing, relating to individual and community wellness. 2.3 Identify and assess one's own identity, strengths and areas of improvement by applying the four components of holistic well-being to personal health and community work.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Connect social work theories to skills development to gain awareness of reflexive practice.	3.1 Familiarity with Ecosystems, Person-Centered, Narrative, Strengths-Based and Anti-Oppressive Social Work theories and approaches. 3.2 Begin to link ethical and professional engagement, relationship building and interview skills to practice framework of social work theories. 3.3 Apply the RESPECTFUL model to initiate culturally safe practice.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Integrate the four core aspects of human nature into an ongoing plan for individual and community balance.	4.1 Commit to ongoing development and improvement of social work - interpersonal interviewing and skills to best serve individuals and communities. 4.2 Utilize the teachings of the Medicine Wheel, 7 Grandfathers and Sacred Tree as alternative perspectives in the areas of assessment, problem solving, self-concept and growth.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Respect the value of diverse self-care perspectives and techniques.	5.1 Familiarity with a variety of self-care techniques and perspectives. 5.2 Adoption of and commitment to 'personal fit' self-care techniques.
Course Outcome 6	Learning Objectives for Course Outcome 6



	6. Develop an understanding cultural identity by linking personal history to broader cultural study.	6.1 Accept responsibility for development of diversity awareness and cultural competence Develop awareness of personal lens and cultural identity. 6.2 Familiarity with RESPECTFUL model of multicultural awareness. 6.3 Link multicultural identity to assessment, issue identification, and problem solving methods, resources and solutions.
	Course Outcome 7	Learning Objectives for Course Outcome 7
	7. Create a personal and professional philosophy to bridge the teachings of the Sacred Tree within the social work field.	7.1 Commit to ongoing personal and professional development of culturally safe practice and professional understanding and delivery of services to best serve individuals and communities.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Creative Advocacy Tool	10%
Field of Practice Group Project	10%
Final Project: Personal & Professional Philosophy Statement	25%
Reflection Paper #1: Ethics & Personal Lens	15%
Skills Practice Assignment	5%
Theories in Practice Assignment	15%
Weekly Reflective Journals x10	20%

Date:

June 23, 2025

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

