



ST. FRANCIS XAVIER UNIVERSITY

MASTER OF EDUCATION IN CURRICULUM AND INSTRUCTION (C&I) WITH A CONCENTRATION IN MENTAL HEALTH July, 2025–June, 2027

The StFX Faculty of Education is proposing to offer a Master of Education in Curriculum & Instruction with a focus in Mental Health for qualified in-service teachers and administrators beginning in the Summer of 2025. This cohort will follow the four pillars of mental health literacy:

- To achieve and maintain positive mental health.
- To understand the signs and symptoms of mental distress and possible mental health disorders.
- To decrease stigma.
- To increase help and health-seeking efficacy for self and others.

Additionally, this cohort will understand current research on the social determinants of health and their impact on mental health. This program will advance the capabilities of participants to understand and implement mental health education in public schools. Moreover, this cohort will also support students so that they may develop research competencies and literacy within these same areas. This graduate degree program does not teach therapeutic/counselling approaches or the tools and assessments used for mental health diagnosis.

Graduate students will be required to participate in one in-person face-to-face (**F2F**) course as part of the two-week residency period at the initial Summer Institute. All other courses will be taught online (**OL**), primarily via a synchronous online format. The first summer courses are condensed over two-week blocks (July 7, 9, 11, 14, 15, 17 and July 21, 23, 25, 28, 29, 31) with a start time of 8:30 am and end time of 3:30 pm, Atlantic Time. Most often, weekday synchronous online courses will be offered from 6:00 pm – 9:00 pm, Atlantic time (Teams, Collaborate, and/or Zoom). The possibility of concentration cohort students travelling to Antigonish for one or two additional summer courses (July, 2025 and/or July, 2026) will also be explored (with students)—that change would only be made with 100% student agreement.

Note, this is the first 10-course MEd concentration cohort (previously, MEd degrees at StFX required 12 courses). This means that two July periods now have coursework (rather than three July periods).

The **tentative** schedule of courses is included below:

| Summer 2025 | Fall 2025 | Winter 2026 | Spring 2026 | Summer 2026 | Fall 2026 | Winter 2027 | Spring 2027 |
|-----------------------|-----------|-------------|-------------|----------------------|-----------|-------------|-------------|
| 534 (F2F) 505 (OL) | 527 (OL) | 536 (OL) | 5211 (OL) | 532 (OL) 511 (OL) | 508 (OL) | 509 (OL) | 510 (OL) |

Information and Admission Procedures

Applications for this program will be accepted until February 15, 2025.

The application information can be found at [How to Apply](#)

For additional StFX admission inquiries please contact med@stfx.ca.

For additional inquiries specific to this concentration, please contact Dan Robinson at drobinso@stfx.ca.

***Please note on the application that you are applying to the Master of Education in Curriculum and Instruction – Mental Health Cohort**

Course Descriptions

| Course | Title |
|-----------|--|
| EDUC 534 | Introduction to Foundations of Education (core course; instructor TBA) Students are asked to critically examine their own practice and its context. Issues of power and privilege as they operate in the field of education are central unifying themes of the course. The investigative approach includes ethical reasoning, autobiographical reflection, arts and aesthetics, deconstruction, and sociological analysis. |
| EDUC 505 | Introduction to Educational Research (core course; instructor TBA) This introductory course covers reading and understanding educational research. Students will explore research issues and critically interpret the main types of research, including descriptive research, qualitative research, case studies, and empirical studies. |
| EDUC 527 | Principles of Learning (core course; instructor TBA) This course examines theories of learning and development and their implications for instruction. In addition to the general cognitive and behaviourist theories, the course will focus on the aspects of cognitive learning that are relevant to understanding the diversity of learners. |
| EDUC 536 | Program Development (core course; instructor TBA) In this course program development is explored from the practitioner's perspective with the intent of examining and revising existing programs along a continuum from teacher directed to student driven. |
| EDUC 5211 | Current Research in Instruction: Approaches to Mental Health Education - Mental Health Literacy & Social Determinants of Health (concentration course; instructor TBA) This course provides an exploration of research and approaches to school-based mental health education. Students will explore the balance between supporting mental problems, illness, and stigma to the positive support of mental health and inclusion in schools. |
| EDUC 532 | Curriculum Theory (core course; instructor TBA) In this course, the ideas of major curriculum theorists will be examined and the implications of each position for program development for schooling will be explored. |
| EDUC 511 | Mindfulness and Social Learning (concentration course; instructor TBA) Mindfulness is the ongoing practice of being awake and aware to what is inside and around us in the present moment, nonjudgmentally. In this course students will explore and engage with practices and research related to mindfulness in education. This course will also explore the concept of social emotional learning with a particular emphasis on how to implement social emotional learning through mindfulness in education. |
| EDUC 508 | Critical Research Literacy in Education (core course; instructor TBA) This course examines educational research issues and trends from the perspective of professional practice. Students will explore a variety of educational research publications in relation to their own educational context. |
| EDUC 509 | Trauma Informed Practices (concentration course; instructor TBA) This course will promote teacher understanding and effective teaching to support students who have or are experiencing simple trauma, complex trauma and/or intergenerational trauma. Educators will examine the impact of trauma on students and families and explore ways to respond to student needs. The impact of trauma on the concepts of locus of control, self-image and resilience will be studied from the perspective of how teachers can make a difference through building trust and relationships, and utilizing classroom adaptations |
| EDUC 510 | Restorative Approaches in Educational Settings (concentration course; instructor TBA) This course helps educators understand the principles of restorative approaches and the wider peace building movement in education. Educators will critically consider restorative approaches as a way to create safe, engaging and inclusive educational settings. Educators will learn how to create a school climate that is relational and restorative and takes into account the contexts and causes of situations surrounding interpersonal interactions. |

Accommodations

Please note accommodations can be secured in StFX's residence halls (Power or Somers Hall) at \$250/week. These will be shared four-bedroom apartments with students being allocated rooms based on gender. Each apartment offers a private bedroom with shared bathroom, kitchen, and living room. Laundry facilities are also available on each floor. To book a room at StFX, please contact the following stay@stfx.ca. Student inquiries can be made by emailing stay@stfx.ca or calling 902-867-3890.