



## MASTER OF EDUCATION IN CURRICULUM AND INSTRUCTION (C&I) WITH A CONCENTRATION IN MENTAL HEALTH July 2026–June 2028

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 2026. 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. Campus accommodations information can be viewed here: [Master of Education Accommodations July 5-17, 2026](#). All other courses will be taught online (**OL**), primarily via a synchronous online format. The summer courses are condensed over two two-week blocks (July 6, 8, 10, 13, 14, 16; July 20, 22, 24, 27, 28, 30) with a start time of 8:30 am and end time of 3:30 pm, Atlantic Daylight Time (ADT). Most often, weekday synchronous online courses will be offered from 6:00 pm – 9:00 pm, ADT.

**The MEd degree is now a 30-credit offering (10 courses). Importantly, this means that students who start in July may, with two summers and within two calendar years, complete all degree requirements.**

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

Summer 2026	Fall 2026	Winter 2027	Spring 2027	Summer 2027	Fall 2027	Winter 2028	Spring 2028
534 (F2F) 505 (OL)	5211 (OL)	509 (OL)	532 (OL)	511 (OL) 536 (OL)	527 (OL)	508 (OL)	593 (OL)

### Information and Admission Procedures

**Applications for the MEd program will be accepted until February 15, 2026.**

- The application portal for can be found at [How to Apply](#)
- For additional StFX admission inquiries please contact [med@stfx.ca](mailto:med@stfx.ca).
- Specific information about our degree options (e.g., application procedures, contacts, course overviews) can be found via the hyperlinks above.
- Please contact the Chair, Dr. Daniel B. Robinson ([drobinso@stfx.ca](mailto:drobinso@stfx.ca)), to discuss full-time study and/or thesis options.
- 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	<b>Introduction to Foundations of Education</b> (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	<b>Introduction to Educational Research</b> (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 5211	<b>Current Research in Instruction: Approaches to Mental Health Education - Mental Health Literacy &amp; Social Determinants of Health</b> (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 509	<b>Trauma Informed Practices</b> (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 532	<b>Curriculum Theory</b> (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	<b>Mindfulness and Social Learning</b> (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 536	<b>Program Development</b> (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 527	<b>Principles of Learning</b> (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 508	<b>Critical Research Literacy in Education</b> (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 593	<b>Directed Study</b> (concentration course; instructor TBA) In consultation with the department chair, students may undertake a directed study program in an approved area of interest that is not available through other course offerings.