First-Year Bachelor of Science (BSc and BA) Advising Guide to Choosing Courses

Getting Started with Course Planning

This advising guide is here to help you plan your first year at Dalhousie with confidence. Choosing courses can feel overwhelming at first—but you don't have to figure it out alone. If you have questions, advisors at the Bissett Student Success Centre are happy to help. You can email advising@dal.ca or book an appointment by scanning the QR code on the Helpful Resources page. Start by using the course recommendations table, the academic timetable, and the schedule worksheet in this guide. Plan your required courses first, then choose electives based on your interests and future goals. The worksheet is a planning tool to help you think through options—it doesn't list every course. For full details, check the Dalhousie Academic Calendar (www.dal.ca/calendar) or talk with an advisor.

Section 1: Choosing Courses and Helpful Hints

The Dalhousie Timetable (www.dal.ca/timetable) is one of the most important tools you'll use to build your schedule. It shows:

- Course descriptions and terms (Fall or Winter)
- Days, times, and locations
- In-person or online delivery
- Required components (lecture, lab, tutorial)
- Course Registration Numbers (CRNs)
- Instructor names

To register successfully, you must enter the CRN for each required component of a course (for example: lecture + lab + tutorial). Many courses offer multiple sections, giving you flexibility to build a schedule that works for you. Some courses are offered in both the fall and winter semester, giving you flexibility to take the course in either semester.

Choosing the Number of Courses to Take:

Most courses at Dalhousie are worth 3 credit hours. Taking 9 credit hours per term is considered full-time, while a full course load is 15 credit hours per term (usually five courses). You can take up to 30 credit hours total across the Fall and Winter terms. Some students choose to take fewer courses to balance their academic workload and other commitments, which is perfectly okay—just be sure to check any scholarship, funding, or student loan requirements before reducing your course load. You can find more information about course loads on Dalhousie's website.

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Choosing First-Year Courses

Your first-year course choices are often shaped by your interests, your career goals, or both—and they also play an important role in meeting your degree requirements, making early planning helpful.

Choosing Your Science Courses

If you're interested in a specific science subject or potential major (such as Marine Biology, Psychology, or Chemistry), review the recommended courses by BSc major table in **Section 2** of this guide. This will show you which first-year courses you need to move into upper year.

If you're interested in a health-related career (such as medicine, dentistry, nursing, or pharmacy), refer to the recommended first-year courses for different health professions in **Section 3** of this guide. If you don't see your career listed—or you're unsure how to balance interests and requirements—an advisor at the Bissett Student Success Centre can help you plan your next steps.

Choosing Your Math Courses

As part of your BSc degree, you'll need to complete 6 credit hours of approved Math or Statistics courses before you graduate. Choosing the right course depends on your academic background and your intended major.

To help you decide, Dalhousie offers a Brightspace resource with helpful information, including a Math Self-Assessment. This self-assessment is a great way to check how prepared you feel for first-year math and to guide your course choice.

Below are recommended first-year math and statistics courses based on common majors. These recommendations are meant to help you get started while keeping your future program options open.

Course Recommendations by Intended Major

MATH 1000 (Differential & Integral Calculus I)	MATH 1215 (Life Science Calculus)	STAT 1060 (Intro Statistics for Science & Health Science)
Actuarial Science Biochemistry Chemistry Earth Sciences Economics Ocean Sciences Mathematics Statistics	Biology Environmental Science Marine Biology Microbiology Neuroscience Psychology	Actuarial Science Biology Economics Environmental Science Marine Biology Neuroscience Psychology
MATH 1010 (Differential and Integral Calculus II)		MATH 1030 (Matrix Theory & Linear Algebra I)
Actuarial Science Chemistry Earth Sciences Economics		Actuarial Science Economics Mathematics

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Ocean Sciences Mathematics Statistics	Physics Statistics

If you're unsure which course is the best fit for you, or if you're still exploring your options, an advisor at the Bissett Student Success Centre can help you choose a course that aligns with your goals.

Choosing Your First-Year Electives

Electives are a great way to explore subjects you're curious about while also completing degree requirements. Choosing courses you're genuinely interested in can make your first year more enjoyable and engaging. As part of your BSc, you must complete the following requirements before you graduate. In your first year, you may want to take courses to satisfy these requirements:

- The writing Requirement (see below)
- 6 credit hours in Social Sciences
- 6 credit hours in Language & Humanities

IB, AP, or A-Level Credits

If you've completed IB, AP, or A-levels, you may be eligible for transfer credits, which can affect your course choices. Connect with an advisor at the Bissett Student Success Centre early to understand how these credits fit into your degree and to plan your courses wisely.

Join a First-Year Interest Group (FIGS)

First-Year Interest Groups (FIGS) are a great way to make your first year at Dalhousie feel smaller and more connected. FIGS are free, non-credit, small-group experiences designed especially for first-year BSc students. You'll meet weekly with a small group of other students who share similar interests, talk about big ideas related to science and society, and connect with upper-year students, faculty, and professionals. FIGS are a fun way to make friends, explore possible majors or careers, and feel more confident navigating university life. You can sign up for a FIG when you register for your courses—just be sure the time doesn't conflict with your classes.

Fall 2026	Winter 2027
FIGS 0001: Behaviour and Mental Health FIGS 0002: Neuroscience of the Brain FIGS 0003: Health and Medicine FIGS 0004: Oceans FIGS 0005: Climate Change & Biodiversity FIGS 0008: Science of Economics FIGS 0011: Science2Health – Pharmacy FIGS 0012: Medical Sciences FIGS 0021: Science for Everyone FIGS 0201: BSc Truro Start I	FIGS 0022: Science for Everyone II FIGS 0202: BSc Truro Start II

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Good to know: FIGS appear on your transcript with a Pass notation, but they don't count toward degree credits. You can only register for one FIGS course, so choose one that fits your interests and your schedule.

Remember: You don't need a perfect plan right away. Course planning is a process—and advisors are here to support you every step of the way.

Degree Requirements

The subjects listed below can be used to meet the Language & Humanities and Social Science requirements for BA and BSc degrees in the Faculty of Science and the Faculty of Arts and Social Sciences at Dalhousie. Some subjects fit into both categories, so you can choose which requirement they count toward. This gives you flexibility to explore topics you enjoy while staying on track with your degree requirements.

Languages & Humanities

Arabic (ARBC)	English (ENGL)	Italian Studies (ITAL)
Black and African Diaspora Studies (BAFD)	French (FREN)	King's Foundation Year (FYP)
Canadian Studies (CANA)	Film Studies (FILM)	Music (MUSC)
Chinese (Mandarin) (CHIN)	Gender and Women's Studies (GWST)	Performance Studies (PERF)
Classics (CLAS)	German (GERM)	Philosophy (PHIL)
Contemporary Studies (CTMP)	History (HIST)	Religious Studies (RELS)
Creative Writing (CRWR)	History of Science and Technology (HSTC)	Spanish (SPAN)
Early Modern Studies (EMSP)	Indigenous Studies (INDG)	Theatre (THEA)

Social Sciences

Black and African Diaspora Studies (BAFD)	History (HIST)	Law, Justice and Society (LJSO)
Canadian Studies (CANA)	History of Science and Technology (HSTC)	Political Science (POLI)
Contemporary Studies (CMTP)	Human Geography (GEOG)	Psychology (PSYO)
Early Modern Studies (EMSP)	Indigenous Studies (INDG)	Sociology and Social Anthropology (SOSA)
Economics (ECON)	International Development Studies (INTD)	Sustainability (SUST) — BSc only
Gender and Women's Studies (GWST)	King's Foundation Year (FYP)	

Writing Requirement

Single courses that satisfy writing requirement in 3 credit hours:	Single courses that satisfy writing requirement in 6 or more credit hours	Course pairings that satisfy writing requirement in 6 credit hours:
ASSC 1111 (Academic Writing) SCIE 1111 (Writing for the Sciences) (satisfies full writing requirement for BSc students only)	ENGL/CRWR 1030 (Reading and Writing Stories) OCEA 1001/1002 (Conversations with Ocean Scientists) SUST 1000 (Introduction to Environment, Sustainability and Society I) Integrated Science Program (SCIE 15XX) King's Foundation Year (KING 1XXX)	EGLA 1000 (Composition) (Online through Truro campus) ENGL 1015 (Literature: How it Works) ENGL 1040 (Reading Popular Culture) JOUR 1002 (Foundations of Journalism I) JOUR 1003 (Foundations of Journalism II

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Section 2: Choosing your courses by intended major(s)

Use the tables below to select your courses. Identify the major(s) you are considering and follow the recommended courses listed under each major option.

RECOMMENDED FIRST-YEAR COURSES, BY INTENDED BSc MAJOR

Program	**PSYCHOLOGY (PSYO)*** ***BA (Psychology): see BA section of this Guide**		**NEUROSCIENCE (NESC)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PSYO 1011 or PSYO 1031 • STAT 1060 • ELECTIVE • ELECTIVE • ELECTIVE	• PSYO 1012 or PSYO 1032 • MATH or STAT** • ELECTIVE • ELECTIVE • ELECTIVE	• PSYO 1011 or PSYO 1031 • BIOL 1010 or BIOL 1020 • CHEM 1011 • MATH 1215** • ELECTIVE	• PSYO 1012 or PSYO 1032 • BIOL 1011 or BIOL 1021 • CHEM 1012 • STAT 1060** • ELECTIVE
Notes	**MATH/STAT options: Calculus: MATH 1000 or MATH 1215; or Linear Algebra: MATH 1030; or Statistics: MATH 2080		**Note Math 1215 and STAT 1060 can be taken in either semester	
Program	**BIOCHEMISTRY & MOLECULAR BIOLOGY (BIOC)**		**MICROBIOLOGY & IMMUNOLOGY (MICI)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• BIOL 1010 or BIOL 1020 • CHEM 1011 • MATH 1000 or MATH 1215 • ELECTIVES • ELECTIVES	• BIOL 1011 or BIOL 1021 • CHEM 1012 • MATH 1010 or STAT 1060 • ELECTIVES • ELECTIVES	• BIOL 1010 or BIOL 1020 • CHEM 1011 • MATH 1000 or MATH 1215 • ELECTIVES • ELECTIVES	• BIOL 1011 or BIOL 1021 • CHEM 1012 • MATH 1010 or STAT 1060 • ELECTIVES • ELECTIVES
Program	**BIOLOGY (BIOL)**		**MARINE BIOLOGY (MARI)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• BIOL 1010 or BIOL 1020 • CHEM 1011 • STAT 1060 • ELECTIVES • ELECTIVES	• BIOL 1011 or BIOL 1021 • CHEM 1012 • MATH/STAT** • ELECTIVES • ELECTIVES	• BIOL 1010 or BIOL 1020 • CHEM 1011 • STAT 1060 • ELECTIVES • ELECTIVES	• BIOL 1011 or BIOL 1021 • CHEM 1012 • MATH/STAT*** • ELECTIVES • ELECTIVES
Notes	**MATH/STAT options: Calculus: MATH 1000 or MATH 1215; or Linear Algebra: MATH 1030; or Statistics: MATH 2080 Possible Electives: • SUST 1000 or OCEA 1001/1002 (satisfies writing requirement).		***MATH/STAT options: Calculus: MATH 1000 or MATH 1215; or Linear Algebra: MATH 1030 Possible Electives: • SUST 1000 or OCEA 1001/1002 (satisfies writing requirement).	

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Program	ENVIRONMENTAL SCIENCE (ENVS)* *BA (Environmental Science): see BA section of this Guide		ENVIRONMENT, SUSTAINABILITY AND SOCIETY (SUST)**Can be completed as a double major with any BA or BSc	
Term	Fall Courses	Winter Courses		
Courses	• ENVS 1100 • BIOL 1010 (or 1020) • MATH 1215 (or 1000) • CHEM 1011 • ELECTIVE	• ENVS 1200 • ERTH 1080 • STAT 1060 • CHEM 1012 • ELECTIVE	Environment, Sustainability and Society (SUST) can be combined as a double major alongside many BA or BSc programs, allowing you to combine knowledge of global issues in sustainability with another area of interest. Students in this program must complete either SUST 1000** or SUST 1001 as a 1000-level requirement. **SUST 1000 (satisfies writing requirement) for BA and BSc	
Notes	Possible Electives: • SUST 1000 or OCEA 1001/1002 (satisfies writing requirement). Note for SUST 1000, BIOL 1010 can be deferred to 2nd or 3rd year.			
Program	**OCEAN SCIENCES (OCEA)**		**EARTH SCIENCE/GEOLOGY (ERTH)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PHYC 1190 or PHYC 1310 • CHEM, BIOL or ERTH* • MATH 1000 • ELECTIVE • ELECTIVE	• PHYC 1290 or PHYC 1320 • CHEM, BIOL or ERTH* • STAT 1060 or STAT 2060 • ELECTIVE • ELECTIVE	• ERTH 1080 • CHEM 1011 • MATH 1000* or MATH 1215 • ELECTIVE • ELECTIVE	• ERTH 1091 • CHEM 1012 • MATH/STAT** • ELECTIVE • ELECTIVE
Notes	Notes: *Pick <u>at least</u> 1 course pairing of: <u>Chemistry</u>: CHEM 1011 **&** 1012; or <u>Earth Science</u>: ERTH 1080 **&** 1091; or <u>Biology</u>: (BIOL 1010 or BIOL 1020) **&** (BIOL 1011 or BIOL 1021) Possible Electives: • SUST 1000 or OCEA 1001/1002 (satisfies writing requirement). • MATH 1010 or another CHEM/BIOL/ERTH pairing.			
Program	**CHEMISTRY (CHEM)**		**PHYSICS AND ATMOSPHERIC SCIENCE (PHYC)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PHYC 1190 or PHYC 1310 • CHEM 1011 • MATH 1000 • ELECTIVE • ELECTIVE	• PHYC 1290 or PHYC 1320 • CHEM 1012 • MATH 1010 • ELECTIVE • ELECTIVE	• PHYC 1190 or PHYC 1310 • CHEM 1011 • MATH 1000 • ELECTIVE* • ELECTIVE	• PHYC 1290 or PHYC 1320 • CHEM 1012 • MATH 1010 • ELECTIVE* • ELECTIVE
			*Students are encouraged to take MATH 1030 in either their first or second year to meet pre-requisite and degree requirements.	

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Program	ACTUARIAL SCIENCE (ACSC)		ECONOMICS (ECON)* *BA (Economics), see BA section of this Guide	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• MATH 1000 • STAT 1060 • ECON 1101 • ELECTIVE • ELECTIVE	• MATH 1010 • MATH 1030 • ECON 1102 • ELECTIVE • ELECTIVE	• MATH 1000 • STAT 1060 • ECON 1101 • ELECTIVE • ELECTIVE	• MATH 1010 • MATH 1030 • ECON 1102 • ELECTIVE • ELECTIVE
Program	**MATHEMATICS (MATH)**		**STATISTICS (STAT)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• MATH 1000 • MATH 2110 • ELECTIVE • ELECTIVE • ELECTIVE	• MATH 1010 • MATH 1030 • ELECTIVE • ELECTIVE • ELECTIVE	• MATH 1000 • MATH 1060 • ELECTIVE • ELECTIVE • ELECTIVE	• MATH 1010 • STAT 2080 • MATH 1030 • ELECTIVE • ELECTIVE

BA degrees with Science Programs

Did you know? Many programs within the Bachelor of Science (BSc) can also be completed as a Bachelor of Arts (BA). Choosing between a BSc and a BA often depends on your interests, academic background, and long-term goals. For students who do not meet the pre-calculus math requirement for entry to the BSc, starting in a BA can be a great option. Many students begin in the BA and work closely with an advisor to identify a pathway either toward transitioning into the BSc at a later time or completing their degree within the BA. Below is a selection of programs that students commonly complete as a BA. If you are interested in pursuing a BA in another subject or would like help exploring your options, we encourage you to connect with an advisor at the Bissett Student Success Centre.

RECOMMENDED COURSES BY BA MAJOR

Program	**PSYCHOLOGY (PSYO)* *BSc (Psychology): see BSc section of this Guide**		**ECONOMICS (ECON)* *BSc (Economics), see BSc section of this Guide**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PSYO 1011 or PSYO 1031 • ASSC 1400 • ELECTIVE • ELECTIVE • ELECTIVE	• PSYO 1012 or PSYO 1032 • STAT 1060 ** • ELECTIVE • ELECTIVE • ELECTIVE	• MATH 1000 • STAT 1060 • ECON 1101 • ASSC1400 • ELECTIVE	• MATH 1010 • MATH 1030 • ECON 1102 • ELECTIVE • ELECTIVE
Notes	**STAT 1060 is recommended but not required		*Math 1000: Students who do not have pre-calculus from high school are strongly encouraged to connect with an advisor in the Bissett Student Success Centre to develop a plan before taking MATH 1000.	

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Program	ENVIRONMENTAL SCIENCE (ENVS)* *BSc (Environmental Science): see BSc section of this Guide		ENVIRONMENT, SUSTAINABILITY AND SOCIETY (SUST)* *Can be completed as a double major with any BA or BSc
Term	Fall Courses	Winter Courses	Environment, Sustainability and Society (SUST) can be combined as a double major alongside many BA or BSc programs, allowing you to combine knowledge of global issues in sustainability with another area of interest. Students in this program must complete either SUST 1000** or SUST 1001 as a 1000-level requirement. **SUST 1000 (satisfies writing requirement) for BA and BSc
Courses	• ENVS 1100 • ASSC 1400 • BIOL, CHEM or ERTH • ELECTIVE • ELECTIVE	• ENVS 1200 • STAT 1060 • BIOL, CHEM or ERTH • ELECTIVE • ELECTIVE	
Notes	*Pick at least 1 course pairing of: Chemistry: CHEM 1011 **&** 1012; or Earth Science: ERTH 1080 **&** 1091; or Biology: (BIOL 1010 or BIOL 1020) **&** (BIOL 1011 or BIOL 1021); or Economics: ECON 1101 & 1102 Possible Electives: • SUST 1000 or OCEA 1001/1002 (satisfies writing requirement).		

Section 3: Course Selection for Health Sciences and Other Professional Pathways

Many students start university knowing they're interested in a broad area—like Life Sciences or pursuing pre-requisites for health-related fields—and aren't ready to choose a specific program right away. The good news is that there is considerable overlap in first-year course requirements across many Life Science (eg Biology, Neuroscience) and Health programs (eg. Pharmacy, Dentistry). By following a general first-year course plan within this theme, you can keep your options open while still making progress toward multiple possible majors and completing pre-requisites for Health programs. The sample course plans below show common pathways that allow you to explore different disciplines before deciding. Many students choose this approach in first year. For detailed requirements for specific programs, be sure to see the tables in **Section 2** of this guide.

Example First-Year Courses, by Major Groupings

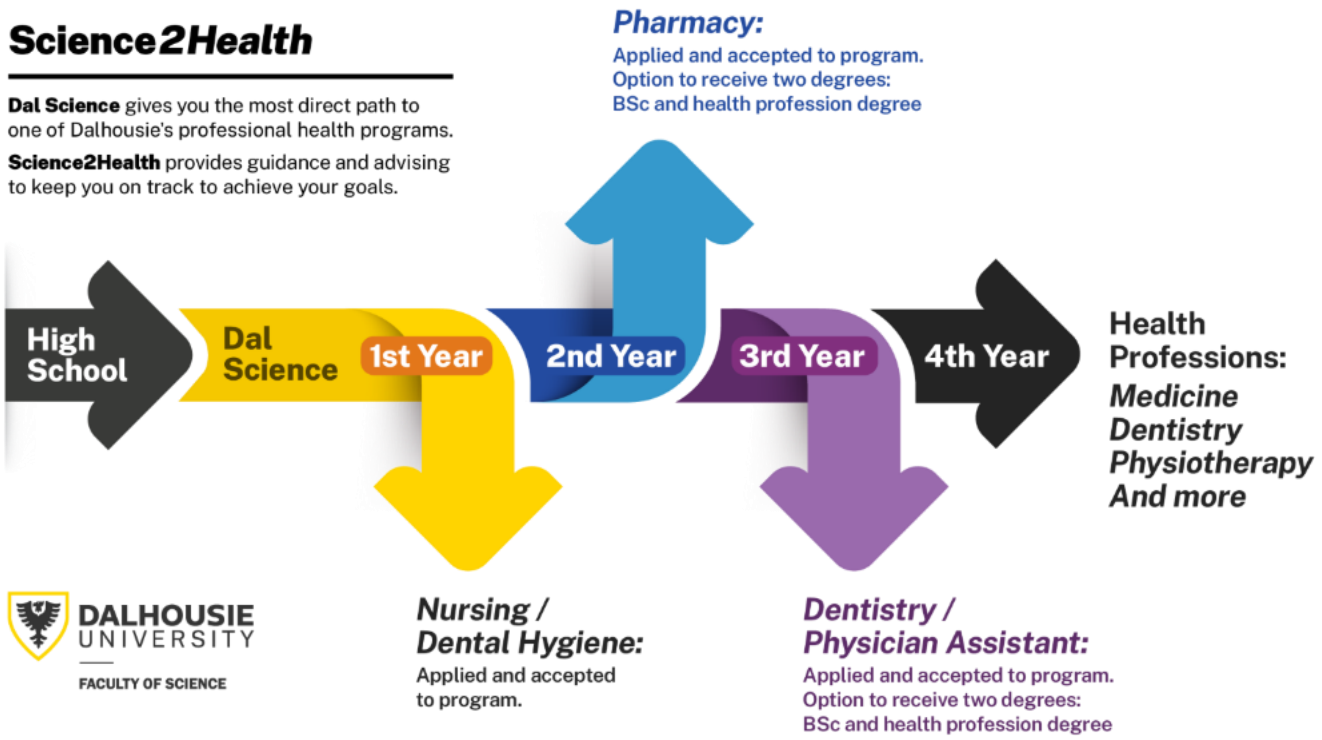
Program	Fall Courses	Winter Courses
Psychology Neuroscience Biology Marine Biology Biochemistry & Molecular Biology Microbiology & Immunology	• PSYO 1011 or PSYO 1031 • BIOL 1010 or BIOL 1020 • CHEM 1011 • MATH 1215** • ELECTIVE	• PSYO 1012 or PSYO 1032 • BIOL 1011 or BIOL 1021 • CHEM 1012 • STAT 1060** • ELECTIVE
	*Note: MATH 1215 (Winter) and STAT 1060 (FALL) is also a valid option.	

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Science2Health

A **BSc or BA degree** is a great starting point if you're interested in **health-related professional programs** that do not accept students directly from high school. Programs such as **Semester 3 Nursing**, **Pharmacy, Dentistry, and Dental Hygiene** require specific university-level prerequisite courses before you can apply. By starting in a BSc or BA, you can begin completing these prerequisites while also exploring your interests and building a strong academic foundation. Below are recommendations to help you choose your **first-year courses** in a way that keeps these health-related pathways open.



Considering Applying to the Semester 3 Nursing Program?

Starting in a BA or a BSc program can serve as a pathway to the Nursing Program. On the next page, you will find course recommendations that meet pre-requisite requirements for Dalhousie's Semester 3 program.

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Program	Fall Courses	Winter Courses
BA or BSc Students: Pathway to Semester 3 Nursing (Satisfies Admission Pre-Requisite Requirements)	• PHYL 1011 or PHYL 1001 • MICI 1100 • ASSC 1111 • PSYO 1011 • ELECTIVE	• PHYL 1012 or PHYL 1001 • STAT 1060 • ANAT 1010 • PSYO 1012 • ELECTIVE

Elective Recommendations

The courses listed below may be especially helpful for students considering Semester 3 Nursing. They offer opportunities to explore health, science, and society from broader social and ethical perspectives. This list is a starting point—course availability may vary by term or year.

Elective Recommendations			Semester Offered
HAHP 2000 (Human Growth & Development)			Fall & Winter
BIOC 1420 (Introductory Biochemistry)			Fall & Winter
BAFD 1000 (Introduction to Black and African Diaspora Studies)			Fall
GWST 1010 (Introduction to Gender & Women's Studies)			Fall
GWST 1015 (Gender and Diversity)			Winter
SOSA 1002 (People & Culture: Introduction to Anthropology)			Fall & Winter
SOSA 1003 (Introduction to Sociology)			Fall & Winter
BIOL 1010 or BIOL 1020 (Principles of Biology I)			Fall & Summer
BIOL 1011 or BIOL 1021 (Principles of Biology II)			Winter & Summer
CHEM 1011 (Concepts in Chemistry I)			Fall & Summer
CHEM 1012 (Concepts in Chemistry II)			Winter & Summer
CHEM 1001 (The Chemical World) *This course does not satisfy chemistry pre-requisites for Science programs.			Fall
ASSC 1300 Introduction to the Humanities OR ASSC 1400 Introduction to Social Sciences BA students are required to take one of these courses.			Fall
INGD 1000 (Mi'kma'ki)			Fall
SUST 1400 (Exploring Sustainability)			Winter
PHIL 1500 (Introduction to Philosophy)			Fall
PHIL 1501 (Introduction to Philosophy)			Fall & Winter
Introductory Languages: French, Spanish, Arabic, Chinese, German & Italian	FREN 1007/1008 FREN 1047/1048 FREN 1057/1058 SPAN 1021/1022	ARBC 1021/1022 CHIN 1031/1032 GERM 1003/1004 ITAL 1000/1001	Fall & Winter *See timetable for specific course offerings
HSTC 2102 (Origins of Modern Medicine)			Fall
PHIL 2805 (Ethics & Health Care: Patient Care)			Fall
PHIL 2810 (Ethics & Health Care: Social Policy)			Winter
HSTC 2400 (Science in the Media)			Winter
INDG 2704 (Indigenous Peoples and Media)			Winter

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Interested in Engineering?

If you plan to start university in Science but are considering Engineering, you can apply to switch into Engineering during your first year. To keep this option open, it is important to choose courses that meet Engineering requirements while also taking courses that will count towards your Science degree.

Below is a recommended first-year course plan for students interested in transferring to Engineering:

Fall	Winter
CHEM 1011	CHEM 1012
PHYC 1190	PHYC 1290
MATH 1000	MATH 1010
MATH 1030	ELECTIVE
ELECTIVE	ELECTIVE

For help selecting your electives, you can connect with an advisor in the Faculty of Engineering by contacting engineering@dal.ca.

Earn Two Degrees
Engineering students have a unique opportunity to earn two degrees:

Bachelor of Science (90-credit hour degree)
Bachelor of Engineering

This option is known as a concurrent degree. If this pathway interests you or if you would like help choosing your courses, contact an advisor at the Bissett Student Success Centre for more information.

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Helpful Resources

Bissett Student Success Centre SharePoint Page – Log-in required	
Do you have questions about your course? Schedule an appointment with a Bissett Student Success Advisor today! - Log-in required.	
Looking for courses? Check out the Dalhousie Academic Timetable – this is a catalogue of all courses that are being offered during the 2026-2027 academic year. The timetable is one of the most important resources to refer to when choosing courses.	
Check out the Bachelor of Science Degree Planners to learn more about the requirements for each program!	
Science2Health webpage	

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