

# Mental Health Studies (HBSc)

Specialist

Major

Department of Psychology

Mental Health Studies is a sub-discipline in the field of Psychology that examines psychological well-being and mental disorders. This program focuses on processes relevant to abnormal thought, feelings and behaviour. The program seeks to understand the causes of mental disorders from the level of the brain to the impact on everyday life. Students in this program are often interested in moving into careers in the mental health field. The program aims to provide preparation for students in fields such as clinical psychology, psychiatry or psychiatric social work. Programs in Psychology and Mental Health Studies cannot be combined.

**Complementary Programs:** Neuroscience, Health Studies, Human Biology, Sociology, Anthropology, Linguistics.

## Make the most of your time at UTSC!

We want to help you maximize your university experience, so we've pulled together information and suggestions to get you started, although there are many more! As you review the chart on the inside pages, note that many of the suggestions need not be restricted to the year they are listed. In fact, activities such as joining a student club, engaging with faculty and seeking opportunities to gain experience should occur in each year of your study.

## Check out future career opportunities and skills acquired from completing this program:

### Competencies & Skills

- Communication (oral and written)
- Interpersonal abilities
- Mediate and negotiate
- Knowledge of mental health issues
- Analytical and critical thinking
- Research
- Teamwork
- Planning/Organizing
- Problem-solving and reasoning
- Leadership

### Careers for Graduates

- Case Manager in Social Services
- Psychometrist's Assistant in Psychological Services
- Research Assistant in Hospitals
- Human Resource Assistant in Business
- Youth Worker in Community Services
- Marketing Representative in Business Services
- Employment Consultant in Non-Profits

### Further Education

- Psychology
- Clinical or Counselling Psychology
- Occupational Therapy
- Education
- Medicine
- Law
- ABA Behaviour Therapy
- Human Resources



Connect with Alumni at events on **CLNx** and through **Partners in Leadership**, **10,000 Coffees**, **LinkedIn** and more!

For more information go to:  
[uoft.me/alumni-services](http://uoft.me/alumni-services)

**NEED HELP CHOOSING  
YOUR PROGRAM?**

See [uoft.me/choosing](http://uoft.me/choosing)

# Mental Health Studies (HBSc) Major Program Pathway

## HOW TO USE THIS PROGRAM PATHWAY

Read through each year; investigate what appeals to you here and in other Program Pathways that apply to you. Note that this Pathway is only a suggestion. **For the most up to date information, please check the UTSC Calendar.**

### YEAR 1 (0 - 3.5 Credits)

### YEAR 2 (4 - 8.5 Credits)

### YEAR 3 (9 - 13.5 Credits)

### YEAR 4 or FINAL YEAR (14 - 20 Credits)

#### CHOOSE YOUR COURSES WISELY

- Complete PSYA01H3 and PSYA02H3.
- Explore different kinds of courses; this will also help with fulfilling breadth requirements and electives.
- Use Degree Explorer and our program checklists to plan your future courses: [uoft.me/PSY-checklists](http://uoft.me/PSY-checklists).

- Complete core courses: PSYB07H3 (or equivalent), PSYB70H3, PSYB30H3, and PSYB32H3.
- Begin taking B-level courses toward the Psychosocial and Psychobiological and Additional credits in Psychology program requirements (see the UTSC Calendar for details).
- Use Degree Explorer to plan your degree.

- Complete PSYC37H3.
- Continue taking B- and C-level courses toward the Psychosocial and Psychobiological and Additional credits in Psychology program requirements (see the UTSC Calendar for details).
- Use Degree Explorer to ensure you are on track with your degree.

- 0.5 credit in Psychology at the D-level.
- Complete any other outstanding program requirements.
- Ensure you have at least 2.0 credits in your program at the C-level or higher.
- Register your "Intent to Graduate" on ACORN by the deadline.

#### DEVELOP YOUR ACADEMIC & RESEARCH SKILLS

- Get writing support at the CTL Writing Centre.
- Apply to the Psychology Department's Budding Scholars program.
- Apply to UTSC chapter of Psi Chi, the International Honour Society in Psychology.

- Consider completing a Supervised Study course [PSYB90H3].
- Seek out volunteer positions in faculty research labs.
- Further develop your general academic skills by attending workshops offered by the Academic Advising & Career Centre (AA&CC) and Centre for Teaching & Learning (CTL).

- Consider completing a Supervised Study course [PSYC90H3].
- Consider competing for the UTSC Library Undergraduate Research Prize, the NSERC Undergraduate Student Research Awards, and the U of T Excellence Award (UTEA).

- Consider completing a Thesis course [PSYD98H3]. Plan ahead to ensure you meet prerequisite requirements.
- Apply for a travel award through the DSL or Department of Psychology.
- Again, consider competing for UTSC Library, NSERC, and UTEA awards,

#### APPLY THEORY TO PRACTICE

- Attend the UTSC Faculty Mix & Mingle Fair to connect with professors and learn more about their specialties.
- Start building your Co-Curricular Record (CCR) and search for Experiential Learning opportunities.

- Get involved in the Psychology & Neuroscience Undergraduate Journal Club to learn how to critically analyze scientific literature, and discuss articles with peers.
- Check out Global Research Abroad opportunities through the ISC to gain valuable international and research experiences.

- Build on your skills and knowledge through relevant events offered through your department, student groups, DSL and the AA&CC.

- Attend the Summer & Full-time Job Fair in January to meet with potential employers looking to hire students for relevant summer and full-time positions.

#### BECOME AN ENGAGED CITIZEN (LOCALLY & GLOBALLY)

- Join the Psychology and Neuroscience Departmental Association (PNDA) to connect with students in psychology; explore other student groups as well.
- Volunteer in the Alternative Reading Week to gain experience and knowledge about social change and community development; visit Department of Student Life (DSL) for details.

- Check CLNx for Work Study or volunteer positions on campus to gain experience and to get involved.
- Complete the Global Citizenship Certificate; look into Global Learning opportunities such as the Summer Abroad program and the Explore Program through the International Student Centre (ISC).

- Run for an elected position in the Psychology and Neuroscience Departmental Association (PNDA).
- Take part in the Wellness Peer Programs in the Health & Wellness Centre to help foster a healthy community.

- Participate in the AA&CC's Partners in Leadership program to learn and network with an alumni mentor about transitioning into the work field or further education.

#### PLAN FOR YOUR FUTURE CAREER

- Volunteer with organizations to explore your interests; check listings on CLNx.
- Attend the UTSC Get Experience Fair in September and register with SCSU's Volunteer Network Program to explore opportunities.

- Gain experience by applying for a summer, part-time or Work Study position via CLNx.
- Considering grad school? Speak to professors and advisors early so you are on track.
- Explore careers through the AA&CC's Job Shadowing and In The Field programs.

- Plan a career path with a staff member at the AA&CC.
- Check CLNx for networking events and employer information sessions to attend.
- Attend the Graduate & Professional School Fair in September.

- Attend the AA&CC's Get Hired job search conference in April/May.
- Attend a Jobs for Grads orientation for a job search "crash course" and for access to full-time job listings.
- Discuss grad school plans early with staff at the AA&CC and your professors; get your Personal Statement reviewed in the AA&CC.

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Department of Psychology

## SERVICES AT UTSC THAT SUPPORT YOU:

To learn about resources and departments that can support you, download the UTSC Student Experience app or visit [uoft.me/StARTNow](http://uoft.me/StARTNow)

### Diversity & Inclusion

The University of Toronto Scarborough commits to intentionally foster a welcoming and supportive environment for students, faculty, and staff where diversity is valued, and every member of the community feels a sense of belonging on campus.

[utsc.utoronto.ca/edo/](http://utsc.utoronto.ca/edo/)

### Academic Integrity

The university community supports an environment of academic integrity; these are values that include honesty, trust, fairness, respect and responsibility. Learn about the university's academic rules and how to avoid accidental plagiarism by attending an Academic Integrity Matters (AIM) workshop.

[academicintegrity.utoronto.ca/](http://academicintegrity.utoronto.ca/)

### Healthy Campus

UTSC provides supportive environments, resources and services to empower students to maintain their overall physical and mental health and foster their academic success.

[uoft.me/healthycampus/](http://uoft.me/healthycampus/)

### Co-Curricular Record

The co-curricular record is an official institutional document that recognizes your involvement outside the classroom as a significant part of your U of T experience.

[clnx.utoronto.ca/ccr](http://clnx.utoronto.ca/ccr)

## DID YOU KNOW...

UTSC is home to the Graduate Dept. of Psychological Clinical Science, offering an MA/PhD program in clinical psychology.



## FUTURE STUDENTS

For admission requirements to UTSC, check out the U of T Scarborough Viewbook or contact:

### Admissions & Student Recruitment

University of Toronto Scarborough  
Room HL104, Main Floor, Highland Hall  
416-287-7529

[admissions@utsc.utoronto.ca](mailto:admissions@utsc.utoronto.ca)

## CURRENT STUDENTS

### Departmental Contact

Ainsley Lawson,  
[psychology-undergraduate@utsc.utoronto.ca](mailto:psychology-undergraduate@utsc.utoronto.ca)

### Mental Health Studies Librarian

Sarah Guay,  
[sarah.guay@utoronto.ca](mailto:sarah.guay@utoronto.ca),  
416-287-7497

### Academic Advising & Career Centre

Room AC213 | 416-287-7561

### Department of Student Life

Room SL157 | 416-208-4760

### Psychology and Neuroscience

Departmental Association,  
<https://www.facebook.com/thepnda/>

## Glossary of acronyms:

AA&CC - Academic Advising & Career Centre

CCR - Co-Curricular Record

CLNx - Career & Co-Curricular Learning Network

CTL - Centre for Teaching and Learning

DSL - Department of Student Life

ISC - International Student Centre

MSW - Master of Social Work

PNDA - Psychology and Neuroscience Departmental Association

SCSU - Scarborough Campus Student Union