

Psychology (HBSc)

Department of Psychology

Specialist

Major

Minor

Psychology examines how and why people think and act the way they do, with the ultimate goal of understanding and improving the human condition. The psychology program offers the opportunity to understand and further investigate into various areas of psychology: how humans learn, adapt, and remember; how they change over their lifetimes; how they are affected by the presence of others; and, how their behaviour relates to their physiological functions. The program provides an opportunity to study typical thoughts, feelings, and behaviours, through courses in the fields of Social Psychology, Developmental Psychology, Cognitive Neuroscience, and Behavioural Neuroscience. Programs in Psychology and Mental Health Studies cannot be combined.

Complementary Programs: Neuroscience, Human Biology, Health Studies, 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

- Psychologist
- Career Counsellor/Strategist
- Research Assistant in Hospitals
- Developmental Service Worker
- Child and Youth Worker
- Community Worker
- Human Resources Specialist
- Marketing Representative in Business Services
- Employment Consultant in Non-Profits

Further Education

- Psychology
- Clinical or Counselling Psychology
- Social Work
- Occupational Therapy
- Education
- 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

**NEED HELP CHOOSING
YOUR PROGRAM?**

See uoft.me/choosing

Psychology (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

- 1.0 credit from Intro Psychology courses: PSYA01H3, 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.

- 0.5 credit Laboratory Methods course: PSYB70H3.
- 0.5 credit from Statistical Methods courses: PSYB07H3 or equivalent.
- Begin taking B-level Psychology credits; choose courses from both the 10-20 and 50-60 series.
- Use Degree Explorer and meet with your Program Advisor to ensure you are on track.

- Continue taking B- and C-level PSY courses to meet the Breadth in Psychology and Additional Credits in Psychology requirements (check 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 the Breadth in Psychology and Additional Credits in Psychology 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 the UTSC chapter of Psi Chi, the International Honour Society in Psychology.

- Consider completing a Supervised Study course [PSYB90H3].
- 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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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

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/

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/

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/

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

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

CURRENT STUDENTS

Departmental Contact

Ainsley Lawson,
psychology-undergraduate@utsc.utoronto.ca

Psychology Librarian

Sarah Guay,
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
PNDA - Psychology and Neuroscience Departmental Association
SCSU - Scarborough Campus Student Union