MAKE THE MOST OF YOUR TIME AT UTM!

We want to help you maximize your university experience, so we’ve pulled together information and interesting suggestions to get you started. As you review the chart on the inside pages, note that many of the suggestions need not be restricted to the year they are mentioned. In fact, activities such as joining an academic society, engaging with faculty and seeking opportunities to gain experience should occur in each year of your study at UTM. Read through the chart and create your own plan using My Program Plan found at www.utm.utoronto.ca/program-plans.

Programs of Study (POSt)
- Specialist Program ERSPE1160 Psychology (Science)
- Major Program ERMAJ1160 Psychology (Science)
- Minor Program ERMIN1160 Psychology (Science)

Check out...
How good is your memory? Take PSY372H5 to learn about current theories and data on human memory. What makes people happy? Does money buy happiness or do unhappy people not know where to shop? Examine the determinants of happiness from an interdisciplinary perspective in PSY324H5.

What can I do with my degree?
The career you choose will depend on your experience and interests. Visit the Career Centre to explore your career options.

Careers for Graduates: Psychologist; Career counsellor; Child and youth worker; Community worker; Relief worker; Developmental service worker; Light therapist; Clinical coordinator; Human resources specialist; Public relations specialist; Market research analyst.

Workplaces: Educational institutions; Medical/health organizations; Not-for-profit agencies; Government; Correction and rehabilitation facilities; Behavioural health clinics; Community services; Manufacturing; Marketing; Advertising.

PSYCHOLOGY (HBSc)

Department of Psychology
Psychology is the science that examines the structure and function of behaviour in humans and animals. It is concerned with the processes by which behaviour is acquired, maintained, and developed through adaptive interaction with the physical and social aspects of the environment. Emphasis is placed on the genetic, physiological, sensory, cognitive, personal development, and social structures that mediate behaviour.

Our faculty complement includes scientists who study personality, social behaviour, development, abnormal behaviour, cognition, perception, and behavioural neuroscience. Our research reflects many analytic approaches to the investigation of behaviour and includes the study of both humans and animals. This range and diversity of our research expertise is reflected in our undergraduate program, which is offered as a Specialist, Major and Minor.
# PSYCHOLOGY
## Program Plan

### 1ST YEAR
- **Enrol in PSY100Y5.**
- Choose a program of study (Subject POSI) once you complete between 4.0 to 8.0 credits. Use the Degree Explorer Planner and the Academic Calendar to plan your degree.
- Start strong and get informed with utmONE and LAUNCH through the Office of Student Transition. Join a RGASC Peer Facilitated Study Group.

### 2ND YEAR
- Ensure you enrol in PSY200HS and PSY200HS and select courses appropriate to your program from the Academic Calendar.

### 3RD YEAR
- **Ensure you are enrolling in courses that fulfill the program requirements of your degree. View the Academic Calendar for course options**
- **Throughout your undergraduate degree:**
  - Use the Degree Explorer to ensure you complete your degree and program requirements.
  - See the Office of the Registrar and the Psychology Academic Counsellor.

### 4TH OR FINAL YEAR
- **Dig deeper into studying psychology and enroll in an independent study course such as PSY463HS, 404HS, 405HS and 406HS.** Speak to the Psychology Academic Counsellor for details.
- Consider a practical work-based experience through PSY442YS (Practicum in Exceptionality in Human Learning). Speak to the Psychology Academic Counsellor.

## HOW TO USE THIS PROGRAM PLAN
Read through each year. Investigate what appeals to you here and in any other Program Plans that apply to you.

Visit www.utm.utoronto.ca/program-plans to create your own plan using My Program Plan. Update your plan yearly.

Visit www.utm.utoronto.ca/program-plans for the online version and links.

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**PLAN YOUR ACADEMICS**

*Consult the Academic Calendar for greater detail on course requirements, program notes and degree requirements.

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**BUILD SKILLS**

Use the Co-Curricular Record (CCR). Search for opportunities beyond the classroom, and keep track of your accomplishments.

- Attend the Get Experience Fair through the Career Centre (CC) to learn about on- and off-campus opportunities.

**BUILD A NETWORK**

Networking simply means talking to people and developing relationships with them. Start by joining the Psychology Association of Undergraduate Students of Erindale (P.A.U.S.E). Make sure to go to the P.A.U.S.E Professors Meet & Greet.

- Visit the Psychology Undergraduate Meeting Place (P.U.M.P. Room) in Deenfield Hall, room 303. Visit the UTM Library Reference Desk.

**BUILD A GLOBAL MINDSET**

Attend events held by the International Education Centre (IEC) to explore different cultures through food, music, and sport or through sight-seeing around the GTA.

**PLAN FOR YOUR FUTURE**

Attend the Program Selection & Career Options workshop offered by the Office of the Registrar and the CC.

- Check out Careers by Major at the CC to see potential career options.

- Explore careers through the CC’s Extern Job Shadowing Program and register through CLN for sessions Put Your Psychology Degree to Work and Grad School in Psychology sponsored by the department.

- Considering further education? Attend the CC’s Graduate and Professionals School Fair. Talk to professors – they are potential mentors and references.

- What’s your next step after undergrad?
  - Considering further education? Research application requirements, prepare for admission tests (LSAT, MCAT, GRE), and research funding options (OGS, NSERC).
Skills developed in Psychology

To be competitive in the job market, it is essential that you can explain your skills to an employer. Visit the Career Centre to learn how to articulate and market the following skills.

Communication: formulate and defend positions; good listening, clarifying, questioning, and responding skills; and sensitivity to cultural and ethnic diversity.

Research: use criteria to evaluate and make decisions, as well as carry out tasks with thoroughness and precision.

Critical thinking & problem-solving: understand complex problems and identify potential solutions, as well as approach problems from a variety of perspectives.

Organizational: identify goals; manage time; multitask; and work independently and collaboratively with others.

Services that support you

- Academic Counsellor, Department of Psychology
- AccessAbility Resource Centre (AAC)
- Career Centre (CC)
- Centre for Student Engagement (CSE)
- Experiential Education Office (EEO)
- Faculty Advisor, Department of Psychology
- Health & Counselling Centre (HCC)
- Indigenous Centre (IC)
- International Education Centre (IEC)
- Office of Student Transition (OST)
- Office of the Registrar (OR)
- Recreation, Athletics and Wellness Centre (RAWC)
- Robert Gillespie Academic Skills Centre (RGASC)
- UTM Library, Hazel McCallion Academic Learning Centre (HMALC)

Get involved

Check out student organizations on campus. Here are a few:

- Psychology Association of Undergraduate Students of Erindale (P.A.U.S.E).
- UTM Student Union (UTMSU)
- UTM Athletics Council (UTMAC)

For a listing of clubs on campus visit www.utm.utoronto.ca/clubs.

Department of Psychology

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Academic Counsellor: 905-828-3958
Faculty Advisor: 905-828-5414
www.utm.utoronto.ca/psychology

FUTURE STUDENTS

Admission to UTM

All program areas require an Ontario Secondary School Diploma, or equivalent, with six Grade 12 U/M courses, or equivalent, including English. The admission average is calculated with English plus the next best five courses. The Grade 12 prerequisites for this program are Advanced Functions and Biology. The approximate average required for admission is mid- to high-70s. More information is available at utm.utoronto.ca/viewbook.

Note: During the application process, applicants will select Psychology admissions category, but will not officially be admitted to a formal program of study (Major, and/or Minor) until after first year or after second year (Specialist).

Sneak Peek

Is your personality unique? Dig in to contemporary personality research in PSY230H5. Topics include measurement of individual differences; genetic, biological, cultural, and cognitive causes of individual differences in personality traits; and individual differences in unconscious processes, goals, values, and emotions. What is abnormal adult behaviour? Take PSY240H5 and learn about the causes and treatment of disorders, diagnosis and assessment, biological and psychological interventions, prevention, as well as legal and ethical issues.

Student Recruitment & Admissions

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www.utm.utoronto.ca/prospective