

PSYCHOLOGY

MAJOR Program Plan

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.



	1 ST YEAR	2 ND YEAR
PLAN YOUR ACADEMICS*	<p>Enrol in PSY100Y5.</p> <p>Choose a program of study (Subject POST) once you complete between 4.0 to 8.0 credits. Use the Degree Explorer Planner and the Academic Calendar to plan your degree.</p> <p>Start strong and get informed with utmONE and LAUNCH through the Office of Student Transition. Join a RGASC Peer Facilitated Study Group.</p>	<p>Ensure you enrol in PSY201H5 and PSY290H5 and select courses appropriate to your program from the Academic Calendar.</p>
BUILD SKILLS	<p>Use the Co-Curricular Record (CCR). Search for opportunities beyond the classroom, and keep track of your accomplishments.</p> <p>Attend the Get Experience Fair through the Career Centre (CC) to learn about on- and off-campus opportunities.</p>	<p>Use the Career Learning Network (CLN) to find postings for on- and off-campus work and volunteer opportunities as well as Work-Study.</p> <p>Consider applying for the Research Opportunity Program (ROP) course PSY299Y. Visit the EEO website for ROP Course Prerequisites.</p>
BUILD A NETWORK	<p>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 P.A.U.S.E's Professors Meet & Greet.</p> <p>Visit the Psychology Undergraduate Meeting Place (P.U.M.P. Room) in Deerfield Hall, room 2039. Visit the UTM Library Reference Desk.</p>	<p>Do you have a professor you really like or connect with? Ask them a question during office hours. Discuss an assignment. Go over lecture material. Don't be shy! Learn Tips On How to Approach a Professor available through the Experiential Education Office (EEO).</p>
BUILD A GLOBAL MINDSET	<p>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.</p>	<p>Embark on a UTM Abroad Co-Curricular Experience to India through the IEC. Travel with a faculty member and decipher how gender, socioeconomic status, ability and caste impact access to education.</p> <p>Prefer traveling in Canada? Check out the IEC's UTM Across Canada program.</p>
PLAN FOR YOUR FUTURE	<p>Attend the Program Selection & Career Options workshop offered by the Office of the Registrar and the CC.</p> <p>Check out Careers by Major at the CC to see potential career options.</p>	<p>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.</p> <p>Considering further education? Attend the CC's Graduate and Professional Schools Fair. Talk to professors – they are potential mentors and references.</p>

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

3 RD YEAR	4 TH OR FINAL YEAR
<p>Ensure you are enrolling in courses that fulfill the program requirements of your degree. View the Academic Calendar for course options</p> <p>Throughout your undergraduate degree:</p> <ul style="list-style-type: none"> use the Degree Explorer to ensure you complete your degree and program requirements. see the Office of the Registrar and the Psychology Academic Counsellor. 	<p>Dig deeper into studying psychology and enrol in an independent study course such as PSY403H5, 404H5, 405H5 and 406H5. Speak to the Psychology Academic Counsellor for details.</p> <p>Log on to ACORN and request graduation.</p>
<p>Explore your interests. Why not support individuals who have intellectual disabilities? Volunteer with Community on Campus. Visit their office in DV2035C.</p>	<p>Consider a practical work-based experience through PSY442Y5 (Practicum in Exceptionality in Human Learning). Speak to the Psychology Academic Counsellor.</p>
<p>Establish a professional presence on social media (e.g., LinkedIn).</p> <p>Attend the Psychology department's Colloquium Series or the Human Communication Laboratory Research Talk Series to mingle and learn about new psychological discoveries.</p>	<p>Join a professional Association. Check out the Canadian Psychological Association which has a student mentorship program.</p> <p>Go to the Canadian Society for Brain, Behaviour and Cognitive Science Conference.</p>
<p>Earn credits overseas! Study for a summer, term or year at one of 120 universities. The Psychology department has identified 6 partners who are most relevant to their students. Speak to the IEC for details about Course Based Exchange and funding.</p> <p>You can also check out U of T's Summer Abroad Program with psychology courses in Germany and England.</p>	<p>Why not work abroad? Read up on worldwide employment trends and industry outlooks through GoInGlobal. Attend the Go Global Expo. See if you are eligible for International Experience Canada.</p>
<p>What's your next step after undergrad?</p> <p>Entering the workforce? Evaluate your career options through a CC Career Counselling appointment. Create a job search strategy — book a CC Employment Strategies appointment.</p> <p>Considering further education? Research application requirements, prepare for admission tests (LSAT, MCAT, GRE), and research funding options (OGS, NSERC).</p>	<p>Market your skills to employers. Get your resume critiqued at the CC. Attend the CC workshop Now That I'm Graduating What's Next?</p> <p>Write a strong application for further education. Attend the CC's Mastering the Personal Statement workshop.</p>

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PSYCHOLOGY

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.

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.

Services that support you

- AccessAbility Services (AS)
- Career Centre (CC)
- Centre for Student Engagement (CSE)
- Experiential Education Office (EEO)
- 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)

Department of Psychology

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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/future-students

