Welcome!

You are about to begin your studies with us as a new UTM student. We recognize that you have department specific questions and so we deliver this week a special edition just for students aiming for the Psychology track: welcome to NEXT STOP: Psychology @ UTM. In this issue, we address some of the most frequently asked student questions regarding course registration, introduce you to your department advisors, and deliver valuable Psychology specific content. Also, you won’t want to miss the inspiring welcome from UTM’s Principal!

We are excited to have you join us here at UTM and are eager to help you succeed! Stick with us over the summer and we’ll help you get to your NEXT STOP!

- The Department of Psychology, the Office of the Registrar, and the Office of Student Transition

Getting Prepared: Head Start, Orientation, & LAUNCH

At the Department of Psychology, we want to encourage you to participate in two opportunities created specifically for YOU: Psychology Orientation @ O-Week, and LAUNCH! We have seen how these programs have benefited our students in the past and cannot recommend them more. Be sure to register soon to reserve your spots.
Psychology Orientation @ O-Week:

Date: Wednesday, August 31
Time: 10 am – 11 am
Room: IB 245
Register: uoft.me/O-Week

Everyone is encouraged to attend this important orientation. Meet other new students, first year faculty, and learn about academic expectations. Registration is not required, but guarantees your spot in other Orientation Week events with limited space.

utm102H5F LAUNCH: Science, Mathematics and Psychology

Date: Weekly during the Fall term
Time and room: There are 10 sections to choose from!
Register: Register for utm102H5F on ACORN.

Did you know that there is a hanging speech bubble at UTM? Do you know how to study effectively? Did you know that you can use up to 6GB of internet bandwidth per day while on campus?

Whenever starting a new journey, there are always tips and tricks to making that journey easier and more fun. Who’s better at providing these tips and tricks than someone who has already been through the entire experience?

LAUNCH pairs you with a successful upper-year mentor in your academic discipline to assist you in transitioning successfully to UTM.

Here’s how LAUNCH can help you as a Psychology student:

- Are you interested in research?
- Do you want to meet people studying in your field?
- Would you like to learn how to be academically successful?
- Do you want to find out about campus resources available to students?
- Do you want make friends and learn about ways to relax and have fun on campus?

LAUNCH is not-for-credit - there is no homework, assignments, or tests! Instead, earn a notation on your Co-Curricular Record (CCR) for completing, in addition to learning some valuable skills, making friends, and having a good time!

Don’t miss out on all the fun! LAUNCH into your UTM experience with us!
What Courses to Take: Core, Required, Pre-/Co-Requisite Courses

**PSY100Y5Y (Introductory Psychology)** is one of the largest undergraduate courses at UTM (with up to 1500 students). Every year Professor Graham and Professor Urbszat co-manage this course with Dr. Urbszat on Lectures and Dr. Graham on Computer Labs. There are three lecture sections (that meet weekly) and 18 lab practicals (that meet every other week) over the course of two terms. Students must enroll in one Lecture sections and one Lab section, and must have the mandatory software license registered to participate in the PSY100 computer labs.

The PSY100 computer lab practicals are almost perfectly coordinated with textbook readings and lecture topics in the first term. In the second term (this is a full-year course) we do an additional two labs on Memory, even though it is covered in first term lectures, so that students have time to design their own experiment based on Lab 6 (Recall and Recognition Memory), meet with their partners, and then get a research design approved four weeks later in Lab 8.

The other PSY100 labs cover topics that have been discussed earlier in lectures including Perception, Cognition, Learning, Positive Psychology, Social Psychology, and Personality Psychology. This format works very well, since we believe that the student's research project is a very important part of our first year curriculum and gives students hands-on experience conducting research and writing in a scientific APA style format.

You need to take PSY100Y5 (Introduction to Psychology). This is the only specific university course required to apply to our Major and Minor in Psychology after first year. In addition, you must take at least 3.0 other courses to apply to any UTM program. **All programs require completion of at least 4.0 Full Credit Equivalents (FCEs) before applying.** If you are interested in the Behaviour Genetics and Neurobiology or the Exceptionality in Human Learning program there are additional required first year courses. Please check the calendar for further information.

[https://registrar.utm.utoronto.ca/regcal/](https://registrar.utm.utoronto.ca/regcal/)

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**Choosing Programs: Program Entry Requirements**

Before enrolling in any Program offered by the Psychology Department, students MUST have grade 12 4U Advanced Functions and 4U Biology or equivalent, and 4.0 full course equivalents (FCEs) for Minors and Majors, or 8.0 FCEs for Specialists, including PSY100Y. You must also meet the minimum grade criteria for Psychology courses, and a minimum CGPA, as described below for each program.

Once you complete 4.0 FCEs you will be required by the University to enrol in a Program of Study. Admission requirements for students completing their first year of study are provided below.
All Psychology Programs are "Type 2" Program(s) of Study and as such require completion of specific courses, a minimum CGPA and minimum grades in specific courses for enrolment. There are three steps to enrolling in a Type 2 Program of Study. Refer to the UTM Registration Guide for further information and important deadlines. [http://www.utm.utoronto.ca/registrar/office-registrar-publications](http://www.utm.utoronto.ca/registrar/office-registrar-publications)

**IMPORTANT NOTE**
First-year students newly admitted to the Psychology Stream are NOT yet in the Psychology Program. You must request the program upon completion of PSY100Y and 3.0 additional University credits.

**Admission after first year – 4.0 FCE**

**Psychology Major**
- a grade of at least 64% in PSY100Y5; and
- a minimum CGPA of 2.0.

**Exceptionality Major**
- a grade of at least 75% in PSY100Y5;
- successfully completed 1.0 credit from BIO152H5/153H5/204H5/205H5/206H5/207H5; and
- a minimum CGPA of 2.7.

**Psychology Minor**
- a grade of at least 61% in PSY100Y5; and
- a minimum CGPA of 2.0.

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**Program Advising: Department Contact Information**

**Stuart Kamenetsky, PhD**  
Associate Chair and Undergraduate Director.  
Office: Deerfield Hall room 4006  
Telephone: 905-828-3958  
Email: stuart.kamenetsky@utoronto.ca  
Contact me for: career and academic advising; program completion

**Jodie Stewart**  
Academic Counsellor.  
Office: Deerfield Hall room 4094  
Telephone: 905-828-5414  
Email: jodie.stewart@utoronto.ca  
Contact me for: program/course admission; prerequisite waivers; missed tests, administrative procedures; scholarship opportunities; faculty contact information
Welcome to UTM!
On behalf of everyone at UTM and the University as a whole, Dr. Ulli Krull, your Vice-President and Principal, would like to welcome you to the UTM family. In this week's special edition of NEXT STOP, we look to inspire you with Dr. Krull’s useful tips and insightful comparisons about getting the most out of your university education.

Click here to watch!

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What should I do if the course I want is full?

*If a course is full, put yourself on the wait list. Make sure you select other courses as a Plan B or Plan C, while you wait for movement in wait lists (as students add and drop courses or as class sizes potentially get adjusted). Be a little flexible in building an alternate timetable. Think about other courses that you can take this year.*

I have a course conflict, what should I do?

*It is the responsibility of the student to resolve a conflict by finding another section or course option. If you are finding it difficult to build a conflict-free timetable, come speak with an Academic Advisor at the Office of the Registrar.*
How many courses should I take in my first year?

3.0 credits or more categorizes you a full time student. Note that you need to complete at least 4.0 credits to be considered for entry into Program(s) of Study. You also need to consider taking on average 5.0 credits per year to complete your degree in 4 years.

Why can’t I add a course listed on the timetable?

You may not be able to add a course due to enrolment controls. Please check the timetable: [link](https://student.utm.utoronto.ca/timetable/) for more details.

What if my tutorial or practical is closed? Are they required?

Tutorials and practicals are required. If you are unable to get into a corresponding tutorial or practical, please speak with your Department Advisor.

How do I select my Program of Study (POSt)?

Students request their programs at the end of their first year, as all UofT students are admitted to a general first year program (such as Life Sciences or Humanities). You need to complete a minimum of 4.0 credits as well as any other program enrollment criteria (such as CGPA) before you can be considered for entry into a program. Please refer to the Subject POSt Guide for more information.

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**NOW BOARDING:**

**Psychology HACKS**

Get Involved in Psychology Research as Early as First Year!

There is a lot of exciting research in the area of psychology that happens right here on our campus. From neuropsychology and behavioural development to epilepsy and sexual development, psychology at UTM is vast, and they need our help! Our faculty and researchers are always looking for research assistance, whether that be on a volunteer or work-study basis. Learn about the projects and get involved at the Department of Psychology Research page: [link](https://www.utm.utoronto.ca/psychology/research-0)
You are receiving this newsletter as a new UTM student. Please note that this newsletter will stop when classes start in the fall.

Our mailing address is:
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