Psychology is the science that examines the nature 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 physical and social aspects of the environment. Emphasis is placed on the genetic, physiological, sensory, cognitive and social structures that mediate behaviour at various points in development.

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. The range and diversity of our research expertise is reflected in our undergraduate program, which is offered as a Specialist, Major and Minor.

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, 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 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 the mental machinery underlying your ability to remember things. What makes people happy? 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; Data scientist; Developmental service worker; Human resources specialist; Public relations specialist; Market research analyst; Laboratory technician; Researcher; Speech language pathologist.

Workplaces: Educational institutions; Medical/health organizations; Not-for-profit agencies; Government; Correction and rehabilitation facilities; Community services; Industry research and development; Marketing; Advertising; Research institutes.
# PSYCHOLOGY

## Program Plan

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<th>1ST YEAR</th>
<th>2ND YEAR</th>
<th>3RD YEAR</th>
<th>4TH OR FINAL YEAR</th>
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| Enrol in PSY100Y5. Choose a program of study (Subject PG5) 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 uofTONE and LAUNCH through the Centre for Student Engagement (CSE). Join a RGASC Peer Facilitated Study Group. | Ensure you enrol in PSY201H5 and PSY299H5 and select courses appropriate to your program from the Academic Calendar. Consider applying for the Research Opportunity Program (ROP) courses like PSY299H5 or PSY299Y5. Visit the EEU website for ROP Course Prerequisites. 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. | 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.  
- Explore your interests. Why not support individuals who have intellectual disabilities? Volunteer with Community on Campus. Visit their office in DV2035C. | 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. Consider a practical work-based experience through PSY442Y5 (Practicum in Exceptionality in Human Learning). Speak to the Psychology Academic Counsellor. |
| **Plan Your Academics** | **Build Skills** | **Build a Network** | **Build a Global Mindset** |
| Networking simply means talking to people and developing relationships with them. Start by joining the Psychology Association of Undergraduate Students of Erinville (P.A.U.S.E). Make sure to go to P.A.U.S.E’s Professors Meet & Greet. Visit the Psychology Undergraduate Meeting Place (P.U.M.P. Room) in Deerfield Hall, room 2039. Visit the UTMy Library Reference Desk. | 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 Unit (EEU). Use the Career Learning Network (CLIN) to find postings for on- and off-campus work and volunteer opportunities as well as Work-Study. | Learn about opportunities to travel as part of a psychology course in Germany and England. | Attend events held by the International Education Centre (IEC), whether you are an international or domestic student. Explore different cultures through food, music, sport or through sight-seeing around the GTA. 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 Professional Schools Fair. Talk to professors – they are potential mentors and references.  
- Embark on a UTM Abroad Experience through the IEC. Take advantage of this opportunity to travel as part of a class, or a co-curricular opportunity, and learn about a topic of interest in a unique location. What’s your next step after undergrad?  
- Entering the workforce? Evaluate your career options through a CC Career Counselling appointment. Create a job search strategy — booklet your CC Employment Strategies appointment.  
- You can also check out U of T’s Summer Abroad Program with psychology courses in Germany and England. 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, SSHRC). Consider the Academic Calendar for greater detail on course requirements, program notes and degree requirements.  
- Market your skills to employers. Get your resume critiqued at the CC. Attend the CC workshop Now That I’m Graduating What’s Next?  
- Write a strong application for further education. Attend the CC’s Mastering the Personal Statement workshop. | Earn credit outside! Study for a summer, term or year at one of 120 universities. The Psychology department has identified partners who are most relevant to their students. Speak to the IEC for details about Course Based Exchange and funding. | Join a professional Association. Check out the Canadian Psychological Association which has a student mentorship program. The Psychology department has identified partners who are most relevant to their students. Speak to the IEC for details about Course Based Exchange and funding. | Establish a professional presence on social media (e.g., LinkedIn). Attend the Psychology department’s Colloquium Series or the Perception, Cognition and Language Research Talk Series to mingle and learn about new psychological discoveries. | Go to the Canadian Society for Brain, Behaviour and Cognitive Science Conference.  
- Which has a student mentorship program.  
- You can also check out U of T’s Summer Abroad Program with psychology courses in Germany and England.  
- Consider the Academic Calendar for greater detail on course requirements, program notes and degree requirements.  
- Market your skills to employers. Get your resume critiqued at the CC. Attend the CC workshop Now That I’m Graduating What’s Next?  
- Write a strong application for further education. Attend the CC’s Mastering the Personal Statement workshop.  
- Your interests? Apply to become a Wellness Ambassador with the Health & Counselling Centre’s Mental Health & Safety team. Join a professional Association. Check out the Canadian Psychological Association which has a student mentorship program.  
- Consider the Academic Calendar for greater detail on course requirements, program notes and degree requirements.  
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*Refer to the www.utm.utoronto.ca/program-plans for the online version and links.

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

**Update your plan yearly.**

**Revised on: 6/7/2019**
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 a position; interpret, clarify and respond to the positions of others; effectively communicate abstract concepts.

**Research and Technical:** analyze empirical evidence, use data to find patterns and draw conclusions, carry out tasks with thoroughness and precision.

**Critical thinking & problem-solving:** understand complex problems and identify potential solutions; approach issues from a variety of perspectives.

**Organizational:** identify goals; manage time; work both independently and collaboratively.

Get involved

Check out the 100+ 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

- Accessibility Services (AS)
- Career Centre (CC)
- Centre for Student Engagement (CSE)
- Experiential Education Unit (EEU)
- Health & Counselling Centre (HCC)
- Indigenous Centre (IC)
- International Education Centre (IEC)
- 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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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

How does an organ containing billions of cells control your mind and body? Take PSY290H5 and learn about the structures of the brain, how neurons communicate, and the processes that give rise to perception, learning, and memory. Is your personality unique? Dig in to contemporary personality research in PSY230H5: You’ll learn about the measurement of individual differences as well as the genetic, biological, cultural, and cognitive causes of variation in personality traits.

Student Recruitment & Admissions

Innovation Complex, Room 1270
University of Toronto Mississauga
3359 Mississauga Rd
Mississauga ON Canada L5L 1C6

905-828-5400
www.utm.utoronto.ca/future-students