PSYCHOLOGY (HBSc)

Department of Psychology

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.
### 1ST YEAR

- **Enrol in PSY100Y5.**
- Choose a program of study (Subject PGD) once you complete between 4.0 to 8.0 credits. Use the Degree Explorer and the Academic Calendar to plan your degree.
- Develop foundational academic skills and strategies by enrolling in a stmdONE course. Build community and gain academic support through LAUNCH. Join a RGASC Peer Facilitated Study Group.

### 2ND YEAR

- Ensure you enrol in PSY201HS, PSY202HS, and select courses appropriate to your program from the Academic Calendar.
- Consider applying for the Research Opportunity Program (ROP) courses like PSY299HS or PSY299YS. Visit the EEU website for ROP Course Prerequisites.
- Use the Career Learning Network (CLN) to find postings for on- and off-campus work and volunteer opportunities as well as Work-Study.
- Sign up to become an Experiential Education Unit Student Ambassador and earn a CCR notation.

### 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.
- Explore your interests. Why not support individuals who have intellectual disabilities? Volunteer with Community on Campus. Visit their office in DV2035.
- Earn credits overseas! Apply to study for a summer, term or year at one of 140+ universities. The Psychology department has identified partners which are most relevant to our students. Speak to the IEC for details about Course Based Exchange, funding and travel safety.
- 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.

### 4TH OR FINAL YEAR

- Dig deeper into studying psychology and enrol in an independent study course such as PSY403HS, 404HS, 405HS and 406HS and PSY400Y5. Speak to the Psychology Academic Counsellor for details.
- Consider a practical work-based experience through PSY44ZYS (Practicum in Exceptionality in Human Learning). Speak to the Psychology Academic Counsellor.
- Interested in mental health education? Apply to become a Wellness Ambassador with the Health & Counselling Centre’s Mental Health & Safety team.
- Learn about working 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.
- Market your skills to employers. Get your resume critiqued at the CC. Attend the CC workshop Mastering the Personal Statement.
- Write a strong application for further education. Attend the CC’s Mastering the Personal Statement workshop.

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**Plan Your Acedemics**

- Use the Co-Curricular Record (CCR). Search for opportunities outside the classroom, and keep track of your accomplishments.
- Attend the Set Experience Fair through the Career Centre (CC) to learn about on- and off-campus opportunities.
- Attend the Experiential Education Fair to learn about for-credit EL opportunities.
- 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.
- Visit the Psychology Undergraduate Meeting Place (P.U.M.P. Room) in Deerrald Hall, room 2039. Visit the UTM Library Reference Desk.
- Attend events held by the International Education Centre (IEC), whether you are an international or domestic student. Explore your culture and other cultures through weekly/regular conversations, Language Conversation Circles, debates, and activities to enhance your global and intercultural mindset.
- Engage in programs like the Global and Intercultural Fluency Training Series (GIFTS) or learn about and prepare for a future UTB Abroad Experience through the IEC to strengthen and enhance your intercultural skill set, and learn about other cultures while sharing your own.
- Explore careers through the CC’s Job Shadowing Program and register through CLN for sessions Put Your Psychology Degree to Work and Grad School in Psychology sponsored by the department.
- Consider further education? Attend the CC’s Further Education Showcase. Talk to professors – they are potential mentors and references.

**Build a Network**

- Attending 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.

**Build a Global Mindset**


**Plan for your Future**

- 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).

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*Consult the Academic Calendar for greater detail on course requirements, program notes and degree requirements.*
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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Mississauga ON Canada L5L 1C6

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

Sneak Peek

How does an organ containing billions of cells control your mind and body? Take PSY290H5 and learn about of 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

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).

FUTURE STUDENTS

Admission to UTM