

# 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.

## 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](http://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; Speech language pathologist; Clinical coordinator; Human resources specialist; Public relations specialist; Market research analyst; Laboratory technician.

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



# PSYCHOLOGY

## 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](http://www.utm.utoronto.ca/program-plans) to create your own plan using [My Program Plan](#). Update your plan yearly.



	1 <sup>ST</sup> YEAR	2 <sup>ND</sup> 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 <b>Degree Explorer Planner</b> and the <b>Academic Calendar</b> to plan your degree.</p> <p>Start strong and get informed with <b>utmONE</b> and <b>LAUNCH</b> through the Centre for Student Engagement (CSE). Join a RGASC <b>Peer Facilitated Study Group</b>.</p>	<p>Ensure you enrol in PSY201H5 and PSY290H5 and select courses appropriate to your program from the <b>Academic Calendar</b>.</p>
BUILD SKILLS	<p>Use the <b>Co-Curricular Record (CCR)</b>. Search for opportunities beyond the classroom, and keep track of your accomplishments.</p> <p>Attend the <b>Get Experience Fair</b> through the Career Centre (CC) to learn about on- and off-campus opportunities.</p>	<p>Use the <b>Career Learning Network (CLN)</b> to find postings for on- and off-campus work and volunteer opportunities as well as <b>Work-Study</b>.</p> <p>Consider applying for the <b>Research Opportunity Program (ROP)</b> course PSY299Y. Visit the EEU website for <b>ROP Course Prerequisites</b>.</p>
BUILD A NETWORK	<p>Networking simply means talking to people and developing relationships with them. Start by joining the <b>Psychology Association of Undergraduate Students of Erindale (P.A.U.S.E)</b>. Make sure to go to P.A.U.S.E's <b>Professors Meet &amp; Greet</b>.</p> <p>Visit the <b>Psychology Undergraduate Meeting Place (P.U.M.P. Room)</b> in Deerfield Hall, room 2039. Visit the UTM Library <b>Reference Desk</b>.</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 <b>Tips On How to Approach a Professor</b> available through the Experiential Education Unit (EEU).</p>
BUILD A GLOBAL MINDSET	<p>Attend events held by the <b>International Education Centre (IEC)</b>, whether you are an international or domestic student. Explore different cultures through food, music, and sport or through sight-seeing around the GTA.</p> <p>Start with the <b>International Education Week</b> events and learn about the diversity, culture, and international opportunities on campus!</p>	<p>Embark on a <b>UTM Abroad Glocal Impact Project</b> through the IEC. Take advantage of this opportunity to travel with a faculty member and learn about a topic of interest in a unique location.</p> <p>Interested in deepening your global perspective? Register for the <b>Global Citizenship Certificate</b> offered by the IEC.</p>
PLAN FOR YOUR FUTURE	<p>Attend the <b>Program Selection &amp; Career Options</b> workshop offered by the Office of the Registrar and the CC.</p> <p>Check out <b>Careers by Major</b> at the CC to see potential career options.</p>	<p>Explore careers through the CC's <b>Extern Job Shadowing Program</b> and register through CLN for sessions <b>Put Your Psychology Degree to Work</b> and <b>Grad School in Psychology</b> sponsored by the department.</p> <p>Considering <b>further education</b>? Attend the CC's <b>Graduate and Professional Schools Fair</b>. 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 <sup>RD</sup> YEAR	4 <sup>TH</sup> OR FINAL YEAR
<p>Ensure you are enrolling in courses that fulfill the program requirements of your degree. View the <b>Academic Calendar</b> for course options</p> <p>Throughout your undergraduate degree:</p> <ul style="list-style-type: none"> <li>use the <b>Degree Explorer</b> to ensure you complete your degree and program requirements.</li> <li>see the <b>Office of the Registrar</b> and the <b>Psychology Academic Counsellor</b>.</li> </ul>	<p>Dig deeper into studying psychology and enrol in an independent study course such as PSY403H5, 404H5, 405H5 and 406H5. Speak to the <b>Psychology Academic Counsellor</b> 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 <b>Community on Campus</b>. Visit their office in DV2035C.</p> <p>Interested in mental health education? Apply to become a <b>Wellness Ambassador</b> with the Health &amp; Counselling Centre's Mental Health &amp; Safety team.</p>	<p>Consider a practical work-based experience through PSY442Y5 (Practicum in Exceptionality in Human Learning). Speak to the <b>Psychology Academic Counsellor</b>.</p>
<p>Establish a professional presence on social media (e.g., LinkedIn).</p> <p>Attend the Psychology department's <b>Colloquium Series</b> or the <b>Perception, Cognition and Language Research Talk Series</b> to mingle and learn about new psychological discoveries.</p>	<p>Join a professional Association. Check out the <b>Canadian Psychological Association</b> which has a student mentorship program.</p> <p>Go to the <b>Canadian Society for Brain, Behaviour and Cognitive Science Conference</b>.</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 <b>IEC</b> for details about <b>Course Based Exchange</b> and funding.</p> <p>You can also check out U of T's <b>Summer Abroad Program</b> with psychology courses in Germany and England.</p>	<p>Why not work abroad? Read up on worldwide employment trends and industry outlooks through <b>GoInGlobal</b>. Attend the <b>Go Global Expo</b>. See if you are eligible for <b>International Experience Canada</b>.</p>
<p>What's your next step after undergrad?</p> <p>Entering the workforce? Evaluate your career options through a CC <b>Career Counselling appointment</b>. Create a job search strategy — book a CC <b>Employment Strategies appointment</b>.</p> <p>Considering further education? Research application requirements, prepare for admission tests (LSAT, MCAT, GRE), and research funding options (OGS, NSERC, SSHRC).</p>	<p>Market your skills to employers. Get your <b>resume critiqued</b> at the CC. Attend the CC workshop <b>Now That I'm Graduating What's Next?</b></p> <p>Write a strong application for further education. Attend the CC's <b>Mastering the Personal Statement</b> workshop.</p>

Revised on: 6/4/2018

# 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 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](http://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

Deerfield Hall, 4th Floor, Room 4098  
University of Toronto Mississauga  
3359 Mississauga Rd  
Mississauga ON Canada L5L 1C6

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

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](http://www.utm.utoronto.ca/future-students)

