

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.



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 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 and the Academic Calendar to plan your degree.</p> <p>Develop foundational academic skills and strategies by enrolling in a utmONE course. Build community and gain academic support through LAUNCH. Join a RGASC Peer Facilitated Study Group.</p>	<p>Ensure you enrol in PSY201H5, PSY210H5, and PSY290H5 and select courses appropriate to your program from the Academic Calendar.</p> <p>Consider applying for the Research Opportunity Program (ROP) courses like PSY299H5 or PSY299Y5. Visit the EEU website for ROP Course Prerequisites.</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 Hired Fair through the Career Centre (CC) to learn about on- and off-campus opportunities.</p> <p>Attend the Experiential Education Fair to learn about for-credit EL opportunities.</p>	<p>Use the Career & Co-Curricular Learning Network (CLNx) to find postings for on- and off-campus work and volunteer opportunities as well as Work-Study.</p> <p>Sign up to become an Experiential Education Unit Student Ambassador and earn a CCR notation.</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 follow utm.pause on IG for updates.</p> <p>Visit the Psychology Undergraduate Meeting Place (P.U.M.P. Room) in Deerfield Hall, room 4098. Visit the UTM Library Reference Desk.</p>	<p>Do you have a professor you want to 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).</p>
BUILD A GLOBAL MINDSET	<p>Engage with the many programs offered by the International Education Centre (IEC), whether you are an international or domestic student. Consider joining the Canada Eh? day trips or English Language Conversation Circles to deepen your global mindset.</p> <p>First-year international students can also take advantage of THRIVE'IN, a one-day conference dedicated to helping you start your UTM journey successfully.</p>	<p>Participate in International Education Week and engage in programs like Global and Intercultural Fluency Training Series (GIFTS) to build on your leadership and communication skills in global citizenship.</p> <p>Learn about and prepare for a future UTM Abroad Experience through the IEC to strengthen and enhance your intercultural skill set, and learn about other cultures while sharing your own!</p>
PLAN FOR YOUR FUTURE	<p>Where should you start your career journey? The Career Centre's model can help you identify things to consider. You can get started today by visiting My Career Centre to begin exploring on your own.</p> <p>Get ready to select your Program of Study (POST) by attending the Program Selection & Career Options workshop offered by the Office of the Registrar and CC.</p>	<p>Learn how your academics and career goals work together in a Career Counselling appointment.</p> <p>Considering further education? Attend "The Road to Grad School: Psychology" - register on CLNx</p> <p>Attend the CC's Graduate & Professional Schools Fair (fall) Research application requirements, prepare for admission tests (LSAT, MCAT, GRE), and research funding options (OGS, NSERC, SSHRC).</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. Students interested in taking PSY400Y5 are advised to take PSY309H5. 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 Advisor. 	<p>Dig deeper into studying psychology and enrol in an independent study course such as PSY403H5, 404H5, 405H5 and 406H5 and PSY400Y5. Speak to the Psychology Academic Advisor 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 MN2131.</p> <p>Interested in mental health education? Apply to become a Wellness Ambassador with the Health & Counselling Centre.</p>	<p>Consider a practical work-based experience through PSY442Y5 (Practicum in Exceptionality in Human Learning). Speak to the Psychology Academic Advisor.</p>
<p>Establish a professional presence on social media (e.g., LinkedIn).</p> <p>Attend the Psychology department's "GReAT Talks" (Graduate, REsearcher, And Trainee) or the Perception, Cognition and Language 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>Expanding your intercultural awareness and developing intercultural skills will help you in your academics, personal growth and are highly sought out by employers.</p> <p>Earn credits overseas! Apply to study for a summer term, or year at one of 170+ universities. Speak to the IEC for details about Course Based Exchange, funding and travel safety. Attend Global Learning Week to learn about the various opportunities available to you!</p>	<p>Engage in programs like ISTEP and THRIVE to support your transition out of the University!</p>
<p>Attend CC workshops to learn the basics of creating a resume and cover letter, preparing for an interview, and creating a strong LinkedIn profile. To register, visit the UTM Events page on CLNx. You would also find exciting networking opportunities to connect with employers, industry professionals and alumni.</p> <p>Explore careers through the CC's Job Shadow Program or In the Field. Register on CLNx for "Put Your Psychology Degree to Work" sponsored by the department.</p>	<p>Attend the CC workshop, Now That I'm Graduating What's Next to learn how to develop your job search plan.</p> <p>Ready for employment? Schedule an Employment Strategist Appointment to review your documents and practice your skills. If you are still unsure about the next steps in your career journey, schedule a Career Counsellor Appointment to gain support exploring career options and establishing a career plan.</p>

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Visit www.utm.utoronto.ca/program-plans for the online version and links.

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 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 the **Student Groups and Societies Directory**

Services that support you

- **Accessibility Services (AS)**
- **Career Centre (CC)**
- **Centre for Student Engagement (CSE)**
- **Equity, Diversity & Inclusion Office (EDIO)**
- **Experiential Education Unit (EEU)**
- **Health & Counselling Centre (HCC)**
- **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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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

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905-828-5400

www.utm.utoronto.ca/future-students

