Psychology (HBSc)
Department of Psychology

Psychology examines how and why people think and act the way they do, with the ultimate goal of understanding and improving the human condition. The psychology program offers the opportunity to understand and further investigate into various areas of psychology: how humans learn, adapt, and remember; how they change over their lifetimes; how they are affected by the presence of others; and, how their behaviour relates to their physiological functions. The program provides an opportunity to study typical thoughts, feelings, and behaviours, through courses in the fields of Social Psychology, Developmental Psychology, Cognitive Neuroscience, and Behavioural Neuroscience. Programs in Psychology and Mental Health Studies cannot be combined.

Complementary Programs: Neuroscience, Human Biology, Health Studies, Sociology, Anthropology, Linguistics.

Make the most of your time at UTSC!
We want to help you maximize your university experience, so we've pulled together information and 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 listed. In fact, activities such as joining a student club, engaging with faculty and seeking opportunities to gain experience should occur in each year of your study.

Check out future career opportunities and skills acquired from completing this program:

**Competencies & Skills**
- Communication (oral and written)
- Interpersonal abilities
- Mediate and negotiate
- Knowledge of mental health issues
- Analytical and critical thinking
- Research
- Teamwork
- Planning/Organizing
- Problem-solving and reasoning
- Leadership

**Careers for Graduates**
- Psychologist
- Career Counsellor/Strategist
- Research Assistant in Hospitals
- Developmental Service Worker
- Child and Youth Worker
- Community Worker
- Human Resources Specialist
- Marketing Representative in Business Services
- Employment Consultant in Non-Profits

**Further Education**
- Psychology
- Clinical or Counselling Psychology
- Social Work
- Occupational Therapy
- Education
- Law
- ABA Behaviour Therapy
- Human Resources

Connect with Alumni at events on CLNx and through Partners in Leadership, 10,000 Coffees, LinkedIn and more!

For more information go to: uoft.me/alumni-services

NEED HELP CHOOSING YOUR PROGRAM?
See uoft.me/choosing
## Psychology (HBSc) Major Program Pathway

### HOW TO USE THIS PROGRAM PATHWAY
Read through each year; investigate what appeals to you here and in other Program Pathways that apply to you. Note that this Pathway is only a suggestion. For the most up to date information, please check the UTSC Calendar.

### YEAR 1 (0 - 3.5 Credits)
- 1.0 credit from Intro Psychology courses: PSYA01H3, PSYA02H3.
- Explore different kinds of courses; this will also help with fulfilling breadth requirements and electives.
- Use Degree Explorer and our program checklists to plan your future courses: uoft.me/PSY-checklists.
- Get writing support at the CTL Writing Centre.
- Apply to the Psychology Department’s Budding Scholars program.
- Apply to the UTSC chapter of Psi Chi, the International Honour Society in Psychology.
- Attend the UTSC Faculty Mix & Mingle Fair to connect with professors and learn more about their specialties.
- Start building your Co-Curricular Record (CCR) and search for Experiential Learning opportunities.

### YEAR 2 (4 - 8.5 Credits)
- 0.5 credit Laboratory Methods course: PSYB07H3.
- 0.5 credit from Statistical Methods courses: PSYB07H3 or equivalent.
- Begin taking B-level Psychology credits; choose courses from both the 10-20 and 50-60 series.
- Use Degree Explorer and meet with your Program Advisor to ensure you are on track.
- Consider completing a Supervised Study course (PSYB90H3).
- Further develop your general academic skills by attending workshops offered by the Academic Advising & Career Centre (AA&CC) and Centre for Teaching & Learning (CTL).
- Attend the UTSC Get Experience Fair in September and register with SCSU's Student Centre (ISC).
- Volunteer in the Alternative Reading Week to explore other student groups as well.
- Check out Global Research Abroad opportunities through the ISC to gain valuable international and research experiences.

### YEAR 3 (9 - 13.5 Credits)
- Continue taking B- and C-level PSY courses to meet the Breadth in Psychology and Additional Credits in Psychology requirements (check the UTSC Calendar for details).
- Use Degree Explorer to ensure you are on track with your degree.
- Consider completing a Supervised Study course (PSYB90H3).
- Consider competing for the UTSC Library Undergraduate Research Prize, the NSERC Undergraduate Student Research Awards, and the U of T Excellence Award (UTEA).
- Build on your skills and knowledge through relevant events offered through your department, student groups, DSL and the AA&CC.
- Complete the Global Citizenship Certificate; look into Global Learning opportunities such as the Summer Abroad program and the Explore Program through the International Student Centre (ISC).
- Use Degree Explorer to ensure you are on track with Psychology requirements (check the UTSC Calendar for details).
- Ensure you have at least 2.0 credits in your program at the C-level or higher.
- Register your "Intent to Graduate" on ACORN by the deadline.

### YEAR 4 or FINAL YEAR (14 - 20 Credits)
- 0.5 credit in Psychology at the B-level.
- Complete the Breadth in Psychology and Additional Credits in Psychology program requirements.
- Plan a career path with a staff member at the AA&CC.
- Attend the UTSC Chapter of Psi Chi, the International Honour Society in Psychology.
- Attend a Jobs for Grads orientation for a job search "crash course" and for access to full-time job listings.
- Discuss grad school plans early with staff at the AA&CC and your professors; get your Personal Statement reviewed in the AA&CC.

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FUTURE STUDENTS
For admission requirements to UTSC, check out the U of T Scarborough Viewbook or contact:
Admissions & Student Recruitment
University of Toronto Scarborough
Room HL104, Main Floor, Highland Hall
416-287-7529
admissions@utsc.utoronto.ca

CURRENT STUDENTS
Departmental Contact
Ainsley Lawson,
psychology-undergraduate@utsc.utoronto.ca

Psychology Librarian
Sarah Guay,
sarah.guay@utoronto.ca,
416-287-7497

Academic Advising & Career Centre
Room AC213 | 416-287-7561

Department of Student Life
Room SL157 | 416-208-4760

Psychology and Neuroscience
Departmental Association,
https://www.facebook.com/thepnda/

DID YOU KNOW...
UTSC is home to the Graduate Dept. of Psychological Clinical Science, offering an MA/PhD program in clinical psychology.

Glossary of acronyms:
AA&CC - Academic Advising & Career Centre
CCR - Co-Curricular Record
CLNx - Career & Co-Curricular Learning Network
CTL - Centre for Teaching and Learning
DSL - Department of Student Life
ISC - International Student Centre
PNDA - Psychology and Neuroscience Departmental Association
SCSU - Scarborough Campus Student Union

DISCLAIMER: Please refer to the calendar for the most current and accurate information on programs and degrees: utsc.calendar.utoronto.ca