Get to know **PSYCHOLOGY**

The Psychology Department is home to 26 labs where faculty members conduct research in Brain, Behaviour and Cognitive Science, as well as Developmental, Social and Clinical Psychology. Students have the opportunity to work alongside faculty researchers and graduate students, investigating topics such as sexuality, bullying, mood disorders, and infant cognition.

Studying psychology helps you answer:
- Do our perceptions equal reality?
- How does stress affect us?
- How do early experiences affect our development?

Introductory Psychology uses an innovative course design that goes beyond the lecture format with large classes common to psychology, to engage students further in their learning. Each week you will be guided through concepts using a combination of reading and interactive online materials, and you will work in a small group of 6 students to explore psychological phenomena and test out theories. This is truly a student-centred approach that will lead to your success.

**Degree OPTIONS**

- Bachelor of Science (Honours)  
  - Major in Psychology / Specialization in Biology and Psychology  
- Bachelor of Arts (Honours)  
  - Major / Medial / Minor in Psychology  
- Bachelor of Arts (General)  
  - Internship option available

**Course HIGHLIGHTS**

In PSYC 360, The Neurobiology and Psychology of Sleep, students discuss current research in the area of sleep physiology and associated disorders, with Dr. Hans Dringenberg. Students spend two full nights in Psychology’s Sleep Laboratory; one as a researcher, the other as a participant. Through engaging lectures from Dr. Dean Tripp, students learn about Positive Psychology in PSYC 335: how humans prosper in the face of adversity, where research concepts, techniques, and exercises are introduced that enhance well-being.

**Queen’s ADMISSION**

BAH students apply to Queen’s Arts (QA) through the OUAC (Ontario Universities Application Centre) website (ouac.on.ca). Secondary School prerequisites include six 4U and 4M courses, including a minimum of three 4U courses, one of which must be ENG4U. Applicants outside of Ontario may have additional requirements.

BScH students apply to Queen’s Science (QS) through the OUAC (Ontario Universities Application Centre) website (ouac.on.ca). Secondary School prerequisites include English 4U, Advanced Functions 4U, Calculus and Vectors 4U, plus 2 of Physics, Chemistry or Biology 4U or recognized equivalents.
1ST YEAR
- BAH and BSC: Take PSYC 100 (6.0).
- Each Plan will have at least one required first-year course, including minors. It is important to take a variety of first-year courses to keep as many pathways open as possible for you going into second year. For details see the Arts and Science Academic Calendar.

2ND YEAR
- For all Honours PSYC Plans take PSYC 202 and PSYC 203. Option Courses: 6.0 units from PSYC 205, 215, 221, 271, 63 units from PSYC 231, 235, 241, 251. Majors should take 18.0 units and Medial and Biology and Psychology specialization students take 12.0 units of PSYC courses.
- Please see the Academic Calendar to ensure you are taking the correct courses.
- Want to enhance your degree? Consider a certificate in Sexual and Gender Diversity or explore other certificates available.

3RD YEAR
- Majors take PSYC 301, and PSYC 302 if interested in pursuing the Thesis option in Final Year.
- Medial and Biology and Psychology Specialization Plans: complete 200-level PSYC requirements and start to enrol in 300-level PSYC courses.
- Need help mapping all of your core, option, supporting and elective courses (including those not listed above) to make sure you will have what you need to complete your degree? Use the Course Mapping Tool on the Arts and Science website.

4TH OR FINAL YEAR
- PSYC Major students: complete Thesis option (research-based) or Seminar option (course-based). All other plans: complete required upper-year PSYC courses.
- By fourth year you should be working on your remaining option and elective courses. Make sure to map your minor and / or certificate(s) as well.
- Apply to graduate in SOLUS.

GET THE COURSES YOU NEED
- BAH and BSC: Take PSYC 100 (6.0).
- BSC: Take 12.0 units from BISL 102/103, CHEM 112, MATH 121, PHYS 117, CISC 121/124.
- Each Plan will have at least one required first-year course, including minors. It is important to take a variety of first-year courses to keep as many pathways open as possible for you going into second year. For details see the Arts and Science Academic Calendar.

GET RELEVANT EXPERIENCE
- Join organizations on campus such as the Sexual Health Resource Centre and the Mental Health Awareness Committee. See the AMS Clubs Directory or the Queen’s Get Involved page for more ideas.
- Get an upper year Peer Mentor in PSYC. Ask the PSYC Department Student Council (DSC) for details.

GET CONNECTED WITH THE COMMUNITY
- Volunteer on or off campus with different community organizations such as Autism Ontario Kingston, Big Brothers, Big Sisters KFL&A, Telephone Aid Line Kingston, and the Kingston Sexual Assault Centre.

GET THINKING GLOBALLY
- The Queen’s University International Centre is your first stop to learn how to internationalize your degree or to leverage your existing cross-cultural experience.
- Speak to a QUIC advisor or get involved in their programs, events and training opportunities.

GET READY FOR LIFE AFTER GRADUATION
- Grappling with program decisions? Go to Majors Night or get some help wondering about career options from Career Services.
- Explore careers of interest by reading books in the Career Services Information Area, such as Career Paths in Psychology. For more information check out Career Cruising or by finding and connecting with alumni on LinkedIn. Go to the PSYC Careers Night in February, hosted by the PSYC DSC.

CONSIDER A 12-16 MONTH QUIP INTERNSHIP
- Investigate requirements for full-time jobs or other opportunities related to careers of interest. Assess what experience you’re lacking and fill in the gaps – check out the Career Services skills workshop for help.
- Present your present your PSYC 301 research at Inquiry@Queen’s and your Thesis Poster at the Ontario Undergraduate Thesis Conference.
- Consider joining professional associations, such as the Ontario Psychological Association or the Canadian Counselling and Psychotherapy Association. Join groups on LinkedIn reflecting specific careers or topics of interest in Psychology.

Where could I go after graduation?
- Advertising
- Basic and applied research
- Business administration and management
- Child and youth care
- Community development
- Conflict resolution and mediation
- Consumer behavior
- Corrections
- Counseling
- Career counseling
- Ergonomics
- Forensic assessment
- Health care administration
- Human resources
- Law
- Marketing
- Media – electronic & print
- Medicine
- Mental health services
- Neuroscience
- Occupational health and safety
- Occupational therapy
- Physical therapy
- Professor
- Program evaluation
- Psychiatry
- Residential care
- Social work
- Speech language pathology
- Teaching
- Some careers may require additional training.

Visit careers.queensu.ca/majormap.html for the online version with links!
Psychology

MAJOR MAP

How to use this map
Use the 5 rows of the map to explore possibilities and plan for success in the five overlapping areas of career and academics. The map just offers suggestions – you don’t have to do it all! To make your own custom map, use the My Major Map tool.

A balanced approach leads to long-term success. While you will learn a lot from your studies, taking time to get relevant experience outside of the classroom, build your network, and gain international experience, will position you to be more competitive in your job search or grad school applications.

Get started thinking about the future now – where do you want to go after your degree? Having tentative goals (like careers or grad school) while working through your degree can help with short-term decisions about courses and experiences, but also help you keep motivated for success.

Get the help you need
Queen’s provides you with a broad range of support services from your first point of contact with the university through to graduation. At Queen’s, you are never alone. We have many offices dedicated to helping you learn, think and do.

Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming living and learning environment offers the programs and services you need to be successful, both academically and personally, and Queen’s wants you to succeed! Check out the Student Affairs website for available resources.

Succeed in the workplace

What employers want
The Canadian Council of Chief Executives list the top 6 skills sought by employers as:
1. People skills
2. Communication skills
3. Problem-solving skills
4. Analytical abilities
5. Leadership skills
6. Industry-specific knowledge

Take the time to think about the unique skills you have developed at Queen’s, starting with the skills list here for ideas. Explaining your strengths with compelling examples will be important for applications to employers and further education. For help, check out the Career Services skills workshop.

What can I learn studying PSYCHOLOGY?
- Knowledge of areas of Psychology such as perception, cognition, motivation and childhood development
- How to design research studies and analyze quantitative data using statistical tests
- Knowledge of human and animal behaviour and mental processes
- How to evaluate scientific journal articles critically
- Oral and written communication to prepare and present reports from research
- Observation and decision-making
- Resource and time management
- Insight to deal effectively with people, show concern for and sensitivity to others
- Critical and inferential thinking to analyze and interpret information

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