Psychology is the study of mental processes and behaviour. Psychologists study relationships between brain function, behaviour, and environment. As a discipline, psychology explores a wide range of topics, including cognition, neuroscience, social influence, mental health, development, relationships, sensation, and perception, as well as the influence of factors such as gender and culture on these areas.

**ALUMNI JOBS**

8% of alumni work in **GOVERNMENT**
9% of alumni work in **BANKING, MARKETING & CONSULTING**
13% of alumni work in **HEALTH CARE**
38% of alumni work in **EDUCATION**

“My degree in Psychology prepared me for further education and for the work force, and also gave me a deeper insight into the human psyche. This highly versatile, student-centred program provided opportunity for student leadership, departmental community, and involvement in current empirical research.”

-Sam Bienias, BScH ’18

**Sample Year by Year**

**1ST YEAR**
- PSYC 100/6.0
- 12.0 units from (BIOL 102/3.0 and BIOL 103/3.0) or (CHEM 112/6.0 or CHEM 113/3.0 and CHEM 114/3.0), or (CISC 121/3.0 and CISC 124/3.0), or (MATH at the 100 level or PHYS 104/6.0 or PHYS 106/6.0 or PHYS 117/6.0 or PHYS 118/6.0)
- 12.0 units of electives

**2ND YEAR**
- PSYC 202/3.0 or 3.0 units from STAT_Options
- PSYC 203/3.0
- 6.0 units from PSYC 205/3.0, PSYC 215/3.0, PSYC 221/3.0, PSYC 271/3.0
- 6.0 units from PSYC 235/3.0, PSYC 236/3.0, PSYC 241/3.0, PSYC 251/3.0
- 12.0 units of electives and/or minor

**3RD YEAR**
- PSYC 301/3.0
- 3.0 units from PSYC_Labs
- 12.0 units from PSYC Options
- 12.0 units of electives and/or minor

**4TH YEAR**
- 9.0 units from PSYC at the 400 level (SEMINAR) or 9.0 units from PSYC 501/9.0 (THESIS)
- 9.0 units from PSYC Options
- 12.0 units of electives and/or minor

Note that degree requirements are revised regularly. The most current requirements, including course lists and options, are found in the Academic Calendar at: QUarts.com/academic-calendar
PSYCHOLOGY MAJOR MAP

MAJOR BACHELOR OF SCIENCE (HONOURS)

GET THE COURSES YOU NEED

In first year you’ll have the chance to explore the foundations of Psychology along with some electives. See the back page for specific courses to consider.

Attend Majors Night in the Winter term to learn more about Plan options.

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

Prepare for work or studies in a multi-cultural environment by taking QUIP’s Intercultural Competency Certificate, and research possible immigration regulations.

Speak to a QUIP advisor to 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.

Build your transferable skills in time management, problem-solving, writing and more with Student Academic Success Services.

1ST YEAR

2ND YEAR

Start going deeper into the discipline of Psychology, while considering a minor and/or certificate such as Global Action and Engagement. Attend Degree + in the Fall term to learn more about Certificates and Internship options.

Want to make sure your academics are where you want them to be? Visit SASS (Student Academic Support Services) and the Writing Centre for some help.

If interested, apply for an Undergraduate Student Summer Research Fellowship (USRF).

Consider applying to do a 12-16 month QUIP internship between your third and fourth year. Take a PSYC 576/575 Special Directed Lab course for further research experience. Apply to be a PSYC 100 TA through PSYC 400.

3RD YEAR

A chance to start grouping courses in areas of interest, or to keep it more general and explore many areas of Psychology. Meet with an Academic Advisor to make sure you are on track and have planned out your courses for next year — for some ideas, see the back page.

Do targeted networking with alumni working in careers of interest by joining the LinkedIn group PSYC Graduates. Meet one on one with professors or graduate students.

Get involved with the Departmental Student Council (DSC). Think about applying to volunteer at the Peer Support Centre, Student Wellness Services, or other services.

Start or continue volunteering with organizations such as Hotel Dieu Hospital and the Elisabeth Fry Society Kingston.

Get involved with other cultures or improve your language skills.

Pursue Summer Internship/Work opportunities with CIDA. Take a French Conversation class through the Francophone Centre.

4TH OR FINAL YEAR

In fourth year you will have the chance to participate in research-based courses that can lead to Graduate School or to your future career path. Make sure to finish up all your courses for your major and your optional minor and/or certificate(s).

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 PSYC 501 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.

International students interested in staying in Canada can speak with an International Student Advisor.

Volunteer with places like Immigrant Services Kingston & Area.

GET READY FOR LIFE AFTER GRADUATION

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.

Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests (such as the GRE, LSAT or GMAT) and get help thinking about Grad School from Career Services.

Apply to jobs or future education, or make plans for other adventures. Get help from Career Services with jobs searching, resumes, interviews, Grad School applications, or other decisions.

What will I learn?

A degree in Psychology can equip you with valuable and versatile skills, such as:

- 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

Where can I go?

A degree in Psychology can take your career in many directions. Many students choose to continue their academic inquiry with a Master’s. Our students are equipped with a strong foundation for careers in:

- Advertising
- Child and youth care
- Community development
- Corrections
- Career counseling
- Occupational health and safety
- Occupational therapy
- Physical therapy
- Psychiatry
- Residential care
- Social work
- Speech language pathology
- Taking time to explore career options, build experience and network can help you have a smooth transition to the world of work after graduation.