



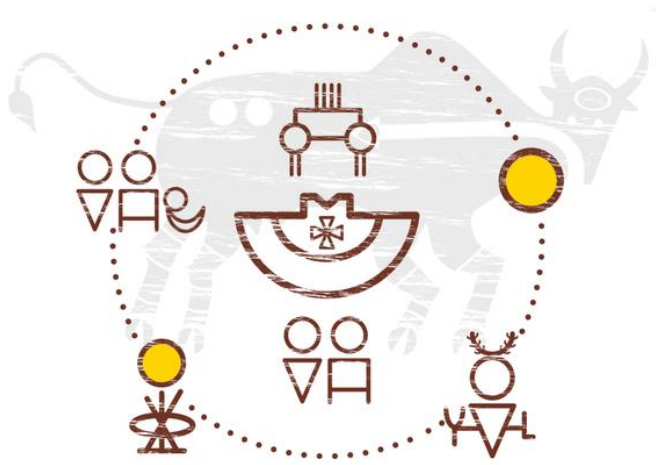
Psychology Student Handbook

Psychology Undergraduate Program

University of Calgary

2025-2026

Territorial Acknowledgements



The University of Calgary, located in the heart of Southern Alberta, both acknowledges and pays tribute to the traditional territories of the peoples of Treaty 7, which include the Blackfoot Confederacy (comprised of the Siksika, the Piikani, and the Kainai First Nations) as well as the Tsuut'ina First Nation, and the Stoney Nakoda (including Chiniki, Bearspaw, and Wesley First Nations). The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River, and notes that the traditional Blackfoot name of this place is “Moh'kins'tsis”, which we now call the City of Calgary. The university recognizes that the City of Calgary is also home to Region III of the Métis Nation of Alberta.

By virtue of the signing of Treaty 7 in 1877, the university recognizes that we are all treaty people. The City of Calgary is home to a culturally diverse community. Together, we share this land, strive to live together, learn together, walk together, and grow together “in a good way.”

We are all treaty people

Department Values

Community

We promote citizenship, belonging, and collaboration

Discovery & Innovation

We engage in meaningful and impactful research, teaching, and learning

Equity, Diversity, & Inclusion

We empower people through fair treatment, and strive to ensure all individuals and groups feel respected, accepted, and valued

Health & Well-being

We foster psychological well-being within and beyond our community

Integrity

We behave ethically, and with honesty and transparency

Program Requirements

Bachelor of Arts Majors

Each Bachelor's Degree contains **120 Course Credits** or **40 Half-Course Equivalents (HCE)**

BA Majors are required to have

Minimum 45 (Maximum 60) Course Credits in Psychology (15-20 HCE)
60-75 Course Credits from additional courses (20-25 HCE)

Required Psychology Courses:

Principles of Psychology: Psyc 200 & 201

Research Methods: Psyc 300 & 301

Social Psychology: Psyc 345

Brain & Behavior: Psyc 375

Three of the following: Psyc 321, 349, 352, 365, 369, 383, 385.

One of the following: Psyc 400, 415, 425, 427, 430, 435, 478, 504, or 505.

15 more course credits (5 HCE) at the 400 or 500 level

Bachelor of Arts (Honours)

BA Honours are required to have

Minimum 60 (Maximum 72) Course Credits in Psychology (20-24 HCE)
48-60 Course Credits from additional courses (16-20 HCE)

Honours students are required to take all courses required of BA Majors PLUS:

History of Psychology: Psyc 305

Honours Seminar: Psyc 501

Honours Thesis: Psyc 598

One of following: Psyc 407, 411, 412, or 415.

Program Requirements

Bachelor of Science Majors

Each Bachelor's Degree contains **120 Course Credits** or **40 Half-Course Equivalents, (HCE)**
BSc Majors are required to have

Minimum 45 (Maximum 60) Course Credits in Psychology (15-20 HCE)

Minimum 21 Course Credits in Science (7 HCE)

39-54 Course Credits from additional courses (13-18 HCE)

Required Psychology Courses:

Principles of Psychology: Psyc 200 & 201

Research Methods: Psyc 300 & 301

Social Psychology: Psyc 345

Brain & Behavior: Psyc 375

Three of the following: Psyc 321, 349, 352, 365, 369, 383, 385.

One of the following: Psyc 400, 415, 425, 427, 430, 435, 478, 504, or 505.

15 more course credits (5 HCE) at the 400 or 500 level

Required Science Courses:

Biology 241 and 243

Chemistry 201 or 211

Chemistry 203 or 213

Math 249 or 265

Math 211, 213 or 267

One of the following: Computer Science 217, Data Science 201, Physics 211, Physics 221, or Physics 227.

Bachelor of Science (Honours)

BSc Honours are required to have

Minimum 60 (Maximum 72) Course Credits in Psychology (20-24 HCE)

Minimum 21 Course Credits in Science (7 HCE)

27-39 Course Credits from additional courses (9-13 HCE)

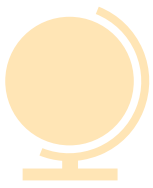
Honours students are required to take all courses required of BSc Majors PLUS:

History of Psychology: Psyc 305

Honours Seminar: Psyc 501

Honours Thesis: Psyc 598

One of following: Psyc 407, 411, 412, or 415.



Arts vs Science

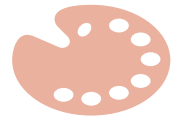


There are many myths about arts versus science.

Myth: Science is more prestigious



Truth: Arts & Science are both eligible for scholarships. Graduates from both programs can go to graduate school, medical school, and earn similar employment opportunities.



Myth: A Master of Arts requires a Bachelor of Arts, and a Master of Science requires a Bachelor of Science

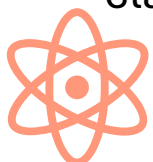


Truth: Many BA students earn an MSc, and many BSc students earn an MA. Psychology is a discipline on the cusp of both hard sciences and social sciences. Many universities in Canada offer studying psychology as both a science and an art, but some don't, and that's ok. The degrees are roughly interchangeable when it comes to further education.



Myth: There's no difference between Arts and Science

Truth: The psychology courses in both degrees are the same, but the electives are different. Science students must take certain science courses. Arts students can also take science courses – but they won't have first priority for classroom seats in science courses.



Major vs Co-op vs Honours

A psychology major is meant to be a well-rounded degree. Students are limited to take a maximum of **60 course credits (20 HCE) in psychology**, which is half their degree.

This means the other half of their degree is somewhat customized. Taking a minor, an embedded certificate, or lots of enrichment courses can help a student to enter the work force with a well-rounded skill set and background. Psychology majors can also continue their education in many non-research avenues.

A psychology co-op student is a student who completes three separate, semester-long work terms over the length of their degree. These work terms rotate between the summer term, and the fall or winter terms. This degree takes additional time to complete, but allows a student make connections with potential employers, and to complete their degree with some real-life work experience.

A psychology honours student is expected to be passionate about research. They will take an additional advanced statistics course, an advanced seminar course, and a course on the history of psychology. Additionally, honours students will complete a final year thesis. Honours students can have up to **72 course credits (24 HCE) in psychology**, and still need to take other courses outside of psychology.

The honours thesis requires students to be matched with a faculty member supervisor. They will work with a faculty member for an entire year and will complete a rigorous project. This process will help prepare the student for a research career, or a research-based graduate program.

Research Opportunities

All psychology students (majors, co-op, or honours), can complete research courses such as Psyc 499, 504, and 505.

Psyc 499 is a 1.5 credit course (0.5 HCE) that students can take twice during two different semesters for credit. This is a pass/fail course in which students work for a faculty member on research for 6 hours a week in Fall/Winter and 12 hours a week in Spring/Summer.

Psyc 504 is a 6 credit course (2 HCE) that students take from September to April. This is an independent study, in which students conduct a rigorous study or project with the supervision of a faculty member.

Psyc 505 is a 3 credit course (1 HCE) that students take in either Fall or Winter. This is an independent study, in which students conduct a study or project with the supervision of a faculty member.

Students who want to enroll in Psyc 499, 504, or 505 **must reach out to faculty members directly** to inquire about supervision. About a month before the semester begins, the student and supervisor must submit a course outline for the research course.

Example deadlines:

Fall Semesters – submit outline in early August

Winter Semesters – submit outline in early December

Spring/Summer Semesters – submit outlines in early April

How to Apply for Co-Op

Applicants must be a full-time student

- Have completed 30 course credits (10 HCE) which does not count courses currently enrolled in.
- Minimum 2.5 GPA in more recent 10 HCE
- At least 10 HCE left in their degree
- Not be more than halfway through a degree (approximately 60 course credits, 20 HCE at the time of application)
- Recommended to apply at the end of second year

Timeline of Co-op Program

Year One

Learn about the program

Year Two

Check eligibility and apply

Year Three

Complete one work term and two academic terms

Year Four

Complete two work terms and one academic term

Year Five

Complete your final academic term

Criteria for Honours

Course Load Criteria

- Completed 72 course credits (24 HCE) at time of application
- One of the following: Psyc 400.XX, 415, 425, 427, 430, 435, 478, 504, or 505 completed or enrolled in at time of application
- All remaining graduation requirements will be completed during the following Fall/Winter. Honours must be completed in the final year.

GPA Criteria

- Minimum GPA of 3.5 over most recent 42 course credits (14 HCE)
- Minimum 3.5 GPA over most recent 21 course credits (7 HCE) psychology courses
- Minimum cumulative GPA of 3.3 over all psychology courses
- Minimum grade of B+ average in Psyc 300 & 301
 - If average is not high enough, can substitute in 407, 411, or 412

Supervisor Criteria

- Eligible thesis supervisor willing to supervise to honours thesis and resources available to complete the thesis
- Signature from a faculty or adjunct faculty member confirming agreement to supervise applicant

Technical Criteria

- Apply for a change of program via your student centre to add Psychology Honours to your program

Timeline for Honours Applications Fall 2026 Admission

Check your eligibility & review criteria

- Should be done in September-October 2025

Research Potential Supervisors

- Browse the Faculty Directory to learn about supervisors
- Should be done in September-October 2025

Contact Supervisors for an Initial Interview

- Between October 17th and November 28th 2025
- Email faculty to ask for an initial interview
- Faculty **may not** guarantee supervision at these interviews
- Student may meet with as many faculty as they like
- Faculty may meet with as many students as they like

Prepare Application Documents

- Prepare and send these documents to faculty once they have scheduled an interview with you, but before you meet
- Copies of your university grade (unofficial)
- A statement of interest
- A curriculum vitae or resume

Initial Interviews

- Ask faculty what the scope of undergraduate project look like
- Ask about typical timeline and flow of projects
- Ask about technical duties, work style, and other information

Faculty Commitment

- Faculty members will reach out via email between December 1st and December 15th with their intent to supervise successful interviewees

Submit Formal Application

- Submit the full application package to the Psychology Department by January 23rd, 2026
- Apply for Honours in your Student Centre

Notification

- Successful students will be notified by March 15, 2026

Year by Year Degree Guide For Psychology Majors

Year One

Psychology 200 and Psychology 201 can be taken in any order, and at the same time. Take these two classes plus 8 more half-credit equivalents outside of psychology.

Science students can take most of their required science courses.

Year Two

Psyc 300 must be taken in Fall semester.

Psyc 301 must be taken in Winter semester.

Psyc 345 and Psyc 375 are required for all psychology students.

6 half-credit courses outside of psychology.

Apply to the co-op program at the end of second year if applicable.

Year Three

3 half-course equivalents at the 300-level

400-level methodology course.

6 half-credit courses outside of psychology

Year Four

5 half-credit equivalents at the 400/500 level.

This can include a research course.

5 half-credit course outside of psychology

Year by Year Degree Guide For Psychology Honours

Year One

Psychology 200 and Psychology 201 can be taken in any order, and at the same time. Take these two classes plus 8 more half-credit equivalents outside of psychology. Science students can take most of their require science courses.

Year Two

Psyc 300 must be taken in Fall semester.

Psyc 301 must be taken in Winter semester.

Psyc 345 and Psyc 375 are required for all psychology students.

2 more psychology half-credit equivalents at the 300 level,

4 half-credit courses outside of psychology.

Apply to the co-op program at the end of second year if applicable.

Year Three

The final 300-level required course in psychology.

400-level methodology course.

305 in Winter semester

An advanced statistics course

2 more half-credit courses in psychology

4 half-credit courses outside of psychology

Year Four

Psyc 598

Psyc 501

3 more half-credit courses in psychology.

4 half-credit courses outside of psychology.



Psychology Course Clusters

General Psychology

Introductory Courses	Psyc 200 Principles of Psychology I Psyc 201 Principles of Psychology II Psyc 203 Psychology for Everyday Life
Intermediate Courses	Psyc 300 Research Methods & Data Analysis I PRQ: 200 & 201 Psyc 301 Research Methods & Data Analysis II PRQ: 300 Psyc 305 History of Psychological Thought PRQ: 200 & 201 Psyc 391 Academic Competencies in Psychology Co-RQ: 200 & 201 Psyc 393 Professional Development in Psychology Co-RQ: 200 & 201
Advanced Courses	Psyc 405 Contemporary Theories in Psychology PRQ: 200, 201, & other Psyc 407 Psychometrics PRQ: 300 & 301 Psyc 411 Design & Analysis PRQ: 300 & 301 Psyc 412 Multiple Regression PRQ: 300 & 301 Psyc 415 Qualitative Inquiry PRQ: 300 & 301 Psyc 499.01 Research Experience I PRQ: 300, 301, & 18 Units Psyc 499.02 Research Experience I PRQ: 300, 301, & 18 Units
Senior Courses	Psyc 501 Honours Seminar in Psyc PRQ: Honours Psyc 502 Select Topics Lab PRQ: 300, 301 Psyc 503 Select Topics PRQ: 300, 301 Psyc 504 Directed Research PRQ: 300 & 301 Psyc 505 Directed Research PRQ: 300 & 301 Psyc 508 Directed Research PRQ: 300 & 301 Psyc 598 Honours Thesis PRQ: Honours

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

Like the moose, psychology is powerful due its formidable methods



Psychology Course Clusters

Industrial / Organizational

Intermediate Courses	Psyc 321 Industrial / Organizational Psychology PRQ: 200 & 201 Psyc 383 Personality PRQ: 200 & 201
Advanced Courses Not offered every year	Psyc 400.02 Applied Methods in Applied Psychology PRQ: 300 & 301 Psyc 400.06 Applied Methods in I/O Psychology PRQ: 200 & 201 383 or 321 Psyc 425 Human Factors PRQ: 300 & 301 Psyc 427 Environmental Psychology PRQ: 300 & 301 Psyc 481.01 Leadership & Motivation PRQ: 200 & 201 Psyc 481.02 Teams & Teamwork PRQ: 200 & 201 Psyc 481.03 Workplace Attitude & Individual Difference PRQ: 200 & 201 Psyc 483.01 Personnel Selection PRQ: 200 & 201 Psyc 483.02 Personnel Recruitment & Job Choice PRQ: 200 & 201 Psyc 483.03 Performance Management PRQ: 200 & 201

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

Like Industrial / Organizational Psychology, the white-tailed jackrabbit is efficient and motivated



Psychology Course Clusters

Social Psychology

Intermediate Courses	Psyc 345 Social Psychology PRQ: 200 & 201
Advanced Courses Not offered every year	Psyc 400.08 Applied Methods in Social Psychology PRQ: 300, 301, & 345 Psyc 439 Psychology of Gender PRQ: 300 & 301; 345 or 352 Psyc 442 Intergroup Relations PRQ: 300, 301, & 345 Psyc 443 Interpersonal Relationships PRQ: 300, 301, & 345 Psyc 444 Social Influence & Persuasion PRQ: 300, 301, & 345 Psyc 445 Psychology of Morality PRQ: 300 & 301 Psyc 447 Advanced Topics in Personality or Social Psyc PRQ: 300 & 301

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

**Like Social Psychology, the
coyote is a pack animal that works well with others**



Psychology Course Clusters

Lifespan Psychology

Intermediate Courses	Psyc 352 Lifespan Development PRQ: 200 & 201
Advanced Courses Not offered every year	Psyc 400.05 Applied Methods in Developmental Psychology PRQ: 300, 301, & 352 Psyc 429 Adolescence PRQ: 300, 301, & 352 Psyc 449 Social- Personality Development PRQ: 300, 301, & 352 Psyc 451 Cognitive Development PRQ: 300, 301, & 352 Psyc 455 Sensory, Perceptual, Cognitive Aging PRQ: 300, 301, & 352 Psyc 457 Social & Clinical Aging PRQ: 300, 301, & 352 Psyc 459 Developmental Psychopathology PRQ: 300, 301, & 352

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

**Like Lifespan Psychology, the
black bear looks out for the well-being of its young**

Psychology Course Clusters

Clinical Psychology



Intermediate Courses	Psyc 385 Psychopathology PRQ: 200 & 201
Advanced Courses Not offered every year	Psyc 400.01 Applied Methods in Psychopathology PRQ: 300, 301, & 385 Psyc 431 Current Issues in Psychopathology PRQ: 300, 301, & 385 Psyc 433 Clinical Psychology PRQ: 300, 301, & 385 Psyc 435 Behaviour Therapy PRQ: 300, 301, & 385 Psyc 437 Health Psychology PRQ: 300, 301, & 375
Senior Courses Not offered every year	Psyc 585 Advanced Themes in Psychopathology PRQ: 300, 301, 385, & 433

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

**Like Clinical Psychology, the
bobcat is keen at analyzing others' behavior**



Psychology Course Clusters

Cognitive Psychology

Intermediate Courses	Psyc 365 Cognitive Psychology PRQ: 200 & 201 Psyc 369 Sensation & Perception PRQ: 200 & 201
Advanced Courses Not offered every year	Psyc 400.04 Applied Methods in Cognitive Psychology PRQ: 300, 301 & 365 Psyc 400.07 Applied Methods in Sensation & Perception PRQ: 300, 301, & 369 Psyc 467 Psycholinguistics PRQ: 300 & 301
Senior Courses Not offered every year	Psyc 521 Cognitive & Clinical Neuroscience PRQ: 300, 301, & 375 Psyc 591 Advanced Themes in Cognitive Psychology PRQ: 300, 301 & 365

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

Like Cognitive Psychology, the
magpie is a cerebral problem solver



Psychology Course Clusters

Neuroscience

Intermediate Courses	Psyc 375 Brain & Behaviour PRQ: 200
Advanced Courses Not offered every year	Psyc 400.03 Applied Methods in Brain & Behaviour PRQ: 300, 301, & 375 Psyc 474 Neuroscience of Learning & Memory PRQ: 300, 301, & 375 Psyc 475 Drugs & Behaviour PRQ: 300, 301, & 375 Psyc 477 Sleep & Biological Rhythms PRQ: 300, 301, & 375 Psyc 478 Behavioural Neuroscience PRQ: 300, 301, & 375 Psyc 479 Human Neuropsychology PRQ: 300, 301, & 375
Senior Courses Not offered every year	Psyc 531 Nervous System Development PRQ: 475

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

Like Neuroscience, the porcupine has
complex pathways in its defensive quill system



Psychology Course Clusters

Special Topics

Intermediate Courses	
Advanced Courses Not offered every year	Psyc 473 Evolution & Human Behaviour PRQ: 300 & 301 Psyc 492 Indigenous Psychology PRQ: 300 & 301 Psyc 493 Psychology & Law PRQ: 300 & 301 Psyc 495 Consumer Psychology PRQ: 300 & 301
Senior Courses	

Red Outline = Required for Majors & Honours

Yellow Outline = Required for Honours

Like Psychology, the great horned owl is flexible, adaptable, and precise

Careers in Psychology

Clinical Careers & Therapy

Clinical Psychologists need a PhD in most provinces

- Bachelors + Masters + PhD = 11~ years of university

Psychiatrists need MD and specialization

- Bachelors + Med School + 4 year specialization = 12~ years

Counselling Psychology

- Bachelor + Masters = 6 years

Social Work (4-6 years)

Psychiatric Nursing (6 years)

Occupational Therapist (6 years)

Speech Language Therapist (6 years)

Careers in Psychology

Entry Level Psychology Careers With a Bachelor's Degree

- Addictions Counsellor
- Child & Youth Worker
- Community Program Coordinator
- Creative Arts Therapist
- Crisis Counsellor
- Cultural Diversity Consultant
- Family Services Worker
- Group Home Worker
- Health Educator
- Hospice Worker
- Recreation/Leisure Specialist
- Rehabilitation Counsellor
- Social or Health Policy Advisor
- Therapy Assistant
- Youth Project Manager

Careers in Psychology

Research & Academic Careers

- Research Assistant (undergraduate)
- Research Coordinator (graduate)
- Project Coordinator
- Lab Supervisor
- Postdoctoral Research (PhD required)
- Statistical Consultant
- Governmental or Institutional Researcher
- Professor

Careers in Psychology

Other Career Paths

- Federal Government
 - Statistics Can, Corrections Canada, Human Resources & Development Canada
- Provincial Governments
 - Education, Healthcare, Family Services
- Municipal Governments
 - Policing, Parks & Rec, Planning & Transport
- Private Business (HR, Marketing)
- Law, Military & Criminology
- Writing, Editing, Publishing
- Mathematics, Statistic, Computer Programing
- Public Health, Epidemiology
- Medicine, Vet Medicine, Nursing, Bioscience
- Education & Educational Administration
- Fashion, Media, Film, & Arts
- Philosophy, Human Rights, Non-profit Leadership

Student Representation

PSYCHS Club

The official student club of the psychology department

Student lounge EDC 291

Email: psychsclubuc@gmail.com

FASA Psychology Department Representative

psychology@fasaucalgary.ca

Undergraduate Program Questions

Undergraduate Program Director

Kathleen Hughes

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