How to use the Program Plan:

Tuut est! This Program Plan is designed to help shape your UBC experience, challenge yourself to try new things, and become the person and scholar you want to be to help make your time at UBC Okanagan yours. The Program Plan offers suggestions— you don’t have to do it all!

The Program Plan includes four categories:

• Explore the Major: Explore what you’ll be studying and learning. Make connections between your program and future career or education opportunities and goals.

• Connect and Build Community: Making connections will help develop your support network throughout your studies and beyond.

• Engage Locally and Globally: Get ready for life beyond UBC by accessing programming and resources aligned with your goals, interests, and career pathways.

• Develop Skills and Gain Relevant Experience: Expand your capacity to understand the changing world and embrace different perspectives by seeking out new experiences and opportunities.

Legend

Experiential Education opportunities are highlighted with a 🏫 Symbol.
Plan ahead! Statements highlighted with a ★ Symbol must be completed during a specific term(s) or have an associated deadline.

Major description

Explore intricacies of the human mind as you seek to understand human behaviour—how people think, act, and feel.
Psychology is the study of human and animal behaviour. It also has practical applications such as the determination of the best conditions for learning and memory, the design of work environments for greatest productivity, and the development of therapies for the treatment of behavioural disorders.

Program highlights

Register in courses such as:
• PSYO 230 — Biological Psychology
• PSYO 346 — Abnormal Child Psychology
• PSYO 353 — Psychological Aspects of Human Sexuality I
Complete a Certificate in Communication and Rhetoric.

Your career options

A degree in Psychology can lead to careers in fields such as addictions support, child and youth care, mental health worker, and more. Want to pursue further education? Consider a graduate degree in experimental psychology or clinical psychology.
Visit the Psychology webpage and scroll down to the “Your Career Options” heading for more employment information.

Getting Started

First-year standing
Explore the Psychology major by visiting the Department of Psychology website and reviewing the Academic Calendar.
Learn more about your major requirements by visiting the Degree Planning webpage and reviewing the First-Year Planning Guide.
Book an appointment with an advisor to discuss program or career-related questions. Find the advisor that is right for you by reviewing advising options available.
Visit the Student Learning Hub throughout your degree for free supports from peers and professionals that include tutoring in math, sciences, languages, and writing.

Moving Through Your Degree

Second-year standing
Declare the BA Psychology major once you have second year standing on the Student Service Centre (SSCC) during the registration period between June and mid-September. Due to the requirements for the major in Psychology, students are strongly encouraged to declare this major once promoted to second year.
Find unique courses to fill your elective requirements or add a minor.
Meet with an instructor or TA during office hours: ask a question, discuss an assignment, or go over lecture material.
International Students: Contact International Student Advising to review your study status.
Considering further education? Find graduate programs at UBCO and beyond. Research application requirements, admissions information, and funding options.

Moving Through Your Degree

Third-year standing
Explore a topic of interest in depth by participating in a Undergraduate Research. Apply for an Undergraduate Research Award to fund your research.
Explore co-op opportunities to strengthen your skills and build your work experience by applying to the Co-operative Education Office. Applications open in September to students with 3rd year standing or higher.
Study abroad by participating in a Global program such as exchange, faculty-led global seminar, or research abroad.
Receive training and support to help develop career and employment readiness by participating in the Arts Career Apprenticeship Program.
Learn about the Honours Program and its requirements. An honours degree in Psychology is often expected for graduate work in Psychology.

Preparing for Graduation and Your Future

Fourth-year+ standing
Market yourself to employers by reflecting on your UBCO experience and identifying the skills and knowledge you developed through the activities you participated in. Meet with a Career Development Specialist for help with your resume, cover letter, and job search strategy.
Schedule an appointment with an advisor; the term before you plan to graduate to ensure that you will meet all academic graduation requirements.
Review graduation eligibility requirements and deadlines before you apply to graduate and learn about convocation.

Looking for support?

UBC Okanagan provides a broad range of support services for students from admission through to graduation. Ranging from help with academics and careers to physical and emotional resources, visit Student Support and Resources for a full list of helpful supports. Some examples are included below:
• Academic & Career Development provides academic and career support for all undergraduate students
• Indigenous Programs & Services provides academic support to self-identified First Nations, Métis, and Inuit students
• International Student Advising supports international students with immigration, employment in Canada, and more
• Faculty Program Advisors provide faculty-specific academic support
• Disability Resource Centre assists with disability-related accommodations and programming initiatives to help remove barriers for students with disabilities and ongoing medical conditions
• Counsellors help students examine and explore their behaviors, relationships, feelings, or thoughts that cause concern or challenges
• Financial support is available to help students learn to budget, pay tuition, or apply for awards and scholarships
Explore Experiential Education
Participate in hands-on, immersive learning experiences.

Explore high-impact, “learn-by-doing” experiences that take your education beyond the classroom. Whether on- or off-campus, paid or volunteer, participating in directed experiences and focused reflection helps to increase knowledge, develop skills, clarify values, and build your capacity to contribute to your communities. Experiential Education opportunities are highlighted with a 🗓️ symbol. Most opportunities highlighted below can be pursued at any time. Opportunities with timelines or deadlines are noted with a 🕒 symbol.

Getting Started:
Explore new opportunities and interests.

Branch out, get involved in student life, and have fun by joining a student association like the Psychology Student Group to meet peers and participate in events and activities.

Develop Interests and Broader Perspectives:
Get more involved and build your skills and connections.

Apply to the Work Study program to build skills and grow your professional network with paid on-campus positions that work around your class schedule.

Immersive Experiences:
Take part in unique opportunities and programs. Find ways to immerse yourself in your experiences.

Explore professional associations such as the Canadian Psychological Association for more information about potential careers, networking and professional development opportunities and more.

Get Involved Program
Get involved with Student Union Okanagan (SUO) to develop skills and connections that will help you achieve your goals.

Connect your experiences
Whether you’re new-to-UBCO or nearing graduation, reflect on the questions below to help connect your values, interests, and education to your future career or personal goals. Practicing reflection can help deepen your learning, strengthen your connections, and encourage life-long learning. These reflection questions are meant to help you build a UBC Okanagan experience that is unique to you.

• What are you hoping to learn as you progress through your degree?
• What kind of career are you interested in after completing your degree?
• How will the skills and knowledge you acquire during your studies help you in your career after graduation?
• What relationships and experiences are you hoping to gain from your time at university?

Use the Program Plan regularly throughout your time at UBC to build an experience that is fulfilling and rewarding.

Explore

Events Calendar
Academic & Career Development team
Events Calendar
@UBCOSocial Instagram
Events Calendar
Student Connect
Events Calendar
Student & Alumni Job Board
Events Calendar
Psychology Research Portal
Events Calendar
Career Development workshops
Events Calendar
Commuting? Visit Branch out, get involved in student life, and have fun by joining a **Student Association** like the **Psychology Student Group** to meet peers and participate in events and activities.

Get active! UBCO Recreation offers activities like intramural sports, fitness classes, and other special events and activities.

Build your networking skills with alumni working in careers in your desired industry by using Ten Thousand Coffees and LinkedIn or by attending [career events and workshops](#).

Commuting? Visit [UBCO Recreation](#) for intramural sports, fitness classes, and other special events and activities.

Learn about how to become a [Learning Strategist](#) and help you achieve your goals.

Obtain research experience through the Psychology Research Portal.

Apply to join a Living Learning Community!

Explore the best of what B.C. has to offer, with a particular focus on Okanagan culture. Participate in cross-cultural initiatives organized by the Global Engagement Office (GEO) to increase cultural awareness and grow professionally.

Get involved with Student Union Okanagan (SUO) resource groups:

• Indigenous Peoples Collective (IPC)
• Peer Support Network (PSN)
• Pride Resource Centre (PRC)
• Women’s Resource Centre (WRC)
• Sex Positivity Centre (SPC)

Learn about **UBC’s commitments to Truth and Reconciliation** and Indigenous initiatives.

Explore course options and electives that broaden your own perspectives and worldviews.

Learn about programs and supports available through the Equity & Inclusion Office.

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