How to use the Program Plan:

Tuum 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 you develop your support network throughout your studies and beyond.

• Engage Locally and Globally: Get ready for life beyond UBC by accessing programs 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.

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 logging into Degree Navigator and reviewing the First-Year Planning Guides.

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.

Participate in Supplemental Learning - free, weekly, peer-facilitated study sessions.

Moving Through your Degree
Second-year standing

Declare the BSc Psychology major once you have second-year standing on the Student Service Centre (SSC) 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 their 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 get 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 Undergraduate Research. Apply for an NSERC or 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 for students with 3rd year standing or higher.

Study abroad by participating in Go Global program such as exchange, faculty-led global seminar, or research abroad.

Apply to the BSc Psychology honours program at the end of the third year of study (after completing a minimum of 54 credits). 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 to review your 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.

Undergraduate Programs and Admissions: you.ubc.ca
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.

New to UBC? Participate in orientation and transition programming to connect with other students and get involved in the campus community. Find on-campus events to meet new people and get involved with the campus community using the Events Calendar.

Meet a Student Connector at Student Connect for help with navigating campus and to learn more about the opportunities available at UBC Okanagan. Follow @UBCOSupEd on Instagram for campus tips, opportunities, and event updates.

Attend a Heat Varsity Athletics game. Admission is free with your student UBCcard.

Learn about UBCO’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.

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

Branch out, get involved in student life, and have fun by joining a student association or a Psychology Course Union 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 College spaces on campus to relax, study, and socialize with others.

Planning to live on campus? Apply to join a Living Learning Community.

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.

Apply to Entrepreneurship@UBCO to explore your start-up ideas through mentorship and training programs.

Book an appointment with a Learning Strategist at any stage in your degree for help with study skills and learning strategies.

Investigate requirements for full-time jobs or other opportunities related to careers of interest by looking at job boards and employer websites.

Learn about how to become an Undergraduate Teaching Assistant.

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 Positive Centre (SPC)

Located anywhere? Participate in the Global Engagement Office (GEO) to increase cultural awareness and grow professionally.

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 your experiences doing to help you achieve your career or education goals?
- What kind of career are you interested in after completing your degree?
- What relationships and experiences are you hoping to gain from your time at university?
- What are you hoping to learn as you progress through your degree?

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

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.

Give back to the campus community by volunteering or applying to work on campus: Student & Alumni Job Board.

Engage with your community in a meaningful way and help to create social change by participating in the Community Service Learning program.

Create your own student association, study group, or social club to connect with peers.

Apply to the Tuum Est Initiative Fund for funding support to attend a conference, fund a student-led program, or represent UBC Okanagan at an academic competition.

Find other work opportunities or apply to the co-op program to strengthen your resume.

Summarize and organize your academic and out-of-classroom experiences and accomplishments in a resume, CV, or portfolio with help from a Career Development Specialist.

Gain leadership experience by running for an executive position in a student association or the Student Union Okanagan (SUO).

Join the Get Involved Program: sign up for volunteer projects in the Okanagan. Attend Student & Alumni events to get connected and learn about different cultures, activities, and experiences that make the Okanagan unique.

Build your cross-cultural and intercultural fluency by participating in the Intercultural Development Program.