

# PSYCHOLOGY



## What is Psychology?

**Psychology** is the study of human behaviour and mental processes. As such, psychology is concerned with those things that influence our behaviour. Psychology contributes to a greater understanding of one's own and other's individual behaviour & development, social relationships, and various individual and social problems. Psychological knowledge is applied to various spheres of human activity, including issues related to everyday life—such as family, education, and employment—and to the enhancement of mental health.

\*Also available as a BA\*

**Average Class Size:**30-100 (for upper level courses)

**Length of Program:**3-4 years

**Example Careers:** Employee counselor, case worker, social worker, clinical psychologist, researcher, professor, psychotherapist, etc.

For additional examples of which careers students have followed, visit:

<http://www.smu.ca/administration/career/science.html>

## Program Requirements

Grade 12 Students must have:

- Grade 12 English Academic
- Pre Calculus 12 or Calculus 12
- 2 Academic 12 Science courses
- 1 additional Academic 12 course
- A minimum average of 65% with no mark below a 60%

## Your First Year

First year students must follow the [Basic Science Requirements](#) OR [Basic Science Requirements](#) which allow you to explore subjects from Arts, Science and Commerce. These requirements help you develop important intellectual and academic skills. This will provide you with the solid foundation needed to begin your Science degree. Some courses you may take in your first year to help you prepare for Psychology include:

**Mind and Brain PSYC 1210**

**Memory PSYC1230**

**Personality: Normal and Abnormal PSYC 1260**

**Social Behaviour PSYC 1250**



Studying Psychology helps to prepare students for career in some of the following disciplines. You should be aware that several of these careers require study beyond the bachelor's degree. Some areas of focus include:

- Law
- Occupational Therapy
- Speech Therapy
- Social Work
- Policy Development
- Addictions Counseling
- Career Counseling
- Child and Youth Work
- HumanResource Management

Please refer to our [Academic Calendar](#) for an inclusive list of courses, complete with course descriptions and detailed information about the program.

## Life as a Psychology Student at Saint Mary's University

At Saint Mary's there are many options for students to get involved on campus. The **Psychology Society** is the perfect opportunity for Psychology students. The society acts as a resource and social centre for students who are interested in Psychology, or even those who are just interested in chatting with likeminded individuals. **The Psychology Society** hosts an assortment of annual events, such as the **Wine and Cheese** and a **Psychology Conference**. The students in the psychology society are also known for taking road-trips all across the Maritimes for Psychology conferences.

## Contact Information

### Department of Psychology

<http://www.smu.ca/academic/science/psychology/welcome.html>

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### B. Sc. Undergraduate Programs Officer

Phone: 902-420-5661

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### Recruitment Office

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<http://www.smu.ca>



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