

## WHY PSYCHOLOGY AT ALGOMA U

A psychology degree is really a stepping stone to the next phase of a student's life. We teach you how to be dedicated, motivated, and to think critically about scientific data, human and non-human behaviour, and science in general. These are skills that are in demand by a whole host of prospective employers, and will serve you well regardless of what you chose to do with your psychology degree. Whether you want to earn a Bachelor of Arts or a Bachelor of Science degree, the psychology program at Algoma University will provide you with knowledgeable faculty, hands-on research possibilities, and the comfortable setting of a smaller university in which to explore your potential, broaden your range of interests, and develop your skills.

### 4th Year Thesis Course

Over the course of your studies you may find a specific area or subject which piques your interest, in which you can fully pursue in the fourth-year thesis course. At Algoma U, we believe in cultivating students' interests and giving students freedom to explore their own ideas. We allow our students to select

their own topic, and with assistance from one or more professors, design their own experiment, collect and analyze the data, and finally, present their research at the Algoma University Annual Psychology Thesis Conference. This is the culminating project of your time at Algoma U, and highlights the refined, polished work our undergraduates are capable of producing. It is also no surprise to note, that some of our students' theses are published – a rarity for undergraduates!

## COURSE HIGHLIGHTS

Our courses fall under one of two broadly-based categories: those that focus on the social bases of behaviour, and those that focus on the biological bases of behaviour. While it is widely known that psychology can involve the identification of, and counselling for abnormal thoughts and behaviours, there are many other areas of psychology that might be less widely known. For example, we offer courses which teach students how and why we are susceptible to visual illusions and why individuals follow group behaviours. Beyond the study of humans, we also offer

courses which teach how non-human animals (such as birds and bats) have evolved to find food and communicate in the most efficient manner.

## LEARNING OUTCOMES

- Understand the key concepts and theories of psychological sciences.
- Explore the current state of knowledge in psychology and investigate innovative solutions to research questions in psychology.
- Apply versatile and comprehensive knowledge of the theory, principles, and concepts in psychology and in allied scientific disciplines.
- Understand and analyze complex issues using the experimental method.
- Communicate scientific information effectively in both written and oral format.
- Think critically.
- Generate novel research hypotheses, carry out experiments to answer these hypotheses, and report the results of the experiments.
- Participate in a collegial review process.
- Apply relevant statistical skills to the analysis of psychological data.



## WHY STUDY AT ALGOMA U IN SAULT STE. MARIE?

Algoma U is located in Sault Ste. Marie, a city of 75,000 people in Northern Ontario. "The Soo", as locals call it, has all the amenities of a big city – shopping, entertainment, sports teams, festivals, and cultural activities – but without the hassle of traffic. We're lucky enough to live in a city surrounded by the great outdoors. With Lake Superior and the St. Mary's River literally just steps from our front door, there's always something to do. You can catch some sun at the beach or walk our beautiful boardwalk. With the highest elevation in Ontario, Searchmont Resort is a popular winter destination for our students, offering great alpine skiing and snowboarding.

## ADMISSION REQUIREMENTS

ENG4U, 5 other U/M courses. Minimum 70%.  
Applying to Algoma U is simple. We're ready to help answer all of your questions and more. Before you know it, you'll be walking across campus to your first class.

[algomau.ca/apply](http://algomau.ca/apply)

## GAIN. EXPERIENCE.

Experiential Learning is "learning by doing." There are many experiential learning opportunities in the classroom, lab and in the community. Students in the Psychology program have participated in labs, research projects, simulations, experiments, and a capstone thesis project. A full inventory of Psychology experiential learning opportunities is listed in this Experience Map.

## SKILLS EMPLOYERS ARE SEEKING

With over 2,000 business leaders surveyed, the top skills they would like to see in their employees include:

1. Leadership
2. Communication
3. Collaboration
4. Time Management
5. Understanding the impact of technology
6. Consistent global training

## USING THIS EXPERIENCE MAP

Making a plan in first year will lead to your success. We're ready to assist you with your plan.

This Experience Map offers suggestions, which is a guide to explore many options. Understanding where you want to be will help you make the correct decisions to get you there.

We're also here to help you with your physical and mental well-being. We want you to succeed in all aspects of your life. For further assistance, visit Student Success Central, in NW307.

Questions?  
[info@algomau.ca](mailto:info@algomau.ca)



[algomau.ca/psychology](http://algomau.ca/psychology)



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	1 <sup>ST</sup> YEAR	2 <sup>ND</sup> YEAR	3 <sup>RD</sup> YEAR OR FINAL YEAR	4 <sup>TH</sup> YEAR OR FINAL YEAR	AFTER GRAD?
<b>GET ASSISTANCE</b>	<p>PSYC1106*/PSYC1107*</p> <p>*Minimum grade of 60% required</p> <p>Electives: 6 credits from Group I – Humanities 6 credits from Group III – Sciences 12 credits (from any group)</p> <p>Meet with your Academic Advisor to select courses.</p>	<p>Make an appointment with your Faculty Advisor by the end of the fall term to develop your academic plan. *This is highly recommended for transfer students.</p> <p>Questions about rules and regulations in your program? See your Academic Advisor in Student Success Central.</p> <p>Want to enhance your degree? Consider a <b>minor or certificate</b>.</p>	<p>Continue to meet with your Faculty Advisor to ensure you are meeting program requirements and academic goals.</p> <p>This is a good time to investigate a Master's Degree, Post-graduate Diploma or Bachelor of Education. Please make an appointment in Student Success Central for full details.</p>	<p>Complete degree requirements and ensure you've met all deadlines for post-graduate options.</p> <p><b>Apply to graduate.</b></p>	<p><b>AFTER GRAD?</b></p> <p>After completing a degree in Psychology, students are open to an array of career paths and opportunities.</p> <p>Many of our students pursue graduate programs and go on to pursue exciting careers in many areas. Graduates can and have pursued:</p> <ul style="list-style-type: none"> <li>• Psychologist</li> <li>• Politics &amp; Policy</li> <li>• Education</li> <li>• Medicine</li> <li>• Research</li> <li>• Community &amp; Health Services</li> <li>• Correctional Services</li> <li>• Child &amp; Youth Worker</li> <li>• Law</li> <li>• Therapist</li> <li>• Social Work</li> <li>• Victims Advocacy</li> </ul>
<b>GET EXPERIENCE</b>	<p>Take COOP0101 as a first step to be enrolled in the co-op program at Algoma University. Check your <b>Student Portal</b> for job postings.</p> <p>Visit the <b>Experiential Learning HUB</b> to learn about exciting opportunities! Start connecting to career opportunities in your first year by joining the <b>Career Link Program</b>.</p> <p><b>Courses with EL component.</b></p>	<p>Use the skills gained from COOP0101 to apply for a co-op placement or summer job. Continue to keep an eye out for Job Opportunities on your <b>Student Portal</b>. Listings include general employment, local/non- local co-op opportunities, on-campus employment and volunteer opportunities.</p> <p><b>Courses with EL component.</b></p>	<p>Attend the fourth-year thesis presentations to gain knowledge to prepare yourself to complete your thesis project.</p> <p>Apply to be a Teaching Assistant or Research Assistant in the Psychology department through the Summer Employment Program.</p> <p><b>Courses with EL component.</b></p>	<p>Honours students will complete a thesis and present it to fellow classmates, faculty and other AU community members!</p> <p>Take advantage of the New Graduate Transition Program!</p> <p><b>Courses with EL component.</b></p>	
<b>GET CONNECTED</b>	<p>Get involved with volunteer opportunities on campus with the <b>Food Bank</b>, the <b>Thunder Street Team</b> or apply to be an <b>Orientation Week Leader</b>. Come support our <b>Varsity Thunderbird</b> athletic teams and participate in <b>Intramurals</b> at the GLC.</p> <p>Consider joining one of the many <b>clubs</b> through AUSU. Be sure to sign up for one of our historical campus tours.</p>	<p>Volunteer off campus. Reach out to local organizations such as: <b>Algoma Public Health</b>, the <b>John Howard Society</b>, <b>Algoma Family Services</b>, <b>THRIVE Child Development Centre</b>, or the <b>Sault Area Hospital</b>. For more volunteer opportunities visit <b>Volunteer Sault Ste. Marie</b>.</p> <p>Think about running for a position with the <b>Algoma University Students' Union</b>.</p>	<p>Update your <b>LinkedIn</b> profile and connect virtually with alumni, classmates, faculty and professionals in the Psychology field.</p> <p>Networking is the most important technique to get jobs in today's society – over 75% of jobs come from networking.</p>	<p>Think about joining professional associations such as the <b>Ontario Psychological Association</b> or the <b>Canadian Counselling and Psychotherapy Association</b>.</p> <p>Join groups on LinkedIn reflecting specific careers or topics of interest in Psychology.</p>	
<b>GET THINKING GLOBALLY</b>	<p>Attend a <b>Study Abroad</b> info session and consider studying in China, Spain, South Korea, Mexico, France, Austria or Japan and see which places appeal to YOU.</p> <p>Gather information on the various global opportunities. Algoma U is proud to offer <b>Study Abroad</b> and the Student Work Abroad Program.</p>	<p>Are you interested in doing a study exchange? Check out <b>Study Abroad</b> and attend an information session to get the info you need and to ensure your application is submitted by the deadline.</p> <p>Your next adventure is waiting!</p>	<p>Improve your language skills through some of our Modern Language courses or learn about another culture.</p> <p>Consider doing a <b>Short-Term Summer Study Abroad</b> opportunity gain experience, knowledge and have the opportunity to tour a new country while working!</p>	<p>If you are an international student looking to stay in Canada to work, talk to a <b>Student Success Academic Advisor</b>.</p> <p>To learn more about working in Canada, volunteer at <b>Discover the Sault</b> through the Economic Development Centre.</p>	
<b>GET READY FOR LIFE AFTER GRADUATION</b>	<p>Check out <b>Career Cruising</b> (login: algomau password: saultsternie) to determine potential career paths that you can pursue in the future.</p> <p>Bring your resume to the next level! <b>Optimal Resume</b> is an excellent resource to develop your resume and cover letter. Visit <b>Career Services</b> in the <b>Experiential Learning HUB</b> for assistance.</p>	<p><b>Lynda.com</b> is available to help you learn the skills you need to achieve your full potential. Once you complete a learning path it will automatically be displayed as an accomplishment on your <b>LinkedIn</b> profile.</p> <p>Use <b>Optimal Resume</b> to improve your resume and cover letter as well as practice your interview skills.</p>	<p>Start focusing on areas of interest and research education requirements for your career path.</p> <p>Reachout to your <b>Academic Advisor</b>, <b>Student Success Central</b> or your faculty advisor to assist you in applying to a Master's Degree, Post-graduate Diploma or Bachelor of Education.</p> <p>Take some time to create or update your resume and <b>LinkedIn</b> profile.</p>	<p>Use the resources available in <b>Career Services</b> to learn about the many job opportunities available to you upon graduation.</p> <p>Attend the Career Conference to get some professional advice from the <b>Sault Community Career Centre</b> on your resume, job searching strategies and interview tips.</p>	



Always remember to put your health first! Hit the **GLC** for some calming Yoga or an intense workout or take walks around campus to clear your mind.

If you're feeling depressed, anxious or upset don't worry YOU ARE NOT ALONE. – Download the **I.M. Well App** or call 1-877-234-5327 for 24/7 free counselling or book an appointment with an on-campus counsellor by emailing [healthservices@algomau.ca](mailto:healthservices@algomau.ca). We're here for you. Visit the Learning Centre for information on free tutoring and learning strategies.