

## Professional Development through Psychology Degree

	Fall	Winter	Summer
<b>Year 1</b>	<p>Get settled into university, plan a study schedule, develop good study habits, get a study group, write down important concepts/dates</p> <p>Explore potential areas of interest such as Burman's Certificate Program (Gerontology, Sport, Crisis, Substance Use, Research) or a specific area within the Psychology Degree (Adults or Children or one of the program areas)</p> <p>Connect with Psychology &amp; Behavioural Science Club</p> <p>Explore the Saruk Leadership Program</p> <p>Take: PSYC 160 Intro to Psychology BHSC 215 Intro to Research</p>	<p>Think about summer employment or volunteer as it relates to Psychology or BHSC</p> <p>Consider any opportunities for leadership or involvement on campus for next year</p> <p>Begin to keep a record/portfolio of academic, professional, volunteer &amp; work related experiences</p> <p>Create a "LinkedIn" Profile of Professional Experiences</p>	<p>Summer Employment/Volunteer in Human Services</p> <p>Become Canadian Psychological Association Student member</p> <p>Meet with your faculty mentor for course sequencing advisement</p> <p>Make sure you take the following two courses in your 1st and 2nd year: MATH 240 Intro to Stat and BHSC 314 Correlational Methods or BHSC 315 Experimental Methods</p>
<b>Year 2</b>	<p>Choose an area of focus within Psychology if desired (Child or Adult Focus or One of the Certificates or Saruk Leadership Program)</p> <p>Focus on maximizing and maintaining a strong GPA</p> <p>Get involved on campus</p> <p>Connect with Psychology &amp; Behavioural Science Club</p> <p>Attend the trainings offered by Sakala Success Centre</p> <p>Take a Science lab course in Fall and also in Winter Take 200 Level PSYC courses this year</p>	<p>Begin to think about whether Graduate school is an option</p> <p>If Psychology/BHSC degree is being used as an entrance degree into another field of study, what are the requirements to enter that field of study? Extra science classes may be required.</p> <p>Begin to think about involvement in research if your GPA and skills support it and if planning to go to graduate school</p>	<p>Summer Employment/Volunteer in Human Services</p> <p>Meet with your faculty mentor for course sequencing advisement</p> <p>Research potential graduate schools and their entrance requirements if planning to go to graduate school</p> <p>Update record/portfolio/"LinkedIn" of experiences</p>
<b>Year 3</b>	<p>Maintain GPA Work and Volunteer in Field</p> <p>Take: PSYC 330 Abnormal Psychology Take 3rd or 4th year: BHSC 313 Multi-Variate Analysis</p> <p>Graduate School Option (3rd &amp; 4th year):</p> <ul style="list-style-type: none"> <li>* Look for Burman recommended PSYC courses</li> <li>* Pursue research opportunities</li> <li>* Work on Research Certificate if able</li> <li>* Work on one of the Certificates if able</li> <li>* Maintain GPA</li> <li>* Prepare for GRE if required for Graduate school and set date for the exam</li> <li>* Work and Volunteer in field</li> </ul>	<p>Keep Going!</p> <p>Student membership in a professional body such as CPA or CCPA or a Provincial Professional Association</p>	<p>Employment/Volunteer in Human Services</p> <p>Meet with your faculty mentor for course sequencing advisement</p> <p>Update record/portfolio/"LinkedIn" of experiences</p> <p>Attend a CPA (Canadian Psychological Association) conference (usually in June)</p> <p>Start applications for Graduate School and check application deadlines, requirements, scholarships and loans</p>

<b>Year 4</b>	<p>Complete Practicum or Research Experience (BHSC 485 or BHSC 490) if haven't completed already or continue work on Research Certificate</p> <p>Prepare applications for Graduate School and check application deadlines, requirements, scholarships and loans</p>	<p>Complete Practicum or Research Experience (BHSC 485 or BHSC 490) if haven't completed already</p> <p>Update record/portfolio/"LinkedIn" of experiences</p>	<p>You made it!</p> <p>Apply for Jobs or Head to Graduate School!</p>
---------------	---	---	---