

Psychology

BACHELOR OF ARTS DEGREE; MAJOR AND EXTENDED MINOR

Why study psychology?

The study of psychology will prepare you for a wide variety of employment and educational opportunities. Virtually every professional career avenue requires an understanding of psychological processes such as learning, remembering and forgetting, managing relationships, making decisions, maintaining health, and dealing with psychological distress.

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Many people with careers in the fields of law, medicine, education, and business have backgrounds as psychology students. For others, the study of psychology is attractive because it, more than any other subject, enables them to understand their own lives and the behaviour of others with whom they interact.

WHAT TYPE OF CAREER CAN I EXPECT?

As a student with undergraduate training in psychology, you might find employment in many professional areas, including social services, child care, public relations and marketing, government, business and administration, and research-related fields. You can also develop a program of studies in psychology that will specifically suit your particular needs and career goals.

For example, if you're interested in the fields of medicine, nursing, and other allied health fields, you'll find relevant courses in such areas as lifespan development (childhood, adolescence, adulthood, and aging), health psychology, and the biological bases of behaviour. Or maybe you're thinking about a career in law, criminology, education or social services — you can then take courses that examine the psychology of learning, memory, psychological assessment, and abnormal behaviour. Or if you want to pursue a career in government, business, and industry, your studies will be well supported by taking courses in social psychology, personality, and research methods.



“Psychology is more than a profession to me; it is a lens I use to view and understand my world. Perhaps the most important thing I have learned is that how I think is as important as what I think.”

— DR. ZOE DENNISON,
UFV Psychology professor.

Psychology



“UFV is a remarkable place to earn an undergraduate degree in psychology. The students, staff and faculty work together effortlessly, to create a comfortable and highly stimulating academic environment. The professors are beyond exceptional; they are passionate and committed towards the course material and work hard to accurately represent current psychological theories and research. Overall, studying psychology at UFV was a challenging and exciting accomplishment.”

— SARA POLUKSOHKO, BA grad, June 2006.

WHY STUDY PSYCHOLOGY AT UFV?

Because you can tailor your education to meet your individual career goals. At UFV, you can complete your bachelor's degree with a major or extended minor, if you are considering Graduate School you may obtain an BA Honours in psychology, or you may simply take psychology courses for your general interest or as part of another program.

Also, UFV is a teaching-focused institution. Our smaller classes ensure a lower student-to-instructor ratio than classes at many of the larger institutions. This means that our faculty members are approachable and have the time to assist you. There are also opportunities to participate in research by completing directed studies courses or working directly with faculty on their ongoing research projects.

At UFV we also do our best to accommodate our students' cross-disciplinary interests by coordinating programs with other areas of study such as criminal justice, child and youth care, and other areas within the arts and sciences. Beginning with first-year courses and continuing through fourth year, the UFV Psychology department offers increasingly specialized courses in the major subject areas of psychology:

- research design
- statistical analysis
- history and systems of psychology

- cognitive psychology
- developmental psychology
- social psychology
- biological bases of behaviour
- health and clinical psychology
- personality theory

WHAT DO I NEED TO GET IN?

That depends. If you're coming to psychology straight out of high school, you need to follow Option One and will need:

- B.C. Secondary school graduation or equivalent and
- Minimum of B in English 12, and a minimum of a B average on two other provincially examinable Grade 12 subjects.

If you've got some post-secondary studies completed, you need to follow Option Two, which requires:

- Completion of a minimum of 30 Arts/Science university-level credits with a cumulative GPA of 2.33 on all credits attempted, or
- Completion of a minimum of nine Arts/Science university-level credits with a GPA of 3.0 or better on all university-level credits attempted, or
- A B.C. Associate of Arts degree or UFV diploma in Liberal Arts, Visual Arts, or Theatre. You must achieve an average overall grade of C (GPA of 2.0) calculated on all courses that could apply towards the diploma or associate degree.

For the purpose of Admissions, credits earned in the following disciplines will be considered: anthropology, art history, communications (CMNS 155 and above), criminology/criminal justice (excluding CRIM 201, 202, and 203), economics, English, film, geography, history, international studies, Latin American studies, mathematics/statistics, media and communication studies, modern languages, philosophy, political science, psychology, religious studies, sociology, SCMS, theatre, and visual arts.

The remaining credit can be from:

- Any UFV course listed as a requirement for a current degree-granting program (with the exception of the BA in Child and Youth Care, the BBA in Aviation, the BSc in Nursing, and the BSW), or
- Any other course or practicum which has been reviewed by the Arts Curriculum committee.

To date, some courses from Aviation, Communications, Library Technology, and Social Services and Social Work have been approved. For a list of acceptable courses and practica, it's best to contact the Bachelor of Arts advisor.

I WANT TO BE A PSYCHOLOGIST. IS THIS THE PROGRAM FOR ME?

Yes. This is your first step towards that career goal. It's good to know that while an undergraduate degree in psychology does not prepare you to become a practising psychologist, the road you take toward professional training in the areas of counselling, clinical, forensic, industrial, and organizational psychology, would normally begin with a bachelor's degree in psychology as a prerequisite. You are strongly encouraged to consult with faculty members in our department about your career options.

WHAT TYPE OF COURSES WILL I TAKE?

PSYCHOLOGY MAJOR

LOWER-LEVEL REQUIREMENTS

COURSE #	TITLE
PSYC 101	Introduction to Psychology I
PSYC 102	Introduction to Psychology II
PSYC 110	Statistical Analysis in Psychology
or MATH 104	Introductory Statistics
or MATH 106	Statistics I
PSYC 202*	Research Methods in Psychology
Select two of the following:**	
PSYC 221	Introduction to Cognitive Psychology
PSYC 241	Psychological Disorders
PSYC 250	Introduction to Developmental Psychology
PSYC 280	Biological Bases of Behaviour

* This requirement may be met by PSYC 210 if previously completed.

** This requirement may be met by PSYC 220 if previously completed.

UPPER-LEVEL REQUIREMENTS

Your upper-level requirements consist of thirty credits of 300- and 400-level psychology, including PSYC 408, History of Psychology. No more than eight credits may be in directed studies.

PSYCHOLOGY HONOURS PROGRAM

If you elect to apply for our Honours program you will be required to complete Psych 301 (Intermediate Research Methods and Data Analysis in Psychology) in addition to the requirements for the major.

HONOURS REQUIREMENTS

COURSE #	TITLE
PSYC 490	Honours Seminar (three credits)
PSYC 498	Honours Independent Study
PSYC 499	Honours Project (six credits)

PSYCHOLOGY EXTENDED MINOR

LOWER-LEVEL REQUIREMENTS

COURSE #	TITLE
PSYC 101	Introduction to Psychology I
PSYC 102	Introduction to Psychology II
PSYC 110	Statistical Analysis in Psychology
or MATH 104	Introductory Statistics
or MATH 106	Statistics I
PSYC 202*	Research Methods in Psychology
Select two of the following:**	
PSYC 221	Introduction to Cognitive Psychology
PSYC 241	Psychological Disorders
PSYC 250	Introduction to Developmental Psychology
PSYC 280	Biological Bases of Behaviour

* This requirement may be met by PSYC 210 if previously completed.

** This requirement may be met by PSYC 220 if previously completed.

UPPER-LEVEL REQUIREMENTS

Your upper-level requirements consist of fifteen credits of 300- and 400-level psychology. No more than three credits may be in directed studies.

I'M INTERESTED. WHAT'S THE NEXT STEP?

Check out our online calendar at www.ufv.ca/calendar or our website at www.ufv.ca/psychology. Visit the download centre and download the application forms.

You can then either mail your complete application, along with the documents listed in the calendar and the \$45 processing fee to any UFV campus or centre or transmit it through the internet at www.pas.bc.ca.

HOW MUCH WILL IT COST?

Consult the UFV calendar at www.ufv.ca/calendar for a complete list of fees, keeping in mind that new fees are usually set in May. Along with tuition fees, you should be prepared to cover additional costs of about \$100 per course for books and other supplies. It's worth a visit to the UFV financial aid and awards office, which facilitates the disbursement each year of about \$12 million in federal and provincial student loans, grants, bursaries, scholarships, and awards to UFV students. A helpful budget planning worksheet is available online at www.ufv.ca/fineaid/budget.

WHAT SORT OF SUPPORT WILL I GET?

We're here for you! For more information about support and student services at UFV, visit www.ufv.ca/student-services to learn about the broad range of services designed to help you learn about and adjust to the university environment.

As a psychology student, you can also join the Student Psychology Association where there are activities designed to support students in the psychology program. Members provide information and support for students navigating through the psychology program.

CAN I GET ACADEMIC CREDIT FOR THE SKILLS AND KNOWLEDGE THAT I HAVE GAINED IN MY LIFE SO FAR?

Yes. UFV offers Prior Learning Assessment and Recognition (PLAR), a flexible assessment process that evaluates your experiential learning (what you already know and can do) for post-secondary credit. Experiential learning includes independent study, volunteer activities, non-credit courses, workplace learning, and military service. To find out more, check out the PLAR website at www.ufv.ca/plar or contact Susan Brown, Assessment Services Coordinator, PLAR at 604.851.6342 or susan.brown@ufv.ca.

SOUNDS GOOD. WHAT DO I DO NOW?

Apply right away. Visit www.ufv.ca/advising/prospective/enroll for a step-by-step process to becoming a UFV student. Have specific questions? Contact the Psychology department directly at 604-557-4027 or email psychinfo@ufv.ca.

CAN I SPEAK WITH SOMEONE ABOUT MY OPTIONS?

Absolutely! We want to hear from you. If you're unsure of your direction, contact Student Services at 1-888-504-7441 to connect with an educational advisor, or arrange for career counselling.

Also, feel free to contact the Psychology department directly at 604-557-4027 or email psychinfo@ufv.ca.



The information contained in this document is subject to change. Please refer to www.ufv.ca/psychology for up-to-date information. UFV reserves the right to cancel courses and programs.



About UFV

Nestled in the beautiful Fraser Valley just east of Vancouver, in B.C., UFV is a fully accredited, public university that enrolls more than 11,000 students each year. UFV has campuses in Abbotsford, Chilliwack, and Mission and regional centres in Hope and Agassiz, and a growing presence in Chandigarh, India.

UFV is committed to exceptional post-secondary instruction and a nurturing learning environment. We are large enough to offer variety, yet small enough to offer the personal attention that our students need to thrive. Our small class sizes and focus on teaching allow our students to get to know their instructors and learn in a hands-on setting.

We offer more than 80 programs, including 13 bachelor's degrees, a master's degree, and more than a dozen trades and technology programs. We believe that anyone who wants to go to university should be given the chance, so our admission policies are flexible, and we provide university prep courses and high school completion options. There are many options for learning: full-time, in class, online, as part of a structured program or one tailored specifically to your interests.

Many of our programs "ladder" into one another, allowing students to keep their options open. Our international programming makes for a culturally diverse student body and great opportunities to study abroad, while our continuing studies offerings make learning a lifelong experience.

UFV is recognized nationally for student success, an excellent learning environment, creative integration of programming, and our work with our local communities.

Get to know us better at www.ufv.ca.

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