



# THE UNIVERSITY OF WINNIPEG

For more information visit [www.uwinnipeg.ca](http://www.uwinnipeg.ca) or contact a student recruitment officer at [welcome@uwinnipeg.ca](mailto:welcome@uwinnipeg.ca) or 204.786.9844. In any case where The University of Winnipeg Academic Calendar and this fact sheet differ, the current Calendar takes precedence.

## Psychology

*Psychology is the scientific study of the mind, human experience, and behaviour, ranging from the basic mechanisms of the nervous system to principles governing social relations.*

Psychology seeks to understand scientifically such diverse topics as aggression, attachment between infants and caregivers, reading, psychological disorders, romantic relationships, and effective behaviour in organizations. These and many other interesting topics are examined from multiple perspectives, including: basic biological processes, early environment, the impact of poverty and other stressors, social context, and culture.

Given the richness of psychology, students are encouraged to select courses from various areas that make up its core. These are physiological psychology, perception, learning, cognition, developmental psychology, personality, social psychology, and abnormal psychology. Students also take courses on the scientific methods that psychologists use to understand human behaviour and experience, from observations and surveys to biological procedures. Outside of class, students have opportunities to participate in psychological research, to work with Psychology faculty on specific research projects, and to attend interesting talks. Students emerge with a sound understanding of the richness and complexity of human beings, and with an appreciation of how they can be understood scientifically.

Our program leads to a **Bachelor of Arts degree (3-year, 4-year general, or 4-year Honours)**. The 4-year Honours degree is recommended for anyone planning graduate studies in the field.

Psychology also offers 3-year, 4-year, and 4-year Honours BSc degrees through the interdisciplinary Biopsychology program. For more information on Biopsychology, go to: <http://www.uwinnipeg.ca/index/biopsychology-index>.

### PERSONAL AND PROFESSIONAL BENEFITS

The study of psychology has many benefits, both personal and professional. At a personal level, students learn more about themselves and other people, how psychological science helps to separate fact from fiction about human psychology (e.g., the myth that people only use 10% of their brains), and critical thinking skills relevant to many contemporary issues (e.g., global warming, early childhood education). Courses also provide much specific information relevant to being students, partners, parents, and other important personal roles in life.

Professional benefits are similarly diverse. Although not designed specifically to provide preparation for particular careers, other than the practice of psychology following further graduate study, undergraduate psychology programs contain content that is fundamental to numerous occupations, as many work settings value knowledge about human motivation, perception, learning, social behaviour, and data analysis. Psychology courses are often part of training programs or are prerequisites for degrees in areas such as nursing or medicine, education, speech pathology, law enforcement, social services, business, and public administration.

### SAMPLE COURSES

**Introductory Psychology** provides an overview of the scientific analysis of behaviour and mental activity from biological, social, and personal perspectives. The course surveys diverse psychological topics, including perception, learning, memory, intelligence, personality, developmental processes, and abnormal behaviour.

**Social Psychology I** is a second-year course that explores the behaviour and cognition of the individual in social contexts. Topics include social perception and impression formation, attitudes, beliefs and values, prejudice and discrimination, and the formation and function of the social self.

**Perception I** is a second-year course that examines how the senses gather information about the physical world and how our minds make sense of that information. Topics include the nativist-empiricist conflict, psychophysics, perceptual constancy, and the perception of movement and depth.

**Biological Considerations in Clinical Psychology** is an Honours course that deals with the biological bases of several psychological disorders. In the course, students also discuss and compare various psychotherapeutic and pharmacological treatments. Topics include such disorders as anorexia nervosa, alcoholism, mania, depression, phobias, obsessive-compulsive disorder, schizophrenia, Parkinsonism, and Alzheimer's disease.

## MORE SAMPLE COURSES

Abnormal Behaviour in Adults, Developmental Psychology, Drugs and Behaviour, Introduction to Cognitive Psychology, Personality Psychology, Physiological Psychology, Culture and Psychology, Psycholinguistics, Forensic Psychology

## WHAT OUR STUDENTS SAY

"My experience studying in The University of Winnipeg Psychology Department has been amazing. The professors take a sincere interest in their students and want them not only to succeed at the undergraduate level, but also to teach them skills that carry through to their future careers." - *Tiffany Kolesar (BSc Honours Biopsychology '15)*

"I feel very fortunate to have been presented with so many valuable research and academic opportunities by faculty members of the Psychology department. They really seem to care about their students and make an effort to provide them with experiences that will contribute to their future success." - *Jessica Dupasquier (BAH '13)*

"By being exposed to fascinating course material through a set of highly influential and encouraging faculty members as well as the opportunity to conduct one's own independent research, students favourably acquire a wealth of knowledge, awareness, personal growth and wisdom..." - *Scott Smith (BAH '13)*

"The honours program at UWinnipeg gave me a sound foundation in the practice of psychological science, including statistics, and many opportunities to interact closely with faculty in seminar classes and on research projects. These experiences were ideal preparation for graduate school." - *Travis Todd (BAH '07)*, who completed a PhD at the University of Vermont and won a prestigious New Investigator award from the American Psychological Association.

"The smaller size of the Psychology Department at the UWinnipeg facilitates building relationships with not only your professors, but with others in the department as well. The amount of support I have received throughout my studies here is wonderful. My professors have invested their time and resources in me and allowed me to take on ambitious pursuits, encouraging me along the way. Because of the opportunities I have received through my studies in Psychology, I am confident I will be a successful grad school applicant. When it comes to an undergraduate degree in Psychology, UWinnipeg is the place to be in Manitoba." - *Harrison Oakes (BAH '14)*

## PSYCHOLOGY STUDENTS' ASSOCIATION

Psychology has an active and large students' association. Every year the Psychology Students' Association (PSA) holds a membership drive, and students can join for a nominal fee. The PSA provides a meeting and study place (4L17) and a spot to find tutors. The PSA also organizes talks and other events of interest to students, providing opportunities for students and faculty to interact.

## SAMPLE FIRST YEAR

**PSYC-1000(6) Introductory Psychology** plus **24 credit hours of Electives** selected because they either are required for obtaining a Degree (e.g., Humanities requirement) or are entry level courses in areas of student interest (many departments have an introductory course as a prerequisite to upper level courses). Possible areas of study include: Social Sciences (e.g. Anthropology, Political Science, Sociology), Natural Sciences (e.g. Biology, Chemistry), and Humanities (e.g. English, History, Philosophy).

*NOTE: This sample first year is only representative of courses students **might** take. For many programs, students may choose an alternative set of courses and still be well on their way to a degree. Also, most programs do not require that students take 30 credit hours (five full courses) in first year.*

## REQUIRED HIGH SCHOOL COURSES

Students must meet The University of Winnipeg's general admission requirements. No specific courses are required for registration in Introductory Psychology.

## HOW TO APPLY

To find more information on application requirements, deadlines, and to access the application, please visit [uwinnipeg.ca/apply](http://uwinnipeg.ca/apply).

## CONTACT US

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