



PROGRAM PLANNING GUIDE

Name: _____

ID:

Bachelor of Arts

Psychology



Psychology delves into what makes people tick. Psychologists study the relationship between mind and behaviour by investigating the nature of thought processes and behaviours in humans and other animals. Psychologists also study the evolutionary, social and cultural factors affecting the development of our thoughts and behaviours, focusing on topics that have a direct bearing on our day-to-day experience. A major in Psychology will help you develop skills in analyzing and interpreting complex material, particularly as it relates to behaviour.

What determines my program requirements?

Please refer to the Academic Calendar (www.ulethbridge.ca/ross/academic-calendar) for complete program information.

Calendar Year: 2025/2026 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

Faculty/School: Faculty of Arts and Science (www.ulethbridge.ca/artsci)

Program(s): Bachelor of Arts

Major(s): Psychology

Minor: A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see www.ulethbridge.ca/ross/minors.

Am I admissible to this program?

Admission: www.ulethbridge.ca/ross/admissions/undergrad

Transfer: www.ulethbridge.ca/ross/transfer-resources

When/How do I apply to the University?

Deadlines: www.ulethbridge.ca/ross/admissions/undergrad/deadlines

Step-by-Step: www.ulethbridge.ca/ross/admissions/step-by-step

Where can I find information on courses?

Course Catalogue: www.ulethbridge.ca/ross/courses

Registration Guide: www.ulethbridge.ca/ross/registration-guide

When can I register for classes?

Register early! (March for Summer and Fall; November for Winter)

Registration Dates: www.ulethbridge.ca/ross/registration-dates

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge

Co-op Education: www.ulethbridge.ca/career-bridge/co-operative-education

Honours Thesis: www.ulethbridge.ca/ross/undergraduate-thesis

Double Major: www.ulethbridge.ca/ross/double-major

What supports are available to students?

Student Services: www.ulethbridge.ca/campus-life/student-services

Student Success Centre: www.ulethbridge.ca/student-success-centre

Accessible Learning: www.ulethbridge.ca/ross/alc

Counselling Services: www.ulethbridge.ca/counselling





PROGRAM REQUIREMENTS (2025/2026)

Required courses and notes

Major Requirements (19 Courses)

- ____ 1. Neuroscience 2610 - Principles of Brain Structure and Function
- ____ 2. Neuroscience 2620 - Principles of Behavioural Neuroscience
- ____ 3. Psychology 1010 - Introduction to Psychology A: Evolution, Mechanisms, and Cognition/Perception
- ____ 4. Psychology 1020 - Introduction to Psychology B: Developmental, Sociocultural, and Abnormal
- ____ 5. Psychology 1030 - Key Skills in Psychology
- ____ 6. Psychology 2005 - Psychological Sketches: Straight from the Researchers
- ____ 7. Psychology 2030 - Thinking with Data I
- ____ 8. Psychology 2110 - Introduction to Child Development
- ____ 9. Psychology 2330 - Learning and Cognition
- ____ 10. Psychology 2650 - Individual Differences
- ____ 11. Psychology 2700 - Behaviour and Evolution
- ____ 12. Psychology 2800 - Social Psychology
- ____ 13. **One of (Developmental):**
 - ____ Psychology 3000 - Issues in Psychology (Series)
 - ____ Psychology 3105 - Adolescent Development
 - ____ Psychology 3120 - Psychology of Aging
- ____ 14. **One of (Sociocultural):**
 - ____ Psychology 3330 - Social Cognition
 - ____ Psychology 3805 - Social Learning and Culture
 - ____ Psychology 3810 - Environmental Psychology
 - ____ Psychology 3825 - Human Sociality: Ourselves and Others
 - ____ Psychology 3845 - Issues in Sexuality
 - ____ Psychology 3940 - Consumer Psychology
- ____ 15. **One of (Abnormal):**
 - ____ Psychology 3130 - Developmental Psychopathology
 - ____ Psychology 3500 - Abnormal Psychology
 - ____ Psychology 3910 - Psychology of Criminal Behaviour
- ____ 16. One course (3.0 credit hours) in Psychology at the 4000 level, excluding Undergraduate Thesis (Psychology 4995), Independent Study (Psychology 4990), and Applied Studies (Psychology 4980)
- ____ 17.-19. Three additional courses (9.0 credit hours) in Psychology at the 3000 or 4000 level, at least one of which must be designated as Social Science
 - ____ 17. _____
 - ____ 18. _____
 - ____ 19. _____

Notes

To determine if a given course has a Social Science designation, see List II: Social Science Courses (see **School of Liberal Education** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar).

Students who wish to pursue graduate studies in Psychology should consider the Undergraduate Thesis option and should take Psychology 3400. Students who wish to pursue graduate studies in Neuroscience should, in addition, take Neuroscience 3605, and may wish to consider a major in Neuroscience.

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Electives (21 Courses)

- ____ 20.-40. Twenty-one additional courses (63.0 credit hours) chosen to complete program requirements
 - ____ 20. _____
 - ____ 21. _____
 - ____ 22. _____
 - ____ 23. _____
 - ____ 24. _____
 - ____ 25. _____
 - ____ 26. _____
 - ____ 27. _____
 - ____ 28. _____
 - ____ 29. _____
 - ____ 30. _____
 - ____ 31. _____
 - ____ 32. _____
 - ____ 33. _____
 - ____ 34. _____
 - ____ 35. _____
 - ____ 36. _____
 - ____ 37. _____
 - ____ 38. _____
 - ____ 39. _____
 - ____ 40. _____

Optional Concentration: Animal Behaviour

Courses taken to complete the concentration will fill in as electives in the program requirements above.

For information about the Animal Behaviour concentration, see **Faculty of Arts and Science** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar.

- ____ 1.-5. **Required Courses**
 - ____ 1. _____
 - ____ 2. _____
 - ____ 3. _____
 - ____ 4. _____
 - ____ 5. _____



Required courses and notes

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Liberal Education List Requirement

Only four courses (12.0 credit hours) in total may be counted from any one discipline toward the Lib Ed Requirement. Disciplines are identified by separate course subject codes. Cross-listed courses count toward the limit for both disciplines (e.g. IGBM 3250/INDG 3250 counts toward the limit for Dhillon School of Business courses and Indigenous Studies).

Only four courses (12.0 credit hours) in total from the Faculty of Education (EDUC), Faculty of Health Sciences (ADCS, HLSC, INHL, NURS, PUBH, and TREC), and the Dhillon School of Business (ACCT, AGEM, FINC, GLBU, HRLR, IGBM, MGT, and MKTG) may be counted towards the Lib Ed Requirement.

To determine if a course has a Liberal Education designation, see School of Liberal Education in the 2025/2026 University of Lethbridge Undergraduate Calendar, www.ulethbridge.ca/ross/academic-calendar.

1.-4. List I: Fine Arts and Humanities

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____

5.-8. List II: Social Science

- _____ 5. _____
- _____ 6. _____
- _____ 7. _____
- _____ 8. _____

9.-12. List III: Science

- _____ 9. _____
- _____ 10. _____
- _____ 11. _____
- _____ 12. _____

General Requirements

- _____ A minimum of 40 courses (120.0 credit hours) with a GPA of at least 2.00.
- _____ A maximum of five Independent Study courses (15.0 credit hours) may be completed for credit towards the degree.
- _____ A maximum of five Disciplinary Credit Applied Studies courses (15.0 credit hours) may be completed for credit towards the degree. Students may, in addition, complete Applied Studies 2000, 2001, 2010, and 2011.
- _____ A maximum of 24 courses (72.0 credit hours) may be completed from any one discipline for credit towards the degree. Disciplines are identified by a specific course label (e.g. KNES, ASTR, and HIST are separate disciplines).
- _____ A maximum of 6.0 credit hours in Activity courses (i.e. courses labelled PHAC and MUSE) may be completed for credit towards the degree, except for Kinesiology majors (not more than 15.0 credit hours) and Music majors (not more than 12.0 credit hours).
- _____ A maximum of six courses (18.0 credit hours) from disciplines offered outside the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education may be completed for credit towards the degree (i.e. labelled ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, and TREC). Courses cross-listed between the Faculty of Arts and Science and another Faculty or School do not count towards this limit.
- _____ Residence requirement: a minimum of 20 courses (60.0 credit hours) must be completed at the University of Lethbridge, including at least 10 courses (30.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education at the 3000/4000 level. At least half of the courses required in the major must be completed at the University of Lethbridge.

A **maximum** of 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE) and courses numbered in the range of 0520 to 0530.

1.-12. Introductory Course Limit

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____
- _____ 7. _____
- _____ 8. _____
- _____ 9. _____
- _____ 10. _____
- _____ 11. _____
- _____ 12. _____

A **minimum** of 15 courses (45.0 credit hours) from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education at the 3000/4000 level, excluding Activity courses (labelled PHAC and MUSE). Out-of-faculty courses (i.e. labelled ACCT, ADCS, AGEM, CDEV, CRED, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, and TREC) will not meet this requirement.

1.-15. Senior Course Requirement

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____
- _____ 7. _____
- _____ 8. _____
- _____ 9. _____
- _____ 10. _____
- _____ 11. _____
- _____ 12. _____
- _____ 13. _____
- _____ 14. _____
- _____ 15. _____

Optional Minor:

For information about minors see **Minors** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar. Consult with an Academic Advisor if you wish to add a minor to your program.

1.-6. Required Courses

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____



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Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms). Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.

First Year

- Psychology 1010**
- Psychology 1020**
- Psychology 1030**
- Psychology 2030**
- Psychology 2005
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course
- Lib Ed Requirement course

Second Year

- Neuroscience 2610
- Neuroscience 2620
- Psychology 2110
- Psychology 2330
- Psychology 2650
- Psychology 2700
- Psychology 2800
- Lib Ed Requirement course
- Elective
- Elective

Third Year

- Psychology 3000-level list course
- Psychology 3000-level list course
- Psychology 3000-level list course
- Psychology 3000/4000 level (Social Science)
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective
- Elective
- Elective

Fourth Year

- Psychology 4000 level
- Psychology 3000/4000 level
- Psychology 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective 3000/4000 level
- Elective
- Elective

Note: Courses in bold in Years 1 and 2 of the sample sequence are prerequisite(s) for required courses and should be completed early in your program. Students are advised to review the prerequisites for elective courses within the major and plan accordingly.