



## PSYCHOLOGY

### POSSIBLE MODULES

- Psychology
- Developmental Cognitive Neuroscience

### Combined Degrees

- HBA (Ivey Business School)

Western's Psychology Department offers a comprehensive program providing courses in all branches of the field.

"Psychology" typically calls to mind the study and treatment of clinical disorders. However, psychologists also examine how the brain controls behaviour, how children develop, how people and organizations interact, and how individual characteristics affect these domains.

### BUILDING YOUR EXPERIENCE



Check the [Academic Calendar](#) and review your [module requirements](#)



Discuss your progression and future goals with an [Academic Advisor](#)



Talk to a [Career Educator](#) about your steps after Western in terms of further education, career goals, certifications, and more.



Get the experience you need through opportunities at Western using Mustang Maps and the [Experience Catalogue!](#)

### ABOUT THIS MAP

This map can be used to plan your journey through your undergraduate degree. You can create your own custom map at [mustangmaps.uwo.ca](http://mustangmaps.uwo.ca).

# PSYCHOLOGY

## PROFESSIONAL COMPETENCIES

Engage in these opportunities to build competencies for your future, including:

### FIRST YEAR

### MIDDLE YEARS

### FINAL YEAR

**FUTURE-FOCUSED PLANNER**

- Look into [Social Science](#) or [psychology](#) scholarships and awards
- Find a [summer or part-time job](#) and update your [resume](#)
- Visit the Volunteer or [Leadership Fairs](#)
- Explore the many [opportunities](#) with Western Sport & Recreation

- Look into completing an [Honours Thesis Option](#)
- Talk to a [Career Educator](#) about putting your degree into practice
- Access [Career Fundamentals online modules](#)
- Look into [job opportunities, graduate school](#) or other [further education](#)

- Join the [Canadian Psychological Association](#)
- Update your [LinkedIn](#) profile and connect with employers through [information sessions](#) and [Career Fairs](#)
- Apply to [graduate school](#)

**CRITICAL THINKER**

- Visit the [PAL Centre](#) for help with course work
- Explore future [internship](#) or [research opportunities](#). Consider doing them [abroad](#)
- Learn about entrepreneurship through campus [clubs](#)

- Look into becoming an [undergraduate student research assistant or lab volunteer](#)
- Participate in [Hack Western, SheHacks](#), or a [pitch competition](#)
- Attend or participate in the Social Science Student Council Academic Conference

- Submit your coursework for an [Undergraduate Award](#) or to the [Western Undergraduate Psychology Journal](#)
- Visit [Propel](#) for access to entrepreneurship mentorship
- Listen to special lectures as part of the [Community Lectures](#), or the [Colloquia](#)

**ADAPTABLE PROBLEM SOLVER**

- Expand your understanding of Mental Health issues through [online learning modules](#)
- Learn more about mental health resources through the [Wellness Education Centre](#)
- Learn how to communicate better at the [Writing Support Centre](#)

- Get support from the [Peer Support Centre](#)
- Develop academic skills at the [Writing Support Centre](#) or [Learning Development & Success](#)
- Check out [drop-in recreation and/or intramural opportunities](#)

- Get involved with [Active Minds Western](#)
- Drop in to a [Laura Evans Wellness Workshop](#)
- Explore [Group Care and Workshops](#)
- Check out [FRESH online nutrition resources](#)

**GLOBAL LEARNER**

- Check out [International Week](#) events
- Participate in a [summer program abroad](#)
- Explore [scholarships and funding](#) for international opportunities
- Earn a credit at [Western's French Immersion School](#) in Trois-Pistoles

- Go on [exchange](#) or [study abroad](#) in year 3. Plan in Year 2
- Engage with a [club](#) focused on cultural and international interests
- Volunteer with the [International & Exchange Student Centre](#)
- For more opportunities, [click here](#)

- Be an [International Learning Ambassador](#)
- Participate in the [World's Challenge Challenge](#)
- Submit your [Global and Intercultural Engagement Honour](#) requirements

### GLOBAL AND INTERCULTURAL ENGAGEMENT HONOUR (GIEH)

**COMMUNITY BUILDER**

- Attend [Indigenous Awareness Week](#)
- Get involved with the [Social Science Students' Council](#)
- Join a [USC Club](#)
- Become a [Western Peer Leader](#)
- Look into [Impact Experience](#) opportunities

- Join the [Western Psychology Association](#)
- Look into Community Engaged Learning opportunities with [CityStudio London](#)
- Be an [Academic and Leadership Programmer](#) in residence
- Be a [Mustang fan](#) at the many free sporting events

- Apply to take a [Community Engaged Learning course](#) in psychology
- Apply for the [Grad Pact '91 Award](#)

**INNOVATIVE LEADER**

- Attend workshops as part of the [Learn to Lead Program](#)
- Apply to be a [residence](#) or [orientation student leader](#)
- Explore [leadership and work opportunities](#) with the USC

- Apply for the [Social Science Students' Council Leadership Awards](#)
- Attend the [Learn to Lead Summit](#)
- Get [safeTALK and/or ASIST](#) trained
- Be a peer mentor through the [Leadership and Academic Mentorship Program](#)

- Become a tutor at the [PAL Center](#)
- Consider becoming a [Peer Writing Advisor](#)
- Finish your requirements for the [Learn to Lead Leadership Certificates](#)

- **Goal-orientation**
- **Motivation**
- **Organization**
- **Self-direction**

- **Curiosity**
- **Engagement**
- **Reflection**

- **Hopefulness**
- **Self-confidence**
- **Resourcefulness**
- **Creativity**

- **Equity**
- **Global awareness**
- **Social responsibility**

- **Authenticity**
- **Empathy**
- **Collaboration**
- **Self-awareness**

- **Integrity**
- **Judgement**
- **Intercultural communication**

EXPLORE AN INTERNSHIP OPPORTUNITY



## PLACES TO CONNECT

- Academic Support & Engagement
- Careers & Experience
- Indigenous Student Centre
- Propel Entrepreneurship
- Sport & Recreation
- University Students' Council
- Western International
- Wellness & Well-being
- Western Libraries

Remember, these maps are intended to outline experiences that you could do. They are meant to help you find ways to enrich and personalize your Western experience. You should explore the maps based on your goals and interests, while keeping in mind your own capacity and personal boundaries.



## WESTERN'S THRIVING CAMPUS

We want you to thrive throughout your time here at Western. We aim to make every student feel they have a community in which they can discover their interests, and engage with new ideas and people.

Helping you engage in your learning through practical experiences is just a fraction of what we offer; we have a wide breadth of services designed to help you address the challenges you might face along the way, including academic and career advice, and mental health resources.



## TRACKING YOUR EXPERIENCE

Exploring opportunities to enhance your learning doesn't end with Mustang Maps. As you participate in co-curricular experiences, consider these tools to track your engagement and articulate your transferrable skills:

[Western's Co-Curricular Record](#) helps you showcase your experiences outside of the classroom to potential employers and graduate schools.

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