

### FIRST YEAR

### MIDDLE YEARS

### FINAL YEAR

### ACADEMIC SUCCESS



#### DEVELOP

a Course Plan and  
Build Academic Skills

- Check out the [Academic Support Zone](#) for writing and tutoring support.
- Consider elective courses that interest you and areas you may want to study in the future - find out the prerequisites for those future courses.
- Familiarize yourself with your [myInfo](#) account, self-help and degree audit tools.
- Read through the [Academic Regulations](#).
- If you need academic accommodations, meet with our [Student Accessibility Services team](#).
- Think about the different aspects of Psychology; which do you believe interests you? Are you leaning more towards Science or the Arts?
- Learn about psychology, we encourage you to read and learn more about the field!
- Consider a Minor, look at program requirements to see what you can Minor in.
- Review your program requirements on the [Academic Calendar](#).

- Visit the [Student Success Centre Academic Support Zone](#).
- Meet with your Chair or a [Student Central Professional](#) to discuss your academic progress, and current/future courses.
- Make sure to check your degrees audit at the beginning and end of the year (found on myInfo). Check this anytime you add/drop courses.
- Consider working on applied research, such as a thesis project or special topics!
- Start to consider whether you would like to pursue graduate school, additional certifications, or jump into the workforce!
- If doing a thesis, speak to faculty about your thoughts and research areas of interest.
- Apply during the Fall term of your third year (look for an email from the department).
- If in a non-thesis program, consider taking PSYC 4016 Advanced Seminar for an experiential learning capstone course.
- If hoping to pursue graduate school make sure to take the recommended courses as suggested!

- Meet with your Chair and Psychology Program Coordinator to ensure you have completed and are in-progress to complete all necessary degree requirements needed for graduation consideration.
- Submit your Intent to Graduate.
- RSVP for convocation ceremonies.
- Understand application requirements, processes and deadlines for future programs of interest.
- If applicable, submit your final thesis with all required signatures and email a PDF to the Library for archives.

#### ACADEMIC SKILLS CHECKLIST

- Visit the Academic Support Zone.
- Meet regularly with the Psychology Program Coordinator to ensure program requirements are being met.
- Declare your Intent to Graduate.
- Develop professional contacts with faculty instructors.
- Enhance the value of your degree through specialization options.
- Interpret academic resources.
- Summarize academic resources concisely and accurately in writing.
- Articulate major theoretical perspectives in Psychology.
- Articulate scientific principles and terminology.
- Articulate appropriate methods for collecting social science data.



#### CONNECT

and Gain Experience  
with the Local and  
Global Community

- Register in courses that contain in-class experiential learning opportunities such as participation in psychology experiments.
- Meet the Chair of your Department and the Psychology Program Coordinator- get to know them and let them get to know you.
- Check with our department to see if there are any research opportunities available; remember 1st year is not too early!
- Build networks with students and faculty outside of the Psychology Program. Joining [clubs](#) is a great way to do this.
- Consider a [work-study job](#); it's a great opportunity to gain experience, as well as assist in the cost of your education.
- Connect with your professors – go to office hours even when you don't have a specific issue

- Meet with the Program Coordinator to discuss various appropriate research opportunities.
- Develop networks and connect with your academic professors.
- Participate in course labs and tutorials for hands-on learning experiences.
- Connect to the local community through attending courses that involve case studies.
- Have you decided on what your general focus will be? If so, try to find job or volunteer opportunities to learn more about the field.
- Connect with your peers; help them and let them help you!
- Take part in university culture; consider joining one of the LUSU Clubs & Societies. Consider joining Psychology clubs such as PALS and PsiChi.
- Learn more about what professionals in your field are doing, attend FREE workshops, webinars and research presentations!

- Join different networking platforms such as [Lakehead Connect](#) and LinkedIn.
- Attend Psychology Poster Presentations and departmental events.
- Attend University events such as the Graduation Fair for all graduating students.
- If you are completing a thesis, consider presenting your research at an academic conference.
- Speak to your professors to see if you can assist with their research or participate in a conference.
- See what professors are doing, sometimes they look for student workers during the year. Don't hesitate to reach out!

#### EXPERIENTIAL LEARNING CHECKLIST

- Apply for job opportunities in your field.
- Take advantage of local volunteer activities.
- Participate in an academic exchange through Lakehead's [Study Abroad](#) program.
- Consider joining Toastmasters to develop essential public speaking skills.
- Evaluate and synthesize research to produce sophisticated understandings of psychological topics.
- Participate in the research process from project conceptualization to knowledge sharing as a research assistant.
- Formulate conclusions to research questions based on personal analysis of qualitative and/or quantitative data.
- [Attend](#) employer information sessions and career fairs.



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## PREPARE

for Postgraduation or Career

- Visit the [Career Zone](#) to find out about the career services offered.
- Discuss bursary and award opportunities with [Student Central](#).
- Check out the job bank at [mysuccess.lakeheadu.ca](https://mysuccess.lakeheadu.ca) to learn about summer job and on-campus opportunities in your program.
- Consider applying for OSAP/Provincial Loan funding.
- Meet with a Student Central Professional to discuss financial management, and funding resources.
- It's not too early to immerse yourself in the field and talk to graduate students and faculty to discover your concentration or career opportunities.
- Think about where you can see yourself; what do you like and what can you see your potential career pathway will look like? Talk to faculty and peers if you need ideas.

- Start connecting with employers through on-campus recruitment events such as career fairs and employer visits.
- Join Lakehead Connect to make connections with alumni in the industry.
- Consider taking the [Strong Interest Inventory Assessment](#) to learn about career options.
- Communicate interest in career-related opportunities with your professors.
- Connect with faculty to learn about research and volunteering opportunities within the department.
- Check your syllabus-participate in psych research for bonus marks.
- Look into adding additional certifications to your degree
- If you are considering a 3 or 4 year degree, look into specializations or minors that will compliment your degree.

- Build career readiness skills by attending resume, job search and interview skills workshops in the [Career Zone](#).
- Attend the Career and Job Fair/Career and Summer Job Fairs to network with employers.
- Consider and discuss graduate school options with your faculty.
- Finish strong with your final year – in many cases, grad programs only look at your last year or two of grades.
- Understand the terms and conditions of your provincial funding to understand the repayment requirements.
- Appreciate the progress you have made! Reflect on the transferable skills and begin to market yourself.
- If you are considering continuing on towards a Master's degree, there are additional jobs to consider. Please speak to your Department Chair!

### CAREER DEVELOPMENT CHECKLIST

- Network during Volunteer and Career Fairs.
- Consider arranging an [Informational Interview](#) to build your network and discover potential opportunities.
- Research employment opportunities tied to skills developed in your program.
- Explore [Resources and Tools](#) on the Career Zone Website to learn more about professional development (i.e Strong Interest Inventory).
- Keep track of your skills and experiences for your cover letters and resumes.
- Have your resume reviewed by the Career Zone.
- Understand the terms and conditions of your provincial funding to understand the repayment requirements.
- Create a LinkedIn account.
- Network with employers on campus.
- Apply for job opportunities in your field.

#### ▶ What skills do employers want?

- Goal setting and prioritizing
- Abstract reasoning
- Leadership and teamwork skills
- Communication
- Critical thinking and analytical skills
- General Research skills
- Time management
- Detail orientation

#### ▶ What skills will I gain with this major?

- Ability to hypothesize and develop theories
- Research methods
- Writing and presentation skills
- Communications and interpersonal skills
- Foundational knowledge of Psychology
- Data analysis and interpretation
- Abstract thinking
- Scientific critical thinking
- Critical analysis
- Ability to work independently

#### ▶ What double degrees can I do with this major?

- Philosophy
- Gender and Women's Studies
- Bachelor of Education

#### ▶ What graduate programs could I pursue?

- Industrial and Organizational Psychology
- Medicine and Health Psychology
- School Psychology
- Sports Psychology
- Behavioural and Cognitive Neuroscience
- Comparative and Evolutionary Psychology
- Developmental and Life Span Psychology
- Learning and Memory
- Human Systems Engineering
- Psychopharmacology
- Sensation and Perception
- Social and Personality Psychology

#### ▶ What types of minors can I do?

- Criminology
- Gender and Women's Studies
- Political Science
- Anthropology
- English
- Indigenous Learning
- Aging and Health

#### ▶ What could I add to my degree?

Through Confederation College (accelerated programs)

- Aboriginal Community Advocacy
- Developmental Services Worker
- Native Child and Family Services Worker
- Social Service Worker
- Child and Youth Care – Indigenous Specialization
- Human Resources

#### ▶ What careers can I pursue?\*

- Behaviour Therapist
- Family Therapist
- Art Psychologist
- Occupational Therapist
- Child and Youth Worker
- School Counsellor
- Clinical Coordinator
- Social Worker
- Mental Health Nurse
- Researcher

\*Your career path is not limited to this list. There could be other options to explore!

#### ▶ What field of work are alumni working in?

- Law
- Medicine and Health Care settings
- Education
- Nursing
- Social Work
- Counselling Centers
- Law Enforcement
- Human Resources
- Business
- Psychometrics
- Child and Youth Services

#### ▶ What percentage of graduates are employed within 2 years after graduation?

- 90.9% of students in Physical Sciences

## STUDENT SUCCESS CENTRE

THUNDER BAY (SC0008)

(807) 343-8018  
ssc@lakeheadu.ca  
Monday - Friday | 8:30am - 4:30pm

ORILLIA (OR1021)

(705) 330-4010 x 2118  
orillia.ssc@lakeheadu.ca  
Monday - Friday | 8:30am - 4:30pm

## CAREER ZONE

THUNDER BAY (UC00)

(807) 343-8010 x 8264  
careerzone.ssc@lakeheadu.ca  
Monday - Friday | 10:00am - 4:30pm

## SOCIAL MEDIA

THUNDER BAY

lakeheadlife  
 @lakeheadlife  
 @lakeheadlife

ORILLIA

lakeheadlifeor  
 @lakeheadlifeor  
 @lakeheadlifeor