## Academics

### First Year
- Attend an enrolment-planning workshop with the Academic Advising team
- Consult your program requirements in the Academic Advising team
- Start/continue your language journey; visit our language-learning support centres
- Take courses such as Introduction to Psychology, Statistics 1 and your general education courses

### Middle Years
- Take courses specialized in issues such as health, law, memory, childhood
- Request a progress report and meet with your academic advisor

### Final Year
- Apply to do an honour thesis
- Plan for your bilingual or trilingual certification; apply for the exam
- Get your degree audit
- Apply to graduate

### Other Skills You’ll Earn
- Apply ethical standards to evaluate psychological research and practice
- Engage in innovative and integrative thinking and problem solving
- Enhance interpersonal relationships
- Cultivate values that strengthen communities at local, national and global levels
- Write persuasively for different purposes
- Give coherent and articulate oral presentations
- Interact effectively in group discussions
- Enhance self-efficacy and self-regulation
- Refine project-management skills and teamwork capacity

## Admission Requirements
- **Ontario Secondary School Diploma or equivalent**, with average* of mid-to-high 70s
- A minimum of six 4U or 4M courses, including 4U English (ENG4U) or FRA4U
- A combination of U and M courses; OACs are accepted
- **Proficiency in English OR French**
- For the BSc: one 4U math and one of SCH4U or SPH4U

*Average is calculated based on the top six 4U; 4M or DU courses

## Get Involved

### First Year
- Participate in orientation activities like JumpStart and Frosh Week
- Join/start a club, such as the Glendon Digital Media Club
- Visit the Salon francophone or ESL Open Learning Centre
- Meet the Student Life Coordinator

### Middle Years
- Become a Peer Mentor
- Develop your leadership skills in the Student Union
- Represent students’ voices in university governance
- Join a club or groups, such as Active Minds, Black Students in Psychology or the Sexual Assault Survivor Support Line

### Final Year
- Join a professional association in your field
- Get involved in research opportunities with affiliated hospitals and health centres
- Participate in the annual psychology department Research Day and York Undergraduate Research Fair

## Gain Experience

### First Year
- Contact the Experiential Education office to find opportunities
- Develop your digital media skills at the Glendon Digital Media Lab
- Optimize your experience and learn to articulate the skills you have developed through Becoming YU

### Middle Years
- Enrol in Experimental Psychology
- Pursue your passion project through G21, Glendon’s inquiry-based incubator, or GENIAL, for startups
- Apply to be a Student Ambassador or Research Assistant
- Volunteer in a local organization, such as Peace by PEACE

### Final Year
- Work on practical challenges by enrolling in the Cross-Campus Capstone Classroom (C4)
- Apply to an entry level position in your field of interest
- Enrol in the Applied Research Practicum

## Think Globally

### First Year
- Choose to study psychology as a bilingual or trilingual iBA or iBSc
- Learn another language – 20 languages are taught at Glendon and Keele Campuses, including French, Spanish and Ojibwe!
- Develop your intercultural skills

### Middle Years
- Consider an exchange abroad or with one of our partner universities in Quebec
- Apply to Le français par l’expérience to expand your knowledge of French and francophone culture by doing a work placement

### Final Year
- Volunteer with organizations that have a focus on international issues or diversity in Canada
- Attend the Glendon Global debates

## Plan Your Future

### First Year
- Build your transferable skills by participating in workshops about skills and career development

### Middle Years
- Explore career options and learn more about the skills required
- Discover career opportunities by connecting with alumni
- Book an appointment with the Career Centre to start working on your resumé, cover letters and interview skills

### Final Year
- Network at Glendon’s Bilingual Job Fair
- Use the Career Centre to enhance your resumé and LinkedIn profile
- Attend a workshop on grad school applications
- Join a professional association, such as the Canadian Mental Health Association or Ontario Association of Mental Health Professionals

## Get In Touch

**Domestic students:** liaison@glendon.yorku.ca

**International students:** international@glendon.yorku.ca

Attend one of our events!

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*For the BSc: one 4U math and one of SCH4U or SPH4U*