



## Bachelor of Arts, 4-Year Major in Psychology

---

### Program Planning Guide 2025/2026

#### Program Overview

The Bachelor of Arts with a major in Psychology has been designed for individuals who seek a broad and extensive Psychology education in the liberal arts and sciences tradition. The major in Psychology grounds students in psychological research methods and exposes students to a variety of ways in which human behaviour can be understood. Through the study of various psychology issues, world events and schools of psychological thought, students are introduced to methods of reading, interpreting, and synthesizing a broad and diverse range of ideas and research.

Students in the program will have the opportunity to meet the following objectives through the Psychology major requirements:

1. gain a thorough grounding in psychological principles and theories;
2. understand the development and history of various schools of psychological thought;
3. learn to critically read and evaluate past and current research;
4. develop an awareness of psychological issues affecting the individual over the course of a lifetime;
5. develop an in-depth awareness of selected topics in psychology.

The program reflects the commitment of St. Mary's University to a liberal education as valuable for its own sake since it provides individuals the opportunity to discover and eventually realize their human potential. In addition to providing personal fulfillment, the program prepares students to think critically and communicate clearly. Such skills are in keen demand for variety of careers including the fields in mental health, research, politics, education, social work, pastoral care, government service, forensics, advertising and public relations. The program also ensures that students are well equipped if they desire to continue their education in graduate school.

#### Admission

New students may apply directly to the program when they apply for admission. Current students may be admitted to the program by submitting a *Change of Program Form* to the Enrolment Services Office for processing.

#### Program Requirements

Students are strongly recommended to meet with an academic advisor on a regular basis throughout the program. It is the student's responsibility to ensure they have met the requirements for graduation.

This planning guide is designed to help students keep track of their progress in meeting degree requirements. Course descriptions may be found in the St. Mary's University calendar.

**A. Liberal Arts Core (18 credits)**

- \_\_\_\_\_ ENGL 200A: Studies in Literature: Middle Ages to 1660 (3 credits)
- \_\_\_\_\_ ENGL 200B: Studies in Literature: 1660 to the Present (3 credits)
- \_\_\_\_\_ HIST 200A: History of Ideas: Antiquity to the Reformation (3 credits)
- \_\_\_\_\_ HIST 200B: History of Ideas: Scientific Revolution to 20th Century (3 credits)
- \_\_\_\_\_ PHIL 351: Ethics (3 credits)
- \_\_\_\_\_ RLGS 205: Reading Biblical Texts (3 credits)

**B. Breadth Requirements (24 credits)**

- / \_\_\_\_\_ 6 credits in a language other than English
- / \_\_\_\_\_ 6 credits in the Humanities (ART, CLAS, DRAM, ENGL, FREN, GREK, INST, ITAL, LATI, LING, MUSI, PHIL, RLGS, SPAN, THEO, WRIT)
- / \_\_\_\_\_ 6 credits in Social Sciences **other than Psychology** (ACCT, ECON, FMST, GEOG, HIST, MGST, POLI, SOCI)
- / \_\_\_\_\_ 6 credits in Natural Sciences (ASTR, BCEM, BIOL, CHEM, HMKN 205, PHYS, SCIE)

**C. Core Psychology Requirements (12 credits)**

- \_\_\_\_\_ PSYC 201: *Principles of Psychology* (3 credits)
- \_\_\_\_\_ PSYC 203: *Critical Issues in Psychology* (3 credits)
- \_\_\_\_\_ PSYC 312A: *An Introduction to Experimental Design and Quantitative Methods* (3 credits)
- (prerequisite: Pure Math 30, Math 30-1, Applied Math 30, Math 30-2 or MATH 030 with a minimum grade of 50%)*
- \_\_\_\_\_ PSYC 312B: *Advanced Experimental Design and Quantitative Methods for Psychology* (3 credits)

**D. Psychology Elective Requirements (30 credits)**

- A minimum of **6 credits** in this section must be at the **400 level**
- Applied Psychology (6 credits): PSYC 331, 337, 345, 359, 363, 405, 435, 457, 463, 495
- / \_\_\_\_\_ Clinical Psychology (6 credits): PSYC 385, 407, 409, 411, 413, 443, 455
- / \_\_\_\_\_ Experimental Psychology (6 credits): PSYC 343, 365, 369, 375, 453, 465, 467, 475
- / \_\_\_\_\_ General Psychology (6 credits): PSYC 305, 329, 333, 353, 355, 357, 361, 393, 461
- / \_\_\_\_\_ 6 additional senior credits in Psychology from any field above

**120-Credit Degree****Junior /Senior Requirements**

**72 credits** must be taken at the **300- or 400-level**.

**Directed Studies**

Students are allowed a **maximum of 9.0 credits hours** of directed studies in their degree program.

**Program Standing**

In order to remain in the program, you must maintain a cumulative **GPA of 2.0**, a cumulative **GPA of 2.3** in **senior Psychology courses**.

You may have no more than one D or D+ in senior Psychology courses. Students who do not meet these requirements may not graduate.

**Residence Requirement**

All students must complete at least **60 credits** at St. Mary's University. A minimum of 21 credits in Psychology must be completed at StMU.

**Graduation**

In final year of study, an *Application to Graduate* must be submitted by October 1.

This guide is for your convenience only and should not replace the St. Mary's University Calendar, which is the final authority regarding degree program requirements and academic regulations.

**E. Minor Program Requirements (18 credits)** \*if not pursuing a minor, take 18 credits of electives

- At least 9 credits of a minor must be taken at the 300 or 400 level
- At least 9 credits of a minor must be completed at St. Mary's University

**Minor** (if applicable): \_\_\_\_\_

\_\_\_\_\_ (3 credits)

\_\_\_\_\_ (3 credits)

\_\_\_\_\_ (3 credits)

\_\_\_\_\_ (3 credits)

\_\_\_\_\_ (3 credits)

\_\_\_\_\_ (3 credits)

**F. Electives (18 credits)** \*be attentive to Jr./Sr. requirements

\_\_\_\_\_ elective: \_\_\_\_\_ (3 credits)

\_\_\_\_\_ elective: \_\_\_\_\_ (3 credits)

\_\_\_\_\_ elective: \_\_\_\_\_ (3 credits)

\_\_\_\_\_ elective: \_\_\_\_\_ (3 credits)

\_\_\_\_\_ elective: \_\_\_\_\_ (3 credits)

\_\_\_\_\_ elective: \_\_\_\_\_ (3 credits)