



Bachelor of Arts, 4-Year Honours in Psychology

Program Planning Guide 2026/2027

Program Overview

The Bachelor of Arts with Honours in Psychology has been designed for individuals who seek a broad and extensive Psychology education in the liberal arts and sciences tradition. The Honours 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. This degree culminates in a full-year seminar that affords students the opportunity to take part in all aspects of a research project; writing a research proposal, conducting the research, and presenting the project to peers.

Students in the program will have the opportunity to meet the following objectives through the Psychology Honours 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
6. opportunity to design and complete an original research project.

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

Students may apply to the Honours stream by submitting an application by the first working day of May in their third year or before their final year, and must:

- have a cumulative GPA of 3.0 on the last 30 credits completed;
- have a minimum grade of B in each 300- and 400-level Psychology course;
- have a minimum grade of B in PSYC 312;
- application must include a statement of research interests.

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 Humanities (ART, CLAS, DRAM, ENGL, FREN, GREK, INST, ITAL, LATI, LING, MUSI, PHIL, RLGS, SPAN)
- / 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 (18 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)
- _____ PSYC 490: *Senior Seminar* (6 credits)
- /
 - to be taken in final year of the program
 - prerequisite: minimum grade of B in PSYC 312

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, 433, 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, 339, 353, 355, 357, 361, 393, 461
- / 6 credits of additional senior Psychology from any field above

120 - Credit Honours 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

Must maintain the following requirements in order to graduate:

- a minimum overall GPA of 3.0 starting from the first term used to calculate admission to the Honours program until graduation;
- minimum grade of B in all 300- and 400-level Psychology courses;
- minimum grade of B in PSYC 490, which must be completed at StMU in the final year of the program;
- no F grades while in the Honours program;
- no more than one D or D+ in non-Psychology courses.

Residence Requirement

All students must complete at least **60 credits** at St. Mary's University. A minimum of 27 credits in Psychology must be completed at StMU, including **PSYC 490**.

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)

E. Electives (12 credits) *be attentive to Jr./Sr. requirements

_____ elective: _____ (3 credits)

_____ elective: _____ (3 credits)

_____ elective: _____ (3 credits)

_____ elective: _____ (3 credits)