



# The UVic Psychology Honours Program

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**I THINK IT MIGHT BE FOR ME!**

**HOW CAN I GET STARTED?**

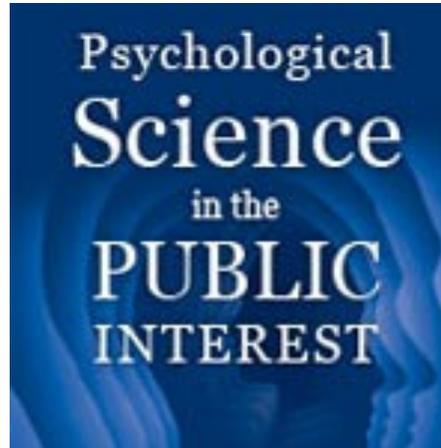
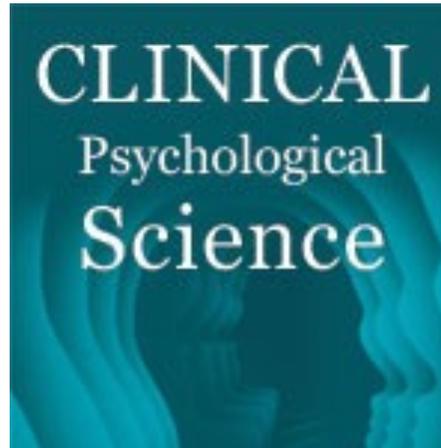
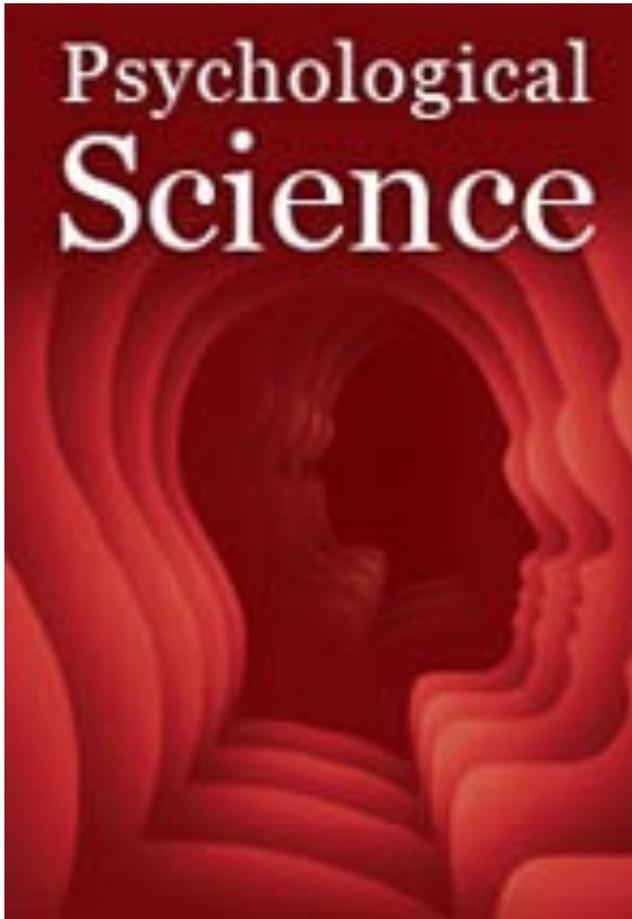
**Information for the 2023-24 intake**



## What is the Psychology Honours Program?

- Senior undergraduate capstone experience, taken in the final year of study (typically 4<sup>th</sup>), from September to April.
- You complete an original research project under the supervision of faculty member, spanning from development of research question to write-up of a thesis in accepted APA format & a poster presentation session





## What Else Happens During the Honours Year? (September - April)

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- While you complete your research, you also attend the Honours PSYC 499 seminar.
- **Purpose of Seminar**
  - to support completion of each step of your Honours thesis
  - to develop key academic-professional skills & portfolio
  - to expose you to state-of-art issues in psychology research & practice

# GRADUATE STUDY IN PSYCHOLOGY

2019

American  
Psychological  
Association

## What Will a Psychology Honours Degree Do for Me?

- A “gold star”  beside your degree, showing you met selective criteria & completed advanced training.
- A **major plus** if you plan to apply for graduate school in clinical, social, developmental, cognitive sciences or other subfields of psychology
  - Will not necessarily help you with applications to Counselling Psychology, Law Schools, or Medical Schools.
- Enhances professional skills & impression you make on prospective employers.
- Individualized real-life experience with faculty mentor & research team.



# How is the Psychology Honours Different than the Psychology Major?

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For your Honours Program, you need to complete all the requirements of the BA or the BSc Major in Psychology, with the addition of the following

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PSYC 400A (Advanced Statistics)

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PSYC 499 (Honours Seminar)

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A total of three 400-level seminar courses (excluding PSYC 400A, 490, 492, 499)

- This is two more seminar classes than the major.



# What About an Honours in BioPsyc?

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You can complete an Honours in the combined BioPsyc program.

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You have the option of completing either PSYC 499, or BIOL 499A/B.

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It is strongly recommended that if you complete PSYC 499, you also take PSYC 400A (and best to take PSYC 300A/B).

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You do not require any additional 400 level seminar classes in Psychology.

# WHAT TO EXPECT FROM THE HONOURS PROGRAM: FEEDBACK FROM PAST STUDENTS

**It is hard work, and for most students it includes work you have not done before:**

- Self-directed work
- Long-term deadlines over a **full** academic year
- Uncertainty and changes to research plans

**You will learn interesting & important things:**

- Career options in psychology
- Planning for graduate school
- Written and oral presentation skills and practice
- The inner workings of research labs & research work

# Typical Trajectory from Year 1 to Senior Honours Year

YEAR 1



- You realize you love PSYC 100A/B & want more psychology courses

YEAR 2



- Declare Major in Psychology
- Take PSYC courses (enjoy! Work hard and keep eye on your GPA!)
- Consider potential faculty advisors & gain experience

YEAR 3



- PSYC 300A/B ( $\geq$ A-)
- CUM PSYC GPA 7.0+  
NON PSYC GPA 5.0+
- Consider potential faculty supervisors
  - classes,
  - directed studies (PSYC 390)
  - volunteer lab
- Spring:
  - Apply to Honours online - Honours Website goes live February 1st

YEAR 4



- PSYC 499 (Seminar & Research Thesis)
- PSYC 400A
- Apply for graduate school?  
Workplace?  
Gap year?
- Create thesis, poster & portfolio

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# Evaluation of Your GPA: Self-Appraisal

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- A *minimum* GPA of 7.0 (A-) in all Psychology courses taken at post-secondary institutions within the last 5 years (this includes transfer classes).
- A *minimum* GPA of 5.0 (B) in all non-Psychology courses taken at post-secondary institutions within the last 5 years
- 9-point system, A+ = 9, A = 8, etc. Add up and divide by number of courses (assuming each course is worth 1.5 units; count double for any 3-unit course). Calculate the average across all PSYC courses, and separately, the average across all other courses.
- A *minimum* grade of A- (80%) in both PSYC 300A and PSYC 300B
- **The Psychology Department will double-check all grades**



# FINDING YOUR SUPERVISOR

- This is going to be a long-term relationship!
  - It is up to you to find a supervisor
- START looking in the **fall of your third year** (or earlier!).
- HOW?
  - Check out what type of research faculty conduct:  
<https://www.uvic.ca/socialsciences/psychology/people/faculty-directory/index.php>
  - volunteer in a professor's research lab
  - take a 390 independent study with a professor
  - make yourself known in classes!
  - Reflect on courses taken or taking now? What grabbed you as interesting??
  - Ask current Honours students
- There are frequently more students who meet the criteria for honours than supervisors



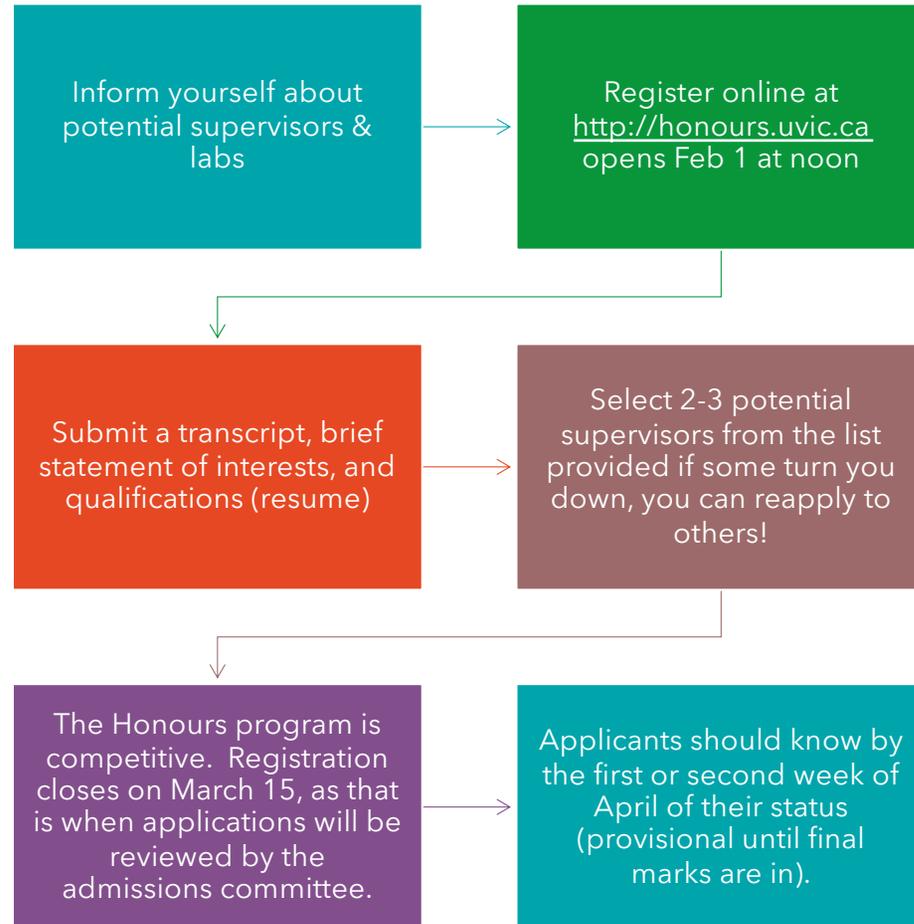


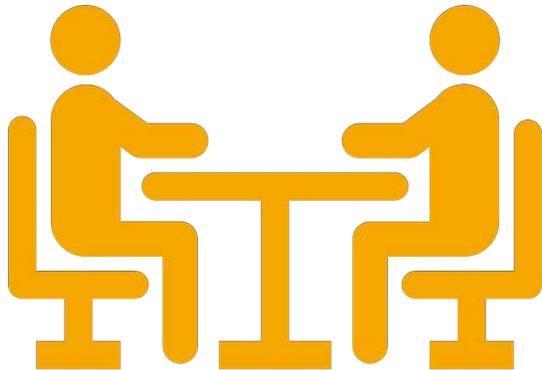
# Potential Honours Supervisors 2023-24

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|              |                         |                  |                  |                   |
|--------------|-------------------------|------------------|------------------|-------------------|
| Tarek Amer   | Megan Ames              | Jodie Gawryluk   | Robert Gifford   | Frederick Grouzet |
| Kelci Harris | Adam Krawitz            | Nigel Mantou Lou | Stuart MacDonald | Sarah Macoun      |
| David Medler | Jhotisha Mugon          | Theone Paterson  | Andrea Piccinin  | Jonathan Rush     |
| Danu Stinson | Paweena Sukhawathanakul | Jim Tanaka       | Brianna Turner   | Jordana Wynn      |

# More Details on Application





## Your Meeting with Prospective Faculty Honours Supervisor

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- Come prepared:
  - Visit faculty member's research website to learn about their work.
  - Be informed and enthusiastic. Prepare a few questions.
  - Bring transcript (unofficial is fine)
  - Bring sample of your written work.
  - If you have research ideas, you could offer them. Just don't insist on them.  
Usually, the supervisor sets the thesis topic with some input from student.
  - Leave with clarity. Politely. What's next and when.

The follow up email.

Thank you. Reflections. Encourage to contact you if further information is needed.

# Selecting a Supervisor

1

Your faculty supervisor will guide you and evaluate your work one-on-one for a full year.

2

Before you commit to the relationship, meet in person or virtually (even if you have been offered a position without meeting)

3

Ask yourself:

- Do you seem compatible?
- Do you like this person?
- Can you get excited about the research you will be doing?

4

You MIGHT receive more than one offer. Whichever you decline, do so gracefully.

# Unfortunately, There Are Some Limits...

Not all qualified students always get into the Honours program.

There are a limited number of potential supervisors.

A few supervisors have extra requirements, such as having worked in their lab already or wanted you to get started, at least on readings, in the summer.

You may want to consider doing a PSYC 390 with a potential supervisor either in the fall or spring of your third year (which can be followed up with PSYC 490).



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# Decision Time

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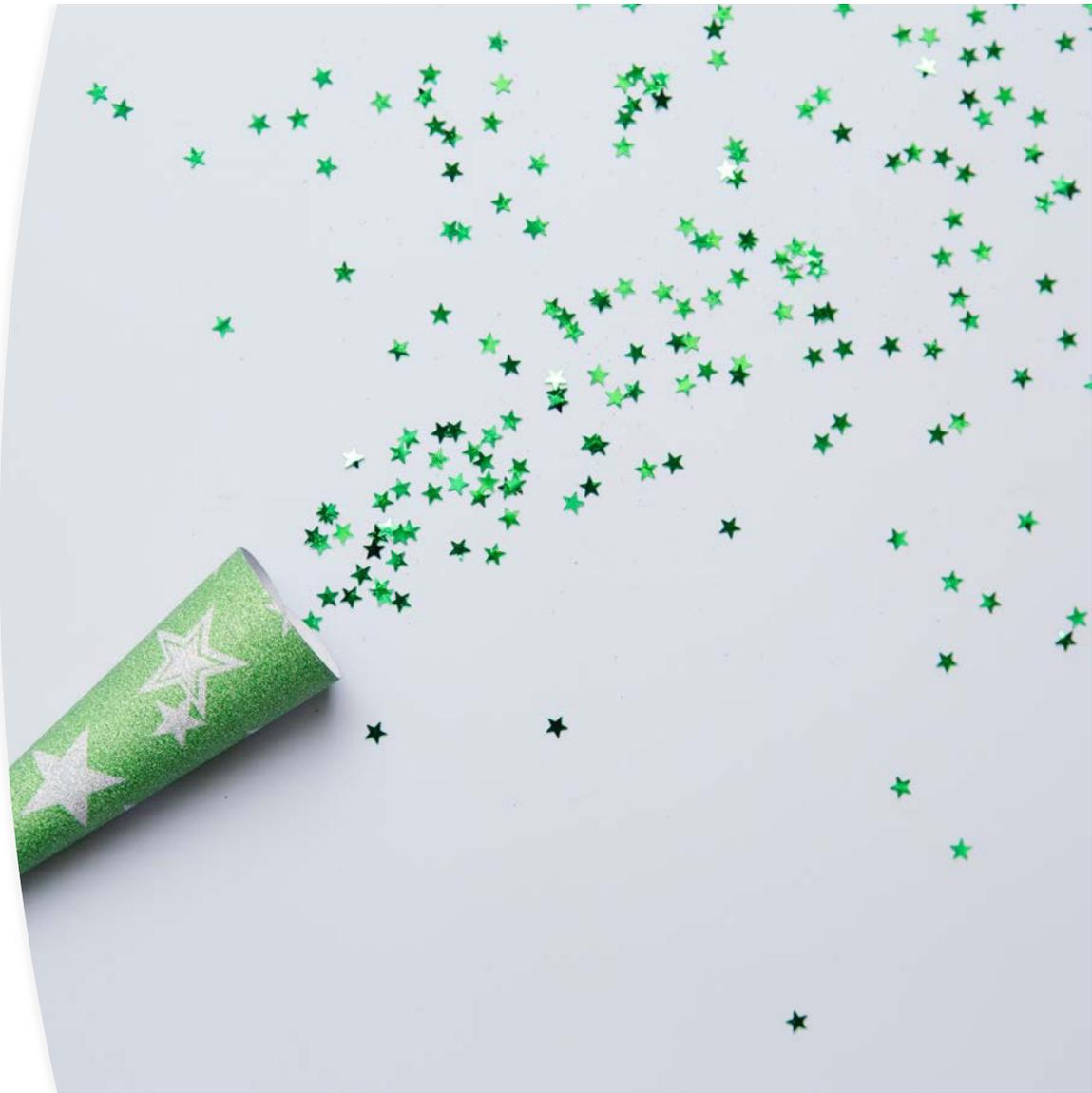
- On the website, it will say "No status" or "pending" as the prospective supervisor is deciding
- Status changes to "accepted" if the prospective supervisor has agreed to supervise you, "Not available" if prospective supervisor declines.
- When accepted, you may then accept the offer
  - once you accept it is a binding commitment
  - you can wait to see if another prospect agrees, but until you commit, a prospective supervisor can withdraw an offer.
  - Of course, you will be talking to the supervisor as well, but the website is the official version, so other students can be aware.
  - You must officially accept on the website, even if you heard from the supervisor by email and accepted by email.

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## Yay! You Have a Supervisor! Now What?

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- Ask your supervisor how to prepare - usually at least some reading, even an independent study course with your supervisor?
- Attend Honours Poster Session during Making Waves conference in early April
- Consider taking a course or 2 during the summer (to free up time next year - a PSYC 390 or 400 level seminar course is a good idea)
- The Honours Advisor will write you a confirmation letter. If you have not heard anything by mid-June, please contact me.



# Final Note



University  
of Victoria

Psychology

- The Psychology Honours Program is an exciting capstone opportunity for senior undergraduate students.
- If you are interested in Honours for September 2023, start thinking about your application now.
- The Psychology Honours Program is certainly not the only route to gaining research experience in psychology or to facilitating entry to graduate school. It is one route to consider.
- Thank You!

# Questions??

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- **Dr. Stuart MacDonald**
- **(Honours Advisor 2021-2023)**
- [smacd@uvic.ca](mailto:smacd@uvic.ca)
  
- **Dr. David Medler**
- **(Undergraduate Psychology Advisor / Associate Chair)**
- [psycadv@uvic.ca](mailto:psycadv@uvic.ca)
  
- **Dr. Sarah Macoun**
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- <http://www.uvic.ca/socialsciences/psychology/undergraduate/honours/index.php>

