Bachelor of Arts – Psychology Major

Four Year (120 credits)

**PLEASE READ AND REVIEW: 2025/ 2026** [**Program Requirements**](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) **-** Effective September 1, 2025

This program plan will assist you in planning your program. You must follow the official program requirements for the calendar year in which you are enrolled. Please contact Advising Services (advising@athabascau.ca) for program planning assistance. Students can use the [course availability](https://tux.athabascau.ca/oros/servlet/DispatcherServlet?action=courseAvailability) list to assist with planning courses.

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| **Course Level Legend**JUNIOR / JR - 200 numbered courseSENIOR / SR - 300 or 400 numbered coursePREPARATORY - 100 numbered course | **Course Progress Legend**TR - Transfer Credit AwardedC - Completed AU CourseIP - In Progress AU Course |

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| **LEVEL** | **TOTALCREDITS** | **COURSE** | **REQUIREMENT** | **COURSE PROGRESS** | **COMMENTS** |
| Jr/Sr | 3 |  [ENGL255](https://www.athabascau.ca/syllabi/engl/engl255.html) | [English Writing Requirement](https://www.athabascau.ca/calendar/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html#englishwritingskillsrequirement) |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Jr/Sr | 6 | [MATH215](https://www.athabascau.ca/syllabi/math/math215.html) or [MATH 216](https://www.athabascau.ca/syllabi/math/math216.html) or [SOCI 301](https://www.athabascau.ca/syllabi/soci/soci301.html) | [Major Required](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Science](https://www.athabascau.ca/course/index.html?/undergraduate/science/all/) or [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Junior | 9 | [PSYC289](https://www.athabascau.ca/syllabi/psyc/psyc289.html) | [Major Required](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Junior | 12 | [PSYC290](https://www.athabascau.ca/syllabi/psyc/psyc290.html) | [Major Required](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 15 |   |   |   | [Science](https://www.athabascau.ca/course/index.html?/undergraduate/science/all/) |
| Jr/Sr | 18 |   |   |   | [Science](https://www.athabascau.ca/course/index.html?/undergraduate/science/all/) |
| Jr/Sr | 21 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Jr/Sr | 24 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Jr/Sr | 27 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 30 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 33 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 36 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Jr/Sr | 39 |   |   |   | [Any area of study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all/) |
| Jr/Sr | 42 |   |   |   | [Any area of study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all/) |
| Jr/Sr | 45 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 48 | [PSYC375](https://www.athabascau.ca/syllabi/psyc/psyc375.html) | [Major Required](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 51 | [PSYC304](https://www.athabascau.ca/syllabi/psyc/psyc304.html) | [Major Required](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 54 | [PSYC323](https://www.athabascau.ca/syllabi/psyc/psyc323.html) or [PSYC355](https://www.athabascau.ca/syllabi/psyc/psyc355.html) or [PSYC356](https://www.athabascau.ca/syllabi/psyc/psyc356.html) or [PSYC379](https://www.athabascau.ca/syllabi/psyc/psyc379.html) or [PSYC387](https://www.athabascau.ca/syllabi/psyc/psyc387.html) or [PSYC302](https://www.athabascau.ca/syllabi/psyc/psyc302.html) or [PSYC435](https://www.athabascau.ca/syllabi/psyc/psyc435.html) | [Major Required – Foundational Course](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 57 | [PSYC323](https://www.athabascau.ca/syllabi/psyc/psyc323.html) or [PSYC355](https://www.athabascau.ca/syllabi/psyc/psyc355.html) or [PSYC356](https://www.athabascau.ca/syllabi/psyc/psyc356.html) or [PSYC379](https://www.athabascau.ca/syllabi/psyc/psyc379.html) or [PSYC387](https://www.athabascau.ca/syllabi/psyc/psyc387.html) or [PSYC302](https://www.athabascau.ca/syllabi/psyc/psyc302.html) or [PSYC435](https://www.athabascau.ca/syllabi/psyc/psyc435.html) | [Major Required – Foundational Course](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 60 | [PSYC323](https://www.athabascau.ca/syllabi/psyc/psyc323.html) or [PSYC355](https://www.athabascau.ca/syllabi/psyc/psyc355.html) or [PSYC356](https://www.athabascau.ca/syllabi/psyc/psyc356.html) or [PSYC379](https://www.athabascau.ca/syllabi/psyc/psyc379.html) or [PSYC387](https://www.athabascau.ca/syllabi/psyc/psyc387.html) or [PSYC302](https://www.athabascau.ca/syllabi/psyc/psyc302.html) or [PSYC435](https://www.athabascau.ca/syllabi/psyc/psyc435.html) | [Major Required – Foundational Course](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 63 | [PSYC323](https://www.athabascau.ca/syllabi/psyc/psyc323.html) or [PSYC355](https://www.athabascau.ca/syllabi/psyc/psyc355.html) or [PSYC356](https://www.athabascau.ca/syllabi/psyc/psyc356.html) or [PSYC379](https://www.athabascau.ca/syllabi/psyc/psyc379.html) or [PSYC387](https://www.athabascau.ca/syllabi/psyc/psyc387.html) or [PSYC302](https://www.athabascau.ca/syllabi/psyc/psyc302.html) or [PSYC435](https://www.athabascau.ca/syllabi/psyc/psyc435.html) | [Major Required – Foundational Course](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 66 | [PSYC323](https://www.athabascau.ca/syllabi/psyc/psyc323.html) or [PSYC355](https://www.athabascau.ca/syllabi/psyc/psyc355.html) or [PSYC356](https://www.athabascau.ca/syllabi/psyc/psyc356.html) or [PSYC379](https://www.athabascau.ca/syllabi/psyc/psyc379.html) or [PSYC387](https://www.athabascau.ca/syllabi/psyc/psyc387.html) or [PSYC302](https://www.athabascau.ca/syllabi/psyc/psyc302.html) or [PSYC435](https://www.athabascau.ca/syllabi/psyc/psyc435.html) | [Major Required – Foundational Course](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   | [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 69 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   |  [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 72 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   |  [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 75 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   |  [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 78 |   | [Major Elective](https://www.athabascau.ca/calendar/2025/undergraduate/program-regulations/degrees/bachelor-of-arts-psychology-major.html) |   |  [Any area of study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all/) |
| Senior | 81 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Senior | 84 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Senior | 87 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/) |
| Senior | 90 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 93 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 96 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/),[Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 99 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 102 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 105 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 108 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 111 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 114 |   |   |   | [Humanities](https://www.athabascau.ca/course/index.html?/undergraduate/humanities/all/), [Social Science](https://www.athabascau.ca/course/index.html?/undergraduate/social-science/all/) |
| Senior | 117 |   |   |   | [Any area of study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |
| Senior | 120 |   |   |   | [Any area of study](https://www.athabascau.ca/course/index.html?/undergraduate/all/all) |

***Notes****:*

* *A maximum of 6 credits at the preparatory (100) level.*
* *A maximum of 60 credits in one discipline.*
* *Program requires 18 credits at the 400 level which must include a minimum of 12 credits within the major.*
* *It is strongly recommend that students consider taking* [*MATH 216*](https://www.athabascau.ca/syllabi/math/math216.html) *for this requirement as most quantitative data analysis is completed using computer software and this is a valuable skill both for future study and work in various fields.*
* *It is strongly recommended that students take* [*MATH 315*](https://www.athabascau.ca/syllabi/math/math315.html) *as a psychology elective, after completing the prerequisite. Many undergraduate programs include an intermediate statistics course, and some graduate programs may expect it as a requirement for admission. A fuller understanding of statistical analysis will also provide students with an advantage when reading the empirical literature.*
* *PSYC 228 and PSYC 323 are precluded courses, however, only PSYC 323 may be used for foundational course credit in the degree program.*