

Psychology and Mental Health

(Mental Health and Well-Being)

Curious about how we form attitudes, cope with stress, or how people recover from brain injury? Explore diverse psychological theories, master the scientific method, and sharpen your critical thinking. You'll earn certificates in brain research or community mental health, all while gaining hands-on experience through volunteer work. Learn more at uab.ca/AugPrograms

YEAR 1	YEAR 2	YEAR 3	YEAR 4
<ul style="list-style-type: none"> • AUIDS 101 • AUPSY 103 • AUSTA 153 • AUSOC 101 • AUENV 120 • AUDRA 144* • AUPED 112* • AUENV 120* • Options <p><i>*Recommended, not required</i></p>	<ul style="list-style-type: none"> • AUIDS 201 • AUSTA 217 • 3-6 units from: <ul style="list-style-type: none"> ◦ AUPSY 220, 240, 256 • 3-6 units from: <ul style="list-style-type: none"> ◦ AUPSY 263, 269, 275 • 0-3 units Ethics and Philosophy • 0-3 units Embodied Expression • 0-3 units Youth, Diversity and Justice • Begin co-curricular certificate • Options 	<ul style="list-style-type: none"> • AUIDS 301 • AUSTA 313 • AUIND 300 • AUSSC 300 • AUPSY 342 • 3-6 units from: <ul style="list-style-type: none"> ◦ AUPSY 220, 240, 256 • 3-6 units from: <ul style="list-style-type: none"> ◦ AUPSY 263, 269, 275 • 0-3 units Ethics and Philosophy • 0-3 units Embodied Expression • 0-3 units Youth, Diversity and Justice • 0-3 units 300- or 400-level AUPSY • Options 	<ul style="list-style-type: none"> • AUIDS 401 • AUPSY 408 • AUPSY 483 • 0-3 units 300- or 400-level AUPSY • 3-6 units 400-level AUPSY • 0-3 units Ethics and Philosophy • 0-3 units Embodied Expression • 0-3 units Youth, Diversity and Justice • Complete co-curricular certificate by Fall term • Options

AUGUSTANA PROJECT-BASED CORE:

Learn the skills needed to succeed in university and create projects while gaining real working experience. Learn more at uab.ca/AugCore

<p>AUIDS 101 (Fall 3-week)</p> <p>The First-Year Seminar prepares students for university by teaching critical analysis, improving academic writing, fostering community involvement and introducing career skills.</p>	<p>AUIDS 201 (Fall 11-week)</p> <p>Option: AUIDS 301 (Winter 3 & 11)</p> <p>Develops teamwork skills through multidisciplinary projects, enhancing career readiness in project management, communication and teamwork.</p>	<p>AUIDS 301 (Fall or Winter)</p> <p>Option: AUIDS 201 (Fall 11-week)</p> <p>Cultivate teamwork by partnering with a local organization to address a need. Gain practical experience, and enhance career skills crucial for industry, client relations and community engagement.</p>	<p>AUIDS 401 (Winter 11-week)</p> <p>Option: AUIDS 301 (Fall 3 & 11)</p> <p>Prepare for career success by tackling social issues through team projects. Practice interviewing, networking, proposal writing, budgeting for projects and data analysis.</p>
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Your Academic Requirement Report in Bear Tracks shows your progress and provides complete details on your program. Not every student's path will be this linear. You may choose to take a lighter course load, take time off or participate in extracurriculars that will extend your program time. We recommend speaking to a student advisor about planning your degree. **Learn more at uab.ca/AugSAS**

Psychology and Mental Health

(Mental Health and Well-Being)

Check out these degree-enhancing opportunities:

Make the most of your degree by taking advantage of these unique opportunities:

Mental Health First Aid

Develop the skills needed to extend crucial support to individuals navigating mental health crises or challenges.

Community Service-Learning

Gain real world experience and professional competencies through volunteering with local organizations as part of credit courses.

Undergraduate Research

Work one-on-one with professors on research topics. Gain valuable research experience that can help you prepare for graduate school.

Short term Trips

Explore and connect with individuals from around the world with trips to places like India, Greece and the USA.

Career development:

Build your career knowledge, skills and connections throughout your degree. More ideas at uab.ca/AugCS

YEAR 1

- Create your first professional resume
- Explore potential career pathways

YEAR 2

- Attend seminars on managing your career and job search
- Participate in the Job Shadow Program or Career Conversations

YEAR 3

- Get curious at Employer Information Sessions, Career Fairs, Mixers, Lunch and Learns

YEAR 4

- Refine your job interview skills
- Seek out networking opportunities on or off campus

GET INVOLVED

ON CAMPUS

Athletics & Campus Rec
Augustana Chaplaincy
Augustana Students' Association
Campus Clubs
Choir & Theatre Productions

Learn more by contacting us at:

uab.ca/AugSAS