

Psychology and Mental Health

(Brain and Behaviour)

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, all while gaining hands-on experience through volunteer work. Learn more at uab.ca/AugPrograms

YEAR 1	YEAR 2	YEAR 3	YEAR 4
• AIDS 101 • AUPSY 103 • AUSTA 153 • 0-3 units Indigenous Studies • 0-3 units Perspectives on the Body: ◦ AUART 131, AUART 171, AUDRA 144 or AUENG 115 • 0-9 Units Approved Science from: ◦ AUBIO 111, AUBIO 112, AUCHE 110, AUCHE 112, AUCSC 111, AUSES/AUPED 112 • Options	• AUSTA 217 • 6-9 units from: ◦ AUPSY 256, 263, 269, 275 • 3 units from ◦ AUPSY 220 or 240 • 0-3 units Indigenous studies • 0-6 units Perspectives on the Mind • 0-3 units Perspectives on the Body • 0-3 units Science and Society • 0-9 units Approved Science • Begin your co-curricular certificate • Options	• AUSTA 313 • 3-6 units from: ◦ AUPSY 256, 263, 269, 275 • 0-3 units Indigenous studies • 0-6 units Perspectives on the Mind • 0-3 units Perspectives on the Body • 0-3 units AUPSY Arts • 3-9 units AUPSY Science • 0-3 units Science and Society • 0-9 units Approved Science • Options	• AIDS 401 • AUPSY 408 • AUPSY 483 • All outstanding from: ◦ Indigenous studies ◦ Embodied Expression ◦ AUPSY Arts ◦ AUPSY Science ◦ Science and Society ◦ Approved Science • Complete your 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 and see courses at uab.ca/AugCore

AIDS 101 (3 units, Fall)

The First-Year Seminar prepares students for university by teaching critical analysis, improving academic writing, fostering community involvement, and introducing career skills.

AIDS 401 (6 units, Fall & Winter)

Students gain the skills and knowledge needed to work professionally with community partners, while reinforcing their ability to work collaboratively on a project. Students will also gain the skills and tools to market the knowledge acquired in their degree in competitive job markets.



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

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Degree-Enhancing Experiences:

Make the most of your time at university - take advantage of these opportunities and more!

Brain Story Certification*

Designed for those seeking a deeper understanding of brain development and its consequences for lifelong health.

**Required for Brain and Behaviour stream*

Community Service-Learning

Connect classroom theory and practice through a volunteer placement that benefits the community.

Undergraduate Research

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

Arts Work Experience

Gain invaluable workplace experience and mentorship through paid, full-time placements with a diverse range of employers and community partners.

Prepare yourself for a successful future:

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
- Join student groups and volunteer

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, etc.

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