

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
• AUIDS 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 from: ◦ AUENV 120, AUSES/AUPED 160, AUSOC 101 • Options	• AUSTA 217 • 3-6 units from: ◦ AUPSY 220, 240, 256 • 3-6 units from: ◦ AUPSY 263, 269, 275 • 0-12 units from: ◦ AUENV 120, 220, AUSES/AUPED 160, AUPSY 342, 343, AUSOC 101, AUSSC 300 • 0-3 units Indigenous Studies • 0-6 units Perspectives on the Mind • 0-3 units Perspectives on the Body • 0-3 units Youth, Diversity and Society • Begin your co-curricular certificate • Options	• AUSTA 313 • 0-6 units from: ◦ AUPSY 220, 240, 256 • 0-6 units from: ◦ AUPSY 263, 269, 275 • 0-12 units from: ◦ AUENV 120, 220, AUSES/AUPED 160, AUPSY 342, 343, AUSOC 101, AUSSC 300 • 0-3 units Indigenous Studies • 0-6 units Perspectives on the Mind • 0-3 units Perspectives on the Body • 0-3 units Youth, Diversity and Society • 3-6 units 300- or 400-level AUPSY • Options	• AUIDS 401 • AUPSY 408 • AUPSY 483 • 0-6 units 300- or 400-level AUPSY • 3-6 units 400-level AUPSY • All outstanding from: ◦ Indigenous Studies ◦ Perspectives on the Mind ◦ Perspectives on the Body ◦ Youth, Diversity and Society • 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

AUIDS 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.

AUIDS 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!

Co-curricular Certification*

Complete at least one:

- Community Engagement and Service-Learning Certificate
- Mental Health First Aid Certification (focuses on training for intervention with individuals in crisis)
- Brain Story certification

*Required

Arts Work Experience

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

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, Italy, and the USA.

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

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