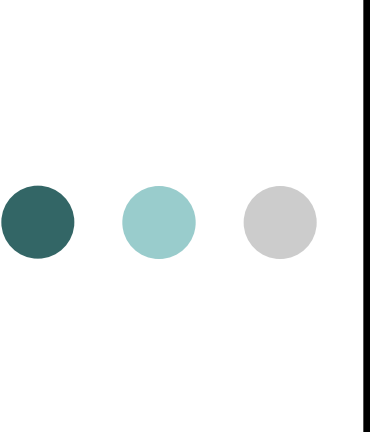
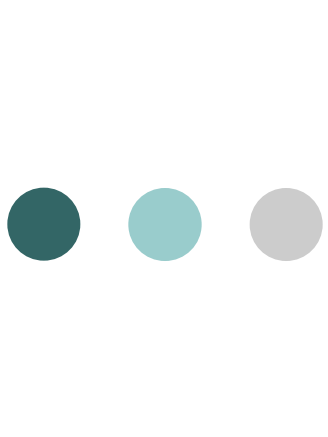




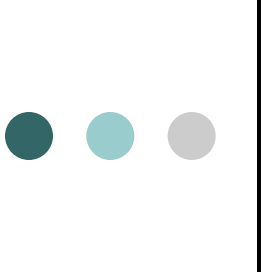
Getting into Honours and Grad School

Dr. Kaila Bruer
Dr. Kristi Wright

October 2, 2026

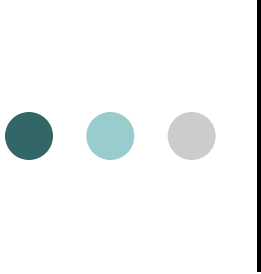


Psychology Honours Program



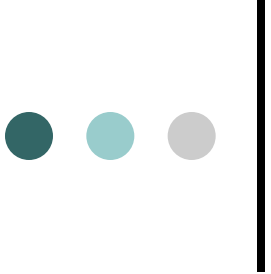
Requirements for **applying** to Honours in Psychology

- Minimum GPA of 80%;
- Minimum PSYC GPA of 80%;
- 60 credit hours (completed & graded);
- Arts core (BA) or Science Cognate (BSc) classes completed;
- Honours Program Application Form (provided on Psychology website);
- letter of intent;
- Unofficial copies of ALL undergraduate transcripts.



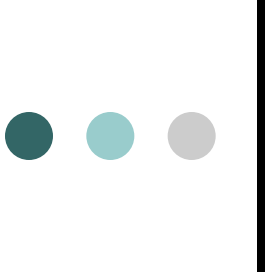
Meeting with Academic Advisor

- **all 3rd year + or equivalent students**
- meet with academic advisors from their college/faculty
- special **PSYC Honours Program OUTLINE** completed **IF** they are **planning to apply for honours in February**



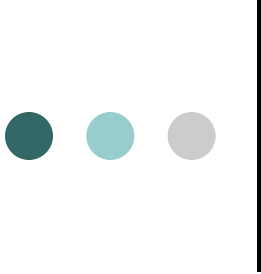
Connect with Supervisors

- Review faculty interests on webpage
- Email supervisors to ask:
 - if supervisor is taking a honours student
 - to set up time to meet
 - What options exist for honours in their lab?
 - What type of supervision?
 - Expectations



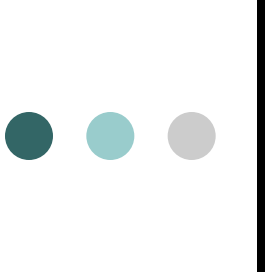
Application details:

- Application made to Department of Psychology
- February 1 (of year intending to enrol in PSYC 400AA)
 - Letter of intent
 - Reasons for pursuing honours
 - Areas of interest
 - Future plans
 - List of potential supervisors
 - ****Rank order****
 - Up to 5



Decisions

- Undergraduate and Honours Committee (UHC)
 - Review applications
 - Applications categorized:
 - A = deemed acceptable
 - Eligible supervisor
 - **GPA of 80% overall**
 - Intention to pursue graduate studies
 - Quality of written application
 - X = deemed unacceptable
 - No supervisor named
 - GPA not competitive
 - Rationale for applying vague/inappropriate
 - B = all other applications
 - Faculty members given list of eligible students
 - Supervisor will advise UHC
 - Applicants will be notified of results



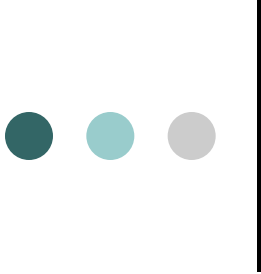
Conditional acceptance

- If accepted, you may receive a letter of conditions
 - Conditions **MUST** be met by August 31
 - Failure to complete the conditions will void the acceptance



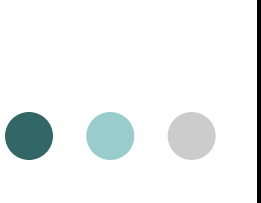
Past Success Rates

Year of honours class	% of qualified applicants accepted	Total accepted and matched	Not matched	Not eligible
2023/24	56%	25	16	5
2024/25	76%	31	10	3
2025/26	68%	30	11	3
2026/27	58%	23	14	3



What is involved?

- Completion of a thesis
 - Empirical
 - Replication
 - Theoretical
 - Meta-analysis
 - Secondary data analyses (e.g., StatsCan; see next slides)
- Registration in honours seminar
- Additional course requirements



StatsCan Data

Accessing the RDC facilities

The Regina RDC facility is located at Innovation Place in Room 190, #2 Research Drive. The RDC Research Analyst is available for consultation here. All analyses of Statistics Canada data must be conducted in the RDC facility; no confidential material is allowed to leave the facility. All workstations are supplied with statistical software (SAS, STATA, SPSS, R). Users are expected to be familiar with the statistical software they are using prior to accessing the data sets.

Graduate Student Awards

The Canadian Research Data Centre Network (CRDCN) has an Emerging Scholar Grant. This grant is for \$1,000 and is awarded to PhD students who are undertaking their dissertation research using a Statistics Canada data-set available at an RDC. Students are encouraged to use these funds to present their research at the national CRDCN conference. Typically, the call for applications occurs three times per year (March 31, July 31, & Nov. 30), with the announcement of award winners approximately six weeks later. Applicants must be a PhD student, have had their dissertation proposal, and have completed their comprehensive examination. They have to submit a brief project proposal, a letter of support from the academic advisor, and sign a public relations release.

<https://crdcn.org/crdcn-emerging-scholars-grant-application-form>

Regina RDC Facilities

Director:
Dr. Richard MacLennan

Analyst:
Dr. Jennifer McConnell-Nzungu

Innovation Place
Room 190, #2 Research Drive

Open Monday to Friday 8:30am - 4:30pm

T: **306-585-1122**
regina.rdc@uregina.ca
www.uregina.ca/research/rdc



The Regina Research Data Centre (RDC)



Helping researchers and graduate students access Statistics Canada data.

What is the Research Data Centre?

The Research Data Centre (RDC) at the University of Regina is part of a nation-wide network of RDCs, with sites at 31 universities.

The RDC is a secure Statistics Canada environment that allows researchers to access confidential Statistics Canada microdata files. At University of Regina, the RDC facility is located at **Innovation Place, in Room 190, #2 Research Drive.**

Why should I use the RDC?

The RDC provides access to Statistics Canada data sets, with no monetary cost to the researcher or student. Conducting secondary analysis on these data sets can be a time effective way to access high-quality data for thesis/dissertation and other research projects. The process for acquiring approval from the Research Ethics Board is simplified by using data that has been gathered in compliance with the Statistics Act and is anonymized.

In addition, the RDC offers funding to PhD students who use RDC data for their dissertation, in the form of an *Emerging Scholar Grant*.

Which data sets are available?

The RDC offers access to a wide range of national data sets that may be of interest to healthcare researchers and students. This includes:

Health-related surveys, such as:

- Canadian Community Health Survey
- General Social Survey
- Canadian Health Measures Survey

Disability-related surveys, such as:

- Participation and Activity Limitation
- Survey on Living with Chronic Conditions
- Survey on Living with Neurologic Conditions
- Canadian Survey on Disability

Social-related surveys, such as:

- Aboriginal People's Survey
- General Social Survey
- Workplace Employee Survey
- Longitudinal Survey of Immigrants to Canada

Population-related surveys, such as:

- Census/NHS
- Canadian Cancer Registry
- Administrative Data (Citizenship and Immigration Canada, Cancer Registry, Birth/Death Database)

A complete list of available data sets can be found at:

statcan.gc.ca/eng/rdc/data

How do I access the RDC data sets?

Researchers and students who wish to access the RDC data sets must submit an application for approval of their project.

Step 1: Draft a project proposal

Step 2: Complete the online application form on the Social Sciences and Humanities Research Council (SSHRC) website

Step 3: Evaluation of the proposal by Statistics Canada Subject Matter Expert for scientific merit and viability

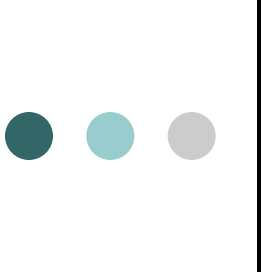
Step 4: Complete the security screening process including fingerprinting

Step 5: Sign a *Microdata Research Contract* with Statistics Canada and take the *Oath or Affirmation of Office and Secrecy*

Step 6: Once your project is completed, submit a product/output as specified in the Contract

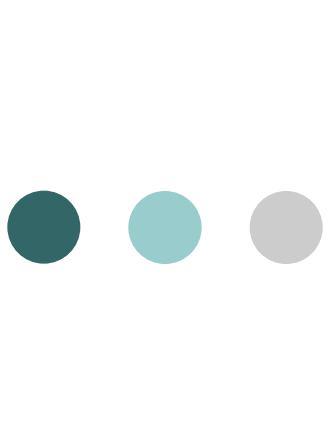
For more information about the application process for faculty research and for graduate student research, visit:

statcan.gc.ca/eng/rdc/process

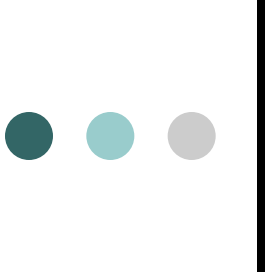


What have our honours graduates gone on to pursue?

- Graduate programs in:
 - Clinical, Experimental, Counseling, and Educational Psychology
 - Behavioural Neuroscience; Public Policy; Human Resource Development; Health Science; Occupational Therapy; Speech Pathology; Social Work; Gerontology; Justice Studies; Criminology; Kinesiology; Physiotherapy; Environmental Studies; Sociology; Biology
- Medical School
- Pharmacy
- Law

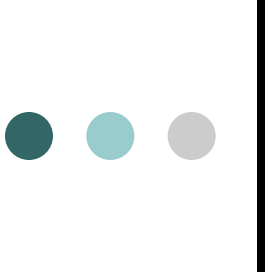


Getting into Grad School in Psychology



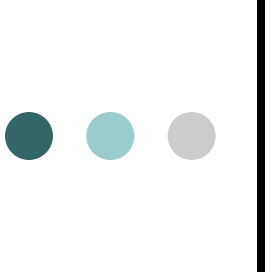
Outline

- Streams
- Reality
- Research experience
- GRE
- Funding
- Application process
 - School selection
 - Statement of interest
 - Reference letters
- Alternatives
- Improving your chances



Streams

- Clinical
- Experimental
- Both require a significant research component
- Social, developmental, cognitive, health, forensic, neuro, industrial/organization, stats/methods, counselling, school, community etc.



Reality

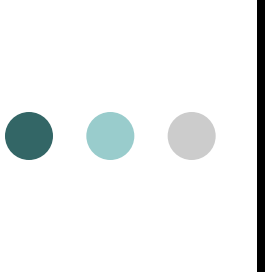
Getting in is tough

- Minimum GPA requirements (depends on the school)
- Most programs admit 6-10 students each year

Examples:

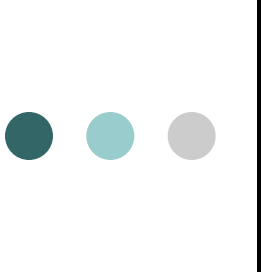
- 6% of clinical applicants admitted to U of R

****See CPA graduate guide****



Research experience

- Volunteer in a lab (or two...)
 - ANY lab
 - Experience and letters
- Be willing to do very basic tasks
- Not likely paid
- Presentation/ publication possibilities

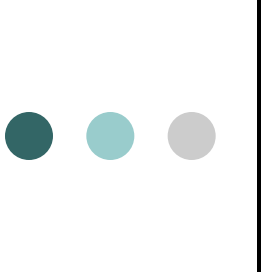


GRE

NOTE: GREs are not required by many programs

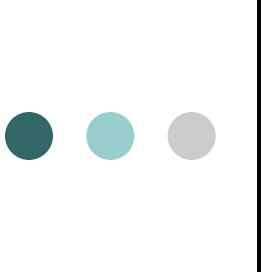
- Subject
 - Can be taken in Regina or Saskatoon
 - Offered at one location or both in April, September, and October (typically)
 - Must sign up ahead of time
- General
 - Regina
 - Saskatoon
 - At home (only during COVID likely)
- **STUDY!**

<https://www.ets.org/gre>



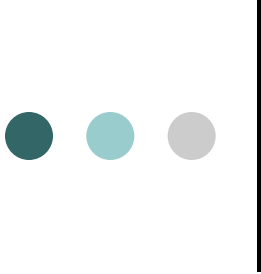
Funding

- Apply!
- Check out FGSR website
 - Contact FGSR with questions
- NSERC, SSHRC, CIHR
 - Late Nov-ish deadline to psych dept.
- Undergrad USRA award (NSERC)
- Look for additional sources
 - E.g., OGS



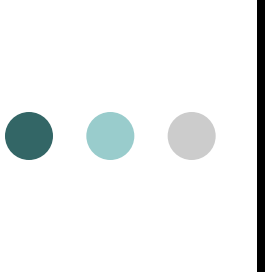
Grad School Application Process

- Costly
- School selection
 - Identify schools of interest
 - E-mail potential advisors
 - Your interests
 - Inquire if taking students
- Start process summer before applications due



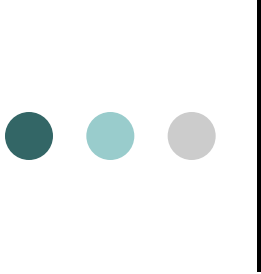
Grad School Application Process

- Statement of interest
 - Tailor to individual faculty members
 - Have someone read it over
 - Must be provided to your referees
 - “Do not write a lot of schmaltz about wanting to save the world.”
 - Show focused interest, with flexibility



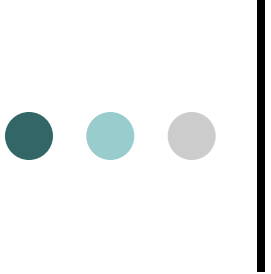
Application Process

- Reference letters
 - Required materials
 - Other guidelines
 - Timeline
 - Sending letters
 - Adding schools to your list
- Make it easy for the letter writer!



Alternatives

- Experimental
 - Requires Ph.D.
- Clinical
 - Can practice with MA in some provinces (may change)
 - Registration process more difficult
 - Consider
 - Counselling, school psychology, social work



Improving your chances

- Research experience
- Publish, publish, publish
- Attend conferences
 - Even if not presenting
 - Present when possible
 - Introduce yourself to potential supervisors
- Funding