
 **Getting into Honours
and Grad School**

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Department of Psychology

 **Psychology Honours
Program**

 **Requirements for **applying**
to Honours in Psychology**

- o Minimum GPA of 70%;
- o Minimum PSYC GPA of 75%;
- o 60 credit hours (completed & graded);
- o Arts core (BA) or Science Cognate (BSc) classes completed;
- o Honours Program Application Form (provided on Psychology website);
- o letter of intent;
- o Unofficial copies of ALL undergraduate transcripts.

NOTE:
Requirements are set to change to 80%.

● ● ● | **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
 - **Competitive GPA (i.e., 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
2019/20	83%	25	5	10
2020/21	64%	27	13	2
2021/22	71%	35	14	2
2023/24	56%	25	16	5

● ● ● | 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

- o Clinical
- o Experimental
- o Both require a significant research component

- o 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:

- 5% of applicants are admitted at SFU
 - 7% of clinical applicants admitted to U of R
- **See CPA graduate guide**



Research experience

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