

Psychology Undergraduate Degree Worksheet (2026/2027)

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DISCLAIMER: This planning worksheet is a personal working summary of the courses that you would like to take during your Psychology Undergraduate Degree, and meant for planning purposes ONLY. It is a PLANNING document ONLY. Your advisement report in MyServiceHub is the university's only official record of your progress, you should become familiar with this resource and ensure that you are able to use it appropriately.

ALL First-year students should follow this Degree Worksheet.

If you have already applied to the Co-Op program at the end of your first year and have been admitted to the Co-Op program, contact psychundergrad@torontomu.ca for Co-Op specific academic planning.

Term	Course Type	Course Code	Course Title	Credit
YEAR ONE				
1	Required	PSY 102	Introduction to Psychology I	
	Required	SSH 105	Critical Thinking	
	Table I (Humanities)			
	Table I (Social Science)			
	Open Elective			
2	Required	PSY 202	Introduction to Psychology II	
	Required	SSH 205	Academic Writing & Research	
	Table I (Humanities)			
	Table I (Social Science)			
	Open Elective			
YEAR TWO				
3	Required	SSH 301	Research Design & Qual Methods	
	Required	PSY 124	Social Psychology	
	Required	PSY 302	Child Development	
	Table A			
	Open Elective			
4	Required	PSY 411	Research Methods & Statistics I	
	Required	PSY 324	Biological Psychology	
	Table A			
	Table II			
	Table II	PSY		
YEAR THREE				
5	Required (FALL Offering ONLY)	PSY 511	Research Methods & Statistics II	
	Required	PSY 654	Cognitive Psychology	
	Required	PSY 325	Psychological Disorders	
	Open Elective			
	Table B			
6	Table II	PSY		
	Table II	PSY		
	Table II	PSY		
	Open Elective			
	Table B			
YEAR FOUR				
7	Required (FALL Offering ONLY)	PSY 731	History & Theory of Psychology	
	Table II	PSY	Advanced Seminar (*either term)	
	Table II	PSY		
	Open Elective			
	Table B			
8	Table II	PSY		
	Table II	PSY		
	Table II	PSY		
	Open Elective			
	Table B			

> Revised 2022-03 for students admitted in 2019 or later

* PSY 607 (if Psychology majors are going to take an elective in Psychopharmacology, they must take PSY 214 instead)

Non-applicable

COURSE RESTRICTIONS

Table I Humanities and Social Sciences

Psychology students cannot use PSY courses to meet their Table I requirements. No more than 2 courses can be taken from any one subject area.

Table A Lower Liberals

Psychology students cannot use PSY courses to meet their Table A requirements for lower level liberal studies. PHL 214 is not available for credit.

Table B Upper Liberals

Psychology students cannot use PSY courses to meet their Table B requirements for upper level liberal studies.

Specific Restrictions

Psychology students must not take *either* the Chang School or TMU equivalent of the following classes: **PSY 105, PSY 308, PSY 504, PSY 606, PSY 607***

NON-APPLICABLE COURSES

Not all courses are applicable to your degree - ensure the ones you select apply for credit in your program. Run your Academic Advisement Report in MyServiceHub and review Non-Applicable Courses every time to make a change to your schedule.

CONTACT US

psychundergrad@torontomu.ca

LINKS TO COURSE TABLES

[Table I](#) [Table II](#) [Open Electives](#)

[Table A](#) [Table B](#)

To navigate the Open Electives page:

1. Click on Open Electives link.
2. Click on 'Undergraduate Courses' at bottom.
3. Search for courses of interest.

Courses not marked as LL or UL for 'Liberal Studies' should be available as Open Electives.

NOTE: Program Director approval is required to have a Table B course directed to Open Electives.