

**Part 1 A**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00 AM</b>						Wake up get ready for work + commute 20 mins	
<b>7:00 AM</b>	Wake up and get ready to drop off sister at school  45 mins			7:30 – woke up, got dressed and dropped off sister at school and went to gym	7:30 – woke up, got dressed and dropped off sister at school and went to gym	Work till 3:00 PM	
<b>8:00 AM</b>	After dropping of sister went to the gym from 8:45 to 10:00 AM	Wake up and Review for quiz and get ready for class 45 mins		Gym from 8:40 to 10:15 AM  1h 35m	Gym from 8:45 to 10:00 AM		
<b>9:00 AM</b>	Gym  1h 15 min	Pick up friend and commute to class  1h	Woke up and got ready for class + commute 1h				Wake up + get ready for gym
<b>10:00 AM</b>	Got back from gym + prep food 40 mins	In class	In class	Prepped food, ate and watched TV  2h	Prepped food ate and watched TV  2 hours		Gym from 10:00 to 11:00 AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>11:00 AM</b>	Eat and relax  1h						
<b>12:00 PM</b>	Drive to friend's house, then head off to class  1 h commute				Took grandpa to doctors for appointment + commute  1h 30 mins	Lunch Break  1h 10min	Prep food, eat and watch TV  2 h
<b>1:00 PM</b>	In class	Commute back from school and go straight to the gym  40 mins	Class ended went straight to gym  25 mins commute	Started studying  2h	Got back home around 1:30 and studied  1h 30 mins		
<b>2:00 PM</b>		Gym from 1:40 to 2:55 PM  1h 15 mins	Gym from 1: 25 to 2:42PM  1h 17min				Study  2h
<b>3:00 PM</b>		Got back from gym prepped food and ate while watching TV  30 mins	Got home got some food on the way home and watched TV  2h	Picked up sister from school  20 mins	Picked up sister from school  20 mins	Off at 3:00, commute back 40 mins	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4:00 PM</b>	Commute back from Richmond  1h	Class #2 of the day		Relaxed and resumed studying at 4:00 till 6:00	Did some readings  2h 30 mins	Relax	Relax, watch TV  2h
<b>5:00 PM</b>	Eat food and relax 30 mins						
<b>6:00 PM</b>	Readings for next days class  2 h		Got ready for school, skimmed over readings 1h	Prepping food, eating and binge- watching TV 5h	Prepped food, watched tv  1h 30 mins	Went out with friends  30 m	Went to go get food for family + Eat  2h
<b>7:00 PM</b>		Got back from school and ate good while watching TV  40 min	In class				
<b>8:00 PM</b>		Played Video Games  3h			Played video games  4 hours	Ate pizza and desert	Play video games  3h
<b>9:00 PM</b>	Relax watch TV 2 h						
<b>10:00 PM</b>			Made food and watched TV  1h 20 mins			Commute back home  20 mins	Went to sleep at 11:45 PM

<b>11:00PM</b>	Went to bed 11:15 PM	Watched TV and went to sleep at 11:50PM  50 mins	Went to bed at 11:30 PM	Went to bed to bed around 11:40		Browse YouTube  1h 50 mins	
<b>12:00 AM</b>					Went to sleep at 12:00 AM	Went to sleep at 12:50 AM	
<b>Hours slept</b>	8 hours	8h 10 mins	9 hours	8 hours	7 h 50 mins	6 hours	8 hours 10 mins

Part 1 B

## Jan. to April SEMESTER SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan. 6	Go to Temple Take sister to Soccer Game	ACCT 4120 Intro	Psych 1100 Intro Read CH 1  Educ 1100 Intro Micro Analysis (MA) #1 due Sunday Class contract adjustments	CRIM 1100 Intro + CH1 Read CH 2 and 3 for next week  ACCT 4650 Intro + no prereading required for class MUST volunteer for 10 hours throughout semester			Work and off day
Jan. 13	Go to Temple Take sister to Soccer Game EDUC 1100 reading response due	ACCT 4120 Quiz on IAS 1 Go over Bantam Gas Read SLC	Psych 1100 CH 1 Read CH 2  EDUC 1100 MA #2 due Sunday Given GPM → Assignment due Jan 29 <sup>th</sup>	CRIM 1100 Go over CH 2 and 3 Read Ch 4 for next week	Birthday	Post Workshop slides for presentation	Work and off day
Jan. 20	Take sister to Soccer Game  EDUC 1100 reading response due	ACCT 4120 Quiz on IAS 38 and IFRS 11 + Workshop Submit SLC outline Read MEC	PSYCH 1100 CH 1 Quiz Read CH 2  EDUC 1100 Micro Analysis #3 due Sunday Work on GPM assignment	CRIM 1100 Go over CH 4 + quiz review for next week Read CH 5 for next week  ACCT 4650 Group Presentation next week			Work and off day
Jan. 27	Take sister to Soccer Game  EDUC 1100 reading response due	ACCT 4120 Quiz on IFRS 15 Submit MEC Outline Work on MEC memo	PSYCH 1100 CH 2 Read CH 3  EDUC 1100 GPM assignment due at start of class + Bio of E-portfolio	CRIM 1100 QUIZ + Go over Ch 5 Read CH 6 for next week  ACCT 4650 Group Presentation #1			Work and off day
Feb. 3	Take sister to Soccer Game	ACCT 4120 Quiz on IFRS IAS 2 and IFRS 5 MEC memo due	PSYCH 1100 CH 3 Read CH 4 + research assignment due next week  EDUC 1100 MC #4 due Sunday Bring scholarly articles GPM due next week	CRIM 1100 Go Over CH 6 Read CH 7			Work and off day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb. 10	EDUC 1100 reading response due	ACCT 4120 Midterm	PSYCH 1100 CH 4 + hand in research assignment Study for quiz on CH 2, 3 & 4.  EDUC 1100 Plagiarism Tutorial + E-Portfolio 1 + group feedback draft due Feb. 26 <sup>th</sup>	CRIM 1100 Go Over Ch 7 Read CH 8 & 9 Library Orientation			Work and off day
Feb. 17	Reading Break	Reading Break	Reading Break	Reading Break	Reading Break	Reading Break	Reading Break
Feb. 24		ACCT 4120 Case competition	PSYCH 1100 Exam on CH 2,3 and 4 + brain lab  Read CH 6 EDUC 1100 2 readings worth of MA due Sunday Submit research outline next class	CRIM 1100 Go over CH 8 & 9 Midterm Review			
Mar.3	EDUC 1100 Reading Response Due	ACCT 4120 Quiz on IAS 36	PSYCH 1100 CH 6 Read CH 7  EDUC 1100 Prep for group presentation Finish up E-portfolio for next week	CRIM 1100 MIDTERM Ch 3 to 9 Read CH 10			Work and off day

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar. 10	Post presentation slides	ACCT 4120 Quiz on IAS 16 & Tax	PSYCH 1100 CH 7  Prep for exam on CH 6 & 7  EDUC 1100 Given Mind map assignment, due March 22 <sup>nd</sup> Post presentation slides by Sunday	CRIM 1100 Go over CH 10 Read CH 11			Work and off day
Mar. 17		ACCT 4120 Final Case Evaluation	PSYCH 1100 Exam #2 CH 6 & 7 + Perception lab Read CH 8 & 10  EDUC 1100 Mind Map due this Friday Prepare for group presentation	CRIM 1100 Go over CH 11 Read CH 12			Work and off day
Mar. 24		ACCT 4120 Prep for final Case competition	PSYCH 1100 CH 8 & 10 Prep for final exam  EDUC 1100 Group Presentations Extension Learning Analysis due next week	CRIM 1100 Go over CH 12 Read CH 13 Presentation next week  ACCT 4650 Final Exam			Work and off day
Mar. 31		ACCT 4120 Final Case Competition	PSYCH 1100 Exam #3 on CH 8 & 10  EDUC 1100 Course Wrap up	CRIM 1100 Go over CH 13 Presentations  ACCT 4650 Community presentation next week			Work and off day
Apr. 7		ACCT 4120 = No Final	PSYCH 1100 = No final EDUC 1100 = No final	CRIM 1100 Final quiz  ACCT 4650 Community project Presentation due			Work and off day

\* Try to go to gym 4 to 5 times per week

## Part 1 C

Activity	Time spent
Sleeping	55 hours 10 mins
Food prep, eating and watching TV	M = 3h 30m T = 2h W = 3h 20m Th. = 7h 40m F = 3h 30m S = 5h 10m Su = 6h Total = 31 hours 11 minutes
Studying + time in class	M = 5h T = 6h 45m W = 7h Th. = 4h F = 4h S = 0h Su = 2h Total = 28 hours 45 minutes
Exercise	M = 1h 15m T = 1h 15m W = 1h 17m Th. = 1h 35m F = 1h 15m S = 0 Su = 1h Total = 7 hours 2 mins
Getting ready + commute	M = 2h 45m T = 2h 25m W = 1h 25m Th. = 1h F = 2h S = 1h 50m Su = 0h Total = 11 hours 25 minutes
Video Games	10 hours
Work	7 hours
Total time on activities	150 hours 33 minutes
bathroom+ trying to sleep + walking to surrey campus	168 – 150h 33 mins = 17 hours 27 minutes



## Part 1 D

I) While I had a good sleeping week regularly, I don't have as much as sleep and when I don't I often feel kind of sluggish and may relax more than I already do. I never realized it but after sleeping I spend the most time eating and watching TV. I've developed a habit to have to watch a show as I make food and eat and often have the urge to finish an episode before I go on to another activity. After looking at how long I spend on this I think it takes away from the quality life overall as I could be using the time elsewhere like studying. 15 of my 28 hours and 45 minutes of studying come from being in class which left me 13 hours and 45 minutes studying throughout the week which leads to 2 hours 41 minutes spent studying per class. I feel like this number could be higher especially when I factor in phone usage and other distractions when "studying". In most weeks I've started going to the gym 4 to 5 times a week which I think vastly improves my quality of life and despite spending quite a few hours there I feel like this number fine and I value quality over quantity in the gym. The time spent commuting was a bit unexpected as its something I do unconsciously and don't really think of until I did this activity. Ideally, I would take classes exclusively in the Surrey Campus to have more time on other things. I think the video game time could be cut down as well as it takes away from my school time which can take away from the overall quality of life.

II) Doing this activity made me realize I spend a lot of time relaxing and trying to not stress out, but I think it typically has the opposite effect. I use food as an excuse to sit down and watch more TV than I need to. This time could be better spent elsewhere like trying to spend more time "studying" and reviewing or even working more than one day a week. This activity also made me realize how easy it is to spend time doing things but not even realizing the overall time that you spend on that activity in a typical week.

III) I think it's doable but being consistent with how you spend your time requires a lot more effort. As you adjust you will eventually get used to it and it will become routine like going to the gym daily. In the beginning its hard you may feel like resorting to your old ways but if you stick with it one can see and feel the benefits of spending time in the gym and exercising. For me personally, I would like to adjust my path and try to spend less time watching TV and adjusting the times of when I do that certain activity to allow me to spend more time with my family. Saying this is easy but breaking a habit will be difficult as I used to struggle with eating and would eat spontaneously but over time, I've started to only eat 2 bigger meals throughout the day. I also feel like maintaining the sleep schedule will be the most difficult aspect as the amount of time can be dependent on what's going on in school. I sometimes tend to procrastinate and that can lead to work piling up and I may not get adequate sleep in the weeks in which this happens, If I can fix this I feel like I can continue on this path.

## Part 2

a) Currently, I'm in my 4<sup>th</sup> and final year of my BBA in Accounting. The reason why I originally chose accounting is because I thought it focused on math which I excelled at in high school. I always knew that I was going to university during high-school but I wasn't sure as to what I wanted to major in. After talking to one of my cousins who was majoring in accounting as well, I made the decision to do that as well after doing some research on my own too. The convenient working hours, stability and money helped me come to my decision and I have stuck with it since. Once I'm done getting my degree, I plan on working for an accounting firm while also pursuing a CPA designation which would take an additional 2.5 years. I have my path set out but as I've gone through university, I've had doubts of sticking with accounting, but I've made peace and I'm looking forward to work for a public or private firm.

b) Since I already have my future pretty much planned out I have a feeling for what my future will look like. In order to get the CPA designation, you are required to have 30 months of work experience in order to gain the designation, these 30 months of experience will be gained while taking part in the required CPA modules. This is going to be tough and require me to work a lot harder than I have in my life. My life will be comprised of working and studying every single day and may impact my ability to socialize and go to the gym. In my last couple of classes that I have remaining, I should use them to brush up and start building better studying habits, which is something I have always struggled with throughout university.

Ideally, I will be done university this summer and I will have been working part-time for an accounting firm during the summer semester and once I'm done I will shift to working full time for the same firm. Hopefully, I can work for a medium sized firm and have the ability to move up and earn more money so I can live a comfortable life. The path I'm on now is supposed to help me brace for accounting work but from what I've been told the things we learn in class aren't the same as when you are out in the real world but knowing the essentials is vital. Some of the classes I'm taking will directly help with the first couple of modules that I will need to complete for CPA which gives me a head start.

c) I. View Exhibit 1: Additional programs

II. I'm currently taking CRIM 1100 and PSYCH 1100 as electives this semester and I wish I had taken them earlier in university. Not only are the classes interesting they can also aid me in accounting in different ways. Criminology and Psychology have some things in common, one being that it's important to look at information and people without any biases. In order to work in these fields, it's important to have clear judgement and being unbiased when conducting research or field work as it can make a negative impact on the validity of the data. In accounting, there is an emphasis on professional skepticism as well as having independence from clients, which means making uninfluenced decisions to uphold the integrity of the profession. Psychology also looks at the rationale behind how people behave which could be extremely helpful when communicating with clients and co-workers. Criminology can also be combined with accounting to focus on forensic accounting/auditing and fraud.

In general, both of these courses can provide a unique outlook on everyday situations and better understanding people and the rationale of why people behave a certain way. Besides that, I've also been interested in these two majors and taking electives classes required for these programs is a good way to take electives I have a genuine interest in and take a break from all the "fun" accounting classes. There also Co-Op opportunities with the RCMP for accounting, on top of that one of the biggest factors in finding a job in accounting is one's ability to network and knowing people in various workplaces and majors can't be a negative thing and may help me find a full-time job once I've graduated.

### III) **SMART Goals:**

#### For this semester:

Attain an overall GPA of 4.0 while taking 5 classes in the Spring 2019 semester.

Go to the gym for at least 4 days per week while maintain work and school commitments for the 2019.

#### For this year:

Continue going to the gym and lose 20 lbs by the end of the summer 2019

Apply and get interviews for at least 2 jobs before the end of the Summer 2019

#### For my time at KPU:

Attain a minimum GPA of 3.0 throughout my time at university, 2013 to 2019.

Find a job at an accounting firm, whether its with co-op or on my own, by the time I graduate.

### Part 3 A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Goal</b>	Go to the gym and get over 60% on the individual quiz	Attend both classes and eat properly to make up for not being able to go to the gym today	Get over 80 on quiz, prepare for presentation and go to the gym after first class	Go to the gym + make food and study for at least 3 hours	Go to the gym and study for at least 2 hours	Make food to take to work rather than eat fast food, finish remaining homework before going out	Go to the gym and study for at least 3 hours and review for quiz
<b>6:00 AM</b>			Wake up and review for quiz			Overslept, didn't have time to make food	
<b>7:00 AM</b>		Woke up and eat some food and got ready for school		Woke up and got ready for gym and to drop of sister		Got to work late at 7:14 AM	Woke up and got ready for the gym, at gym at 7:40 AM
<b>8:00 AM</b>	Woke up, dropped off sister at school and went straight to gym	Drop off sister and head off to friend's house and go to class		Dropped off sister and reached the gym at 8:40 AM			
<b>9:00 AM</b>	In Gym till 9:55	Skim over chapter for the day	Make some food and get ready for class	In Gym			Got home, ate and took sister to soccer game
<b>10:00 AM</b>	Got home 10:00 and prepped food for 30 mins	In class	In class	Left gym and got home around 10:10 AM + made food and watched TV	Woke up and got ready for the gym		
<b>11:00 AM</b>	11:20 Finished Eating and watching TV, got ready and left for class at 11:45			Studying	Got back from the gym at 11:35 AM		Got back home at 11:45 AM and started to study
<b>12:00 PM</b>	Reached friends house 12:00 PM		Finished quiz early and left for the gym at 12:30 PM, at gym for 1h 20min		Started to make food and watch TV, went a little bit overboard		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1:00 PM</b>	In class	Finished class commute back from Richmond	Got back home at 1:55 PM			Lunch Break	Took small break, ate and went back to studying by 1:20M
<b>2:00 PM</b>		Got home and made food, watched TV for 20 mins	Prep food and watch TV for 30 mins				
<b>3:00 PM</b>		Get ready for class	Practice presentation	Finished studying and went to go pick up sister from school	Went to go pick up sister from school		Went to friend's house
<b>4:00 PM</b>	Finished class drive back home from Richmond	In class		Watched TV for 3 hours	Played Video Games	Got off work and commuted back home	
<b>5:00 PM</b>	Watch TV prep food and eat food					Got ready and went out with friends	
<b>6:00 PM</b>	Study for 2 hours		Ate some food and got ready for class				
<b>7:00 PM</b>		Finished class reached home at 7:15 PM	In class + presentation	Made food + ate and watched TV			
<b>8:00 PM</b>	Play video games with friends till bed	Make and eat food while watching TV for 1h		Play video games with friends			Got back from friends house and reviewed for quiz
<b>9:00 PM</b>		Review notes for quiz next morning 1h			Make food + watch TV		Studying till 10:40 PM, then got ready for bed
<b>10:00 PM</b>		Got ready for bed and spent 20 mins on phone before falling asleep	Got home from class and ate and watched TV till I fell asleep				Fell asleep at 10:55 PM
<b>11:00 PM</b>		Fell asleep	Went to sleep at 11:40 PM			Got back home and watched TV, was tired so fell asleep by 10:30 PM	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:00 PM</b>	Go to sleep			Headed to bed and fell asleep around 12:50 AM			
<b>1:00 AM</b>					Fell Asleep at 1:30 AM		
<b>Goal status</b>	Success: Went to the gym, and scored 70% on individual quiz	Success: Couldn't go to the gym in between classes but didn't eat out either	Success: Felt good about the quiz and presentation went smoothly	Success: Accomplished goals for the day	Fail: Went to the gym but got lazy and didn't end up studying at all today	Fail: Didn't have time to make food in the morning ended up eating junk food and didn't have time to finish up homework	Success: Made up for failing the day before, was constantly running around but achieved all goals for the day
<b>Hours Slept</b>	7h 30m	7h	8h	8h	5h	9h	8h

b) Rather than just doing stuff throughout the day setting goals each morning and achieving those goals made me feel a sense of accomplishment and failing those goals motivated me to make up for any failures. Waking up and making goals straight away also helped me better manage my time for the most part besides on Friday and Saturday. On the days I failed the day just got away from me or the fact I was ahead of schedule in comparison to previous weeks I didn't know what to do with the extra time I had. I also figured out that in order to succeed today you need to prepare ahead of time as the lack of sleep on Friday impacted what I got done on Saturday. The thing that motivated me to achieve my daily intentions was again the fact that I made goals in the morning and just thinking that over in the morning at times was a motivator on its own as I feel it made more conscious on what I do in a day.

c) I. Time management will be huge when I finish school. I will constantly be busy throughout the day and it's going to be harder to complete some goals without making sacrifices. I typically like going to the gym in the mornings but since most accounting jobs start in the early morning I will have to start waking up even earlier to go to the gym and continue losing weight and increasing my physical health. I feel like I'm getting better at managing my time and if I gradually decrease things like video games and TV I will be able to continue working towards a CPA and losing weight.

II. I never thought myself as someone who is organized but doing this activity has made me realize that it takes very little effort to try and organize one's time. I feel like if I continue doing this every morning and just planning out my day ahead of time (perhaps even the night before) I can become even more productive consistently as I try to complete my degree. Time management is huge in accounting especially in tax season in which things can become hectic, under pressure I know I can perform but sometimes I need a little nudge or reason to do something and the

planning of my goals for the day acted as that nudge I need. Overall I'd like to continue planning out my day before doing anything else to continue helping me with my goals. If I can do this I feel like I can prepare and get ready for CPA and working fulltime, but if I go back to my old ways I may struggle more than I ever have in university. Also setting goals for the day to complete throughout the day almost makes it seem like a game and can cause some pressure which to me is always motivating and brings out my competitive nature rather than just going through the day without looking at a bigger picture. These skills involved in this activity and assignment overall may seem easy and simple but I feel like it will be extremely helpful for my future goals.

## Appendix

### Criminology: Bachelor of Arts Major (also: Honours)

#### Description

The Bachelor of Arts, Major in Criminology program provides students with a broad, liberal education in social science, criminal justice, and law. Students learn scientific research methods, legal, philosophical and theoretical approaches to aid in understanding crime and related social problems, and social responses to crime. The BA degree program builds on the central core of method and theory and affords students opportunities to hone abstract, logical thinking, and critical understanding of the issues, arguments, and debates that shape the discipline's character and aims.

Contemporary criminology courses developed especially for this degree expose students to cutting-edge theory and research. This program integrates opportunities to engage in undergraduate research, service learning, and practicum placements that provide students with highly transferable and marketable knowledge and skills. For more information, see the Criminology Department webpage: [kpu.ca/arts/criminology](http://kpu.ca/arts/criminology)

Students who graduate with a BA degree may apply to law school or pursue a graduate degree in criminology or other disciplines. Those who are interested in applying to graduate school, or who prefer a more extensive research experience, are encouraged to undertake a structured program leading to a Bachelor of Arts (Honours), Major in Criminology.

Required courses:

CRIM 1100	Introduction to Criminology	3 credits
CRIM 1101	Introduction to the Criminal Justice System	3 credits
CRIM 1107	Canadian Legal Systems	3 credits
CRIM 1207	Introduction to Criminal Law	3 credits
CRIM 1208	Methods of Research in Criminology	3 credits
CRIM 1215	Interpersonal and Professional Development in Criminology	3 credits
PSYC 1100	Introduction to Psychology: Basic Processes	3 credits
SOCI 1125	Introduction to Society: Processes and Structures	3 credits

Plus one of:

PHIL 1100	Introduction to Philosophy	3 credits
PHIL 1110	Confronting Moral Issues: Introduction to Ethics	3 credits
PHIL 1145	Critical Thinking	3 credits
PHIL 1150	Introduction to Formal Logic	3 credits

#### 2000 Level

Required courses:

CRIM 2103	Quantitative Data Analysis I	3 credits
CRIM 2330	Psychological Explanations of Criminal Behaviour	3 credits
CRIM 2331	Sociological Explanations of Criminal Behaviour	3 credits
CRIM 2341	Canadian Criminal Justice Administration	3 credits

Plus one of:

CRIM 2204	Criminal Justice and Psychology	3 credits
CRIM 2205	Crime, Criminal Justice, and the Media	3 credits
CRIM 2211	Introduction to Policing	3 credits
CRIM 2214	Corrections: Theory and Practice	3 credits
CRIM 2249	Youth Justice	3 credits

Students will complete 30 credits in upper-level CRIM courses. All upper-level criminology courses require credits of English as pre-requisites as of Fall 2013.

One of:

CRIM 3103	Quantitative Data Analysis II	3 credits
CRIM 3104	Qualitative Research Methods	3 credits

Students must complete at least TWO courses drawn from Group 1 below:

<b>Group 1. Theory and Methods:</b>		
CRIM 3100	Advanced Theories of Crime and Community	3 credits
CRIM 3111	Contemporary Sociological Criminology	3 credits
CRIM 3113	Critical Criminology	3 credits
CRIM 4112	Contemporary Psychological Criminology	3 credits

Students must complete at least ONE course from each of groups 2 and 3.

<b>Group 2. Criminal Justice:</b>		
CRIM 3118	White-Collar and Corporate Crime	3 credits
CRIM 3213	Community Corrections	3 credits
CRIM 3249	Issues in Youth Justice	3 credits
CRIM 4201	Community Safety and Crime Prevention	3 credits
CRIM 4235	Minorities and the Criminal Justice System	3 credits
CRIM 4410	Policy and Program Evaluation	3 credits
<b>Group 3. Law, Advocacy, and Conflict Resolution:</b>		
CRIM 3302	Procedure and Evidence	3 credits
CRIM 3305	Law and Society	3 credits
CRIM 3307	Issues in Conflict Resolution	3 credits
CRIM 3351	Philosophy of Law	3 credits
CRIM 4300	Administrative and Regulatory Law	3 credits
CRIM 4301	Community Advocacy and Human Rights	3 credits



# Psychology: Bachelor of Arts Major (also: Honours)

## Description

The Bachelor of Arts Major in Psychology is a traditional degree focusing on core areas in psychology including biopsychology, cognitive psychology, developmental psychology, social/personality psychology, and clinical/abnormal psychology. As KPU's flagship Psychology degree program, the BA is a flexible degree that allows students to explore many different content areas of psychology as well as other areas within the social sciences and humanities. Because of the flexibility of the program, BA students have the opportunity to consult with advisors, faculty and peers to determine their own degree specialization. The emphasis is on transferrable skills, including critical thinking, writing, group work, and oral presentations. Students also have the option of completing a workplace practicum coordinated by KPU and co-supervised by faculty and employers in relevant fields of employment.

Those interested in further study and graduate school or who prefer more extensive research experience may augment their knowledge and skills by taking the research-focused Honours program in Psychology. The Honours program affords students an opportunity to develop and report on a research project under the direct supervision of a faculty member within the Psychology Department.

### Psychology Major

#### 1000 and 2000 Level

All of:		
PSYC 1100	Introduction to Psychology: Basic Processes	3 credits
PSYC 1200	Introduction to Psychology: Areas and Applications	3 credits
PSYC 2300	Applied Statistics	3 credits
PSYC 2315	Brain and Behaviour	3 credits
PSYC 2330	Social Psychology	3 credits
PSYC 2385	Cognition	3 credits
PSYC 2400	Experimental Psychology: Research Methodology	3 credits

#### 3000 and 4000 Level

One course from each of the following five core areas:

1. Biopsychology:		
PSYC 3320	Drugs and Behaviour	3 credits
PSYC 3910	Neuropsychology	3 credits
PSYC 4315	Neuroscience	3 credits
2. Cognitive:		
PSYC 3215	Psychology of Memory	3 credits
PSYC 3303	Learning: Theory and Practice	3 credits
PSYC 3311	Psychology of Consciousness	3 credits
PSYC 3800	Evolutionary Psychology	3 credits
PSYC 4210	Critical Thinking in Psychology	3 credits
3. Developmental:		
PSYC 3316	Infancy	3 credits
PSYC 3920	Aging	3 credits
4. Social/Personality:		
PSYC 3210	Attitudes and Persuasion	3 credits
PSYC 3220	Group Dynamics	3 credits

PSYC 3307	Historical and Philosophical Foundations of Psychology	3 credits
PSYC 3370	Advanced Personality Theory	3 credits
PSYC 3451	Psychology and Law	3 credits
PSYC 4700	Culture and Psychology	3 credits
5. Clinical/Abnormal:		
PSYC 3350	Advanced Topics in Psychopathology	3 credits
PSYC 3450	Clinical Psychology: Intervention	3 credits
PSYC 3600	Health Psychology	3 credits
PSYC 4350	Developmental Psychopathology	3 credits

And:		
A further 15 credits from courses in PSYC at the 3000- or 4000-level		15 credits

### Honours

All of:		
PSYC 5000	Honours Thesis I	6 credits
PSYC 5010	Honours Thesis II	6 credits