

Photo credit: Sophia Pashtunyar

#### **HOW TO USE THIS MAP**

Use this map to help plan and guide your experience at UC Berkeley, including academic, co-curricular, and discovery opportunities. Everyone's Berkeley experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

#### **CONNECT WITH US**

#### **Cal Day and Golden Bear Welcome**

Come to one of Berkeley's campus events in Spring. **Cal Day** has information sessions, campus tours, special talks, and more. Golden Bear Welcome is a similar event specifically for transfer students.

#### **Golden Bear Orientation**

Join your peers in the campus-wide UC Berkeley orientation program for all new students.

#### **Events**

Attend department events with students, staff, and faculty. Visit the Weekly Opportunities webpage for news and updates.

#### **ADVISING**

Students are welcome to book an appointment with one of our major advisors or drop-in to talk with a peer advisor or the advising team at psychsso@berkeley.edu.

For more information on opportunities for connecting with an advisor, visit psychology. berkeley.edu/students/undergraduateprogram/academic-advising.

## **PSYCHOLOGY**

Bachelor of Arts

#### **INTRODUCTION TO THE MAJOR**

**Psychology** as a scientific discipline aims to describe, understand, and predict the behavior of living organisms. At Berkeley, our major gives students a foundation in Biological, Clinical, Cognitive, Developmental, and Social-Personality Psychology. The Psychology major fosters methodological, statistical, and critical thinking skills that are relevant to all of these areas.

Whether you are focused on graduate school, making lasting change through social justice, or finding out what makes people tick, there is an opportunity for you with Psychology.

## \* There is a refreshing, child-like quality of curiosity & pursuit of important science.

#### **ADMISSION TO THE MAJOR**

Students must meet the specific criteria to be considered for admission:

- Complete the five prerequisite courses
- Submit their application within the eligibility window
- Maintain a 2.0 prerequisite GPA

Visit **ue.berkeley.edu/majormaps** for the latest version of this major map.

## Berkeley

Psychology 2121 Berkeley Way West, Suite 2210 Berkeley, CA 94720 psychology.berkeley.edu







Photo credit: Christine Mullarkey

- Professor Robert Levenson

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### **AMPLIFY YOUR MAJOR**

- Gain experience as a **research** assistant.
- Earn credit for the Psychology major while studying abroad.
- Take or **facilitate** a DeCal in Psychology
- Attend workshops hosted by Psychology peer advisors.

# PSYCHOLOGY DESIGN YOUR JOURNEY

Bachelor of Arts

	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR
Explore your major	<ul> <li>@ CAL: Complete PSYCH 1 &amp; two other major prerequisite courses. Get familiar with Psychology major requirements by meeting a peer advisor.</li> <li>@ CC: Review major requirements and course work through assist.org and complete PSYCH 1 and two other prerequisites.</li> </ul>	<ul> <li>@ CAL: Meet with a major advisor, complete your Psychology prerequisites, and apply to the major.</li> <li>@ CC: Connect with a UCB Psychology major advisor, complete lower division Psychology and UCB prerequisites and apply to Berkeley.</li> </ul>	Explore research subfields through <b>survey</b> <b>courses</b> considering area(s) of personal focus. Talk with a major advisor about an optional <b>senior honors thesis</b> or research through <b>URAP</b> or <b>Psychology Independent Study</b> . Transfer students: complete PSYCH 101 at Berkeley and <b>apply to the major</b> .	Complete L&S breadth and Tier requirements. Explore electives in related field Consider taking PSYCH 102 to a research skills. Write an optional <b>senior hono</b>
Connect and build community	<ul> <li>@ CAL: Discover campus organizations at Calapalooza. Explore Berkeley Connect. Follow @ucbpsychadvising on Instagram.</li> <li>@ CC: Connect with a transfer advisor and get involved with Psychology related student groups on your campus.</li> </ul>	<ul> <li>@ CAL: Join a student org or Psychology student org. Attend a Psychology event and attend office hours to build relationships.</li> <li>@ CC: Join a Psychology student org on your campus and attend instructor office hours to build relationships.</li> </ul>	Tutor students at the <b>Student Learning Center</b> . Consider joining <b>Psi-Chi</b> , a Psychology International Honors Society with various professional opportunities. Become a peer advisor! Attend seminars and colloquia to learn about current research.	Take a leadership role in a stude Engage with other Honors stude research through the Honors se Connect with Alumni through th <b>Association</b> .
<b>Discover</b> your passions	<ul> <li>@ CAL: Learn about research opportunities at the Undergraduate Research and Scholarships Fair in October.</li> <li>@ CC: Connect to Berkeley Psychology Weekly Opportunities from Psychology Undergraduate Program webpage.</li> </ul>	<ul> <li>@ CAL: Apply to research positions through OURS or departmental research opportunities.</li> <li>@ CC: Learn about the ACES program and explore the American Cultures courses of interest for your first year at Berkeley.</li> </ul>	Connect with <b>faculty</b> who share your research interests. Become a <b>Research Assistant in Psychology</b> or a Research Apprentice in <b>URAP</b> . Research experience is required for the Honors Program, so earn credit through PSYCH 199 or UGIS 192.	Teach your own <b>DeCal course</b> . Submit your PSYCH 101 or 102 r paper, honors thesis, or other w <b>Undergraduate Journal of Ps</b> <b>Berkeley</b> . Challenge yourself with a gradua
Engage locally and globally	<ul> <li>@ CAL: Find internship and volunteer opportunities in the <b>Psychology Weekly</b></li> <li><b>Opportunities</b>. Engage in community service opportunities through the <b>Public Service</b></li> <li><b>Center</b>.</li> <li>@ CC: Find internship and volunteer opportunities.</li> </ul>	<ul> <li>@ CAL: Study or intern abroad as a sophomore, junior, or senior with Berkeley Study Abroad or Berkeley Global Internships.</li> <li>@ CC: Visit Berkeley Study Abroad to learn about opportunities for your junior or senior year.</li> </ul>	Engage, give back, and get inspired with an <b>alternative winter or spring break</b> . Intern for a semester in Washington DC with <b>UCDC</b> or <b>Cal in the Capital</b> . Study abroad or engage in a Psychology internship.	Explore post-graduation <b>fellow</b> <b>opportunities</b> . Explore gap year opportunities f before graduate school. Participate in a <b>Berkeley Globa</b> do an <b>internship</b> or <b>research</b> p with the UC Education Abroad F
<b>Reflect</b> and plan your future	<ul> <li>@ CAL: Explore careers and graduate programs through the Career Counseling Library and O*Net.</li> <li>@ CC: Explore O*Net and your campus' career and transfer center.</li> </ul>	<ul> <li>@ CAL: Explore Majors to Careers, Career Paths, and alumni post-graduation choices via the Career Destinations Survey.</li> <li>@ CC: Explore Career Paths and reflect on your desired focus in Psychology.</li> </ul>	Learn about <b>Graduate &amp; Professional</b> study options. Meet with a graduate advisor for insights & info on Ph.D. or M.A. programs @ CAL. Find jobs and internships through <b>American</b> <b>Psychological Association</b> . Attend <b>Career and Internship Fairs</b> .	Find a professional mentor for h resume, mock interviews, job ins applications. Ask professors and GSIs for reco letters. Apply for future opportunities.



#### WHAT CAN I DO WITH MY MAJOR?

#### Jobs and Employers

Assc. Consultant, Triage Consulting Case Mgr., Red Hook Comm. Justice Design Strategist, Fidelity Health Educator, Marin City Health HR Generalist, UC Berkeley Product Designer, Apple Project Manager, Yahoo! Psych. Tech., Albertina Kerr Campus Research Tech., Washington Univ. Teacher, Sierra School Therapist, Behavioral Health Works

#### Your Career Plan Here:

#### **Graduate Programs**

Psychology graduates may pursue advanced degrees such as Masters, PHD, PsyD, etc. in areas such as:

Business Cognitive Psychology Counseling Psychology Data Science Developmental & Child Psych. Elementary Education Law Management Science Medicine Physical Therapy Physiology Psychology Social Sciences Social Work

Examples gathered from the First Destination Survey of recent Berkeley graduates.

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