**INTRODUCTION TO THE MAJOR**

Psychology as a scientific discipline aims to describe, understand, and predict the behavior of living organisms. At Berkeley, the diversity of our discipline's mission covers six key areas of research: Behavioral and Systems Neuroscience, Clinical Science, Cognition, Cognitive Neuroscience, 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, how to make lasting change with social justice, or finding out what makes people tick, there is an opportunity for you with Psychology.

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**ADMISSION TO THE MAJOR**

Though Psychology is a capped major, last year, we admitted 90% of Berkeley’s internal applicants.

- 77% admitted upon first review
- 17% admitted upon second review
- 10% denied admission

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**AMPLIFY YOUR MAJOR**

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

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

– Professor Robert Levenson
**PSYCHOLOGY DESIGN YOUR JOURNEY**

### FIRST YEAR
- **Explore your major**
  - @ CAL: Complete PSYCH 1 & 3 major prerequisites. Get familiar with Psychology major requirements by meeting a peer advisor.
  - @ CC: Review major requirements and course work through assist.org and complete Psych 1 & 3 prerequisites.
- **Connect and build community**
  - @ CAL: Discover campus organizations at Calapalooza in August. Explore Berkeley Connect. Follow @PsychPeerAdvisorCal on Instagram.
  - @ CC: Connect with a transfer advisor and get involved with Psychology related student groups on your campus.
- **Discover your passions**
  - @ CAL: Learn about research opportunities at the Undergraduate Research and Scholarships Fair in October.
  - @ CC: Connect to Berkeley Psychology Weekly Opportunities from Psychology Undergraduate Program Page.
- **Engage locally and globally**
  - @ CAL: Find internship and volunteer opportunities in the Psychology Weekly Opportunities. Engage in community service opportunities through the Public Service Center.
  - @ CC: Find internship and volunteer opportunities.
- **Reflect and plan your future**
  - @ CAL: Explore careers and graduate programs through the Career Counseling Library and O'Net.
  - @ CC: Explore O'Net and your campus’ career and transfer center.

### SECOND YEAR
- **Explore your major**
  - @ CAL: Meet with a major advisor, complete your Psychology prerequisites, and apply to the major.
  - @ CC: Connect with a UCB Psychology major advisor, complete Psychology and UCB prerequisites and apply to Cal.
- **Connect and build community**
  - @ CAL: Join a student org or Psychology student org. Attend a Psychology event and attend office hours to build relationships.
  - @ CC: Join a Psychology student org on your campus and attend instructor office hours to build relationships.
- **Discover your passions**
  - @ CAL: Apply to research positions through OURS or departmental research opportunities.
  - @ CC: Learn about the ACES program and explore the American Cultures courses of interest for your 1st year at CAL.
- **Engage locally and globally**
  - @ CAL: Study or intern abroad as a sophomore, junior, or senior with Berkeley Study Abroad or Berkeley Global Internships.
  - @ CC: Visit Berkeley Study Abroad to learn about opportunities for your junior or senior year.
- **Reflect and plan your future**
  - @ CAL: Explore Majors to Careers, Career Paths, and alumni post-graduation choices via the Career Destinations Survey.
  - @ CC: Explore Career Paths and reflect on your desired focus in Psychology.

### THIRD YEAR
- **Explore research subfields through survey courses considering area(s) of personal focus.**
  - Talk with a major advisor about doing an optional senior honors thesis or participating in research through URAP or Psychology Independent Study.
- **Connect and build community**
  - Tutor students at the Student Learning Center. Consider joining Psi-Phi, a Psychology International Honors Society with various professional opportunities.
  - Become a peer advisor! Attend seminars and colloquia to learn about current research.
- **Discover your passions**
  - Connect with faculty who share your research interests.
  - Become a Research Assistant in Psychology or a Research Apprentice in URAP. Research experience is required for the Honors Program, so earn credit through PSYCH 199 or UGIS 192.
- **Engage locally and globally**
  - Engage, give back, and get inspired with an alternative winter or spring break.
  - Intern for a semester in Washington DC with UC Berkeley.
  - Explore post-graduation fellowship opportunities.
  - Explore Gap Year opportunities for a break before graduate school.
  - Participate in a Berkeley Global Internship or do an internship or research project abroad with UC Education Abroad.
- **Reflect and plan your future**
  - Learn about Graduate & Professional study options.
  - Meet with a graduate advisor for insights & info on Ph.D. or M.A. programs @ Cal.
  - Attend Career and Internship Fairs.

### FOURTH YEAR
- **Complete L&S breadth and Tier II & III requirements.**
  - Explore electives in related fields. Take PSYCH 102 to advance your research skills.
  - Write an optional senior honors thesis.
- **Connect and build community**
  - Take a leadership role in a student organization. Engage with other Honors students and their research through the Honors seminar.
  - Connect with Alumni through the Cal Alumni Association.
- **Discover your passions**
  - Teach your own DeCal course.
  - Submit your PSYCH 101 or 102 research paper, honors thesis, or other work to the Undergraduate Journal of Psychology at Berkeley.
  - Challenge yourself with a graduate-level course.
- **Engage locally and globally**
  - Participate in a Berkeley Global Internship or do an internship or research project abroad with UC Education Abroad.
- **Reflect and plan your future**
  - Complete L&S breadth and Tier II & III requirements.

### WHAT CAN I DO WITH MY MAJOR?
- **Jobs and Employers**
  - Ass. 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!
  - Teacher, Sierra School
  - Therapist, Behavioral Health Works

### Graduate Programs
- Psychology graduates may pursue advanced degrees such as Masters, PhD, PsyD, etc. in areas such as:
  - Business
  - Cognitive Psychology
  - Counseling Psychology
  - Counselor Education
  - Developmental & Child Psych.
  - Elementary Education
  - Law
  - Management Science
  - Medicine
  - Physical Therapy
  - Physiology
  - Psychology
  - Social Sciences
  - Social Work

Examples gathered from the Career Destinations Survey of recent Berkeley graduates.