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.

ADMISSION TO THE MAJOR

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

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

– Professor Robert Levenson

73% admitted upon first review
17% admitted upon second review
10% denied admission

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.

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
Come to Berkeley’s annual Open House in April for information sessions, campus tours, special talks, and more.

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 Student Services Events webpage for news and updates.

ADVISING

Students are welcome to drop-in and talk with a peer advisor or major advisor in our office located on the 2nd floor of Berkeley Way West (2121 Berkeley Way at Shattuck).

Advising Drop-In Hours:
Monday - Friday 9am-12pm, 1-4pm

For more information on connecting with an advisor, visit psychology.berkeley.edu/students/undergraduate-program/academic-advising or email psychsso@berkeley.edu.

Visit vcue.berkeley.edu/majormaps for the latest version of this major map.
## 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.
  - @ CC: Connect with a UC Berkeley Undergraduate Program Page.

- **Connect and build community**
  - @ CAL: Discover campus organizations at Calpalooza in August. Explore Berkeley Connect.
  - Follow @PsychPeerAdvisorsCal 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.
  - @ 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: Find internship and volunteer opportunities in the Psychology Weekly Opportunities. Engage in community service opportunities through the Public Service Center.
  - @ CC: Connect to Berkeley Study Abroad or Berkeley Global Internships.
  - @ 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 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

- @ 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.

### 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.
- Tutor students at the Student Learning Center.
- Consider joining Psi-Chi, a Psychology International Honors Society with various professional opportunities.
- Become a peer advisor!
- Attend seminars and colloquia to learn about current research.

### FOURTH YEAR

- 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.
- 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.

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

- **Jobs and Employers**
  - Assoc. 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

- **Your Career Plan Here:**
  - Consider area(s) of personal focus.
  - 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.

- **Careers gathered from the Career Destinations Survey of recent Berkeley graduates.**

**Updated Last: 10/16/2019**