**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.

**ADMISSION TO THE MAJOR**

Although Psychology is a capped major, we do guarantee admission to the major for students who meet specific criteria.

- Complete the five prerequisite courses
- Declare within the eligibility window
- Maintain a 3.0 prerequisite GPA

**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.

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

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**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.

Visit [ue.berkeley.edu/majormaps](http://ue.berkeley.edu/majormaps) for the latest version of this major map.
**PSYCHOLOGY**
**Design Your Journey**

**Bachelor of Arts**

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**FIRST YEAR**
- Explore your major
  - CAL: Complete PSYCH 1 & two other major prerequisite courses. Get familiar with Psychology major requirements by meeting a peer advisor.
  - CC: Review major requirements and coursework through assist.org and complete PSYCH 1 and two other prerequisites.
- Connect and build community
  - CAL: Discover campus organizations at Calpalooza. Explore Berkeley Connect. Follow @ucbpsychadvising 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 webpage.
- 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 lower division Psychology and UCB prerequisites and apply to Berkeley.
- 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 first year at Berkeley.
- 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 your major
  - Explore research subfields through survey courses considering area(s) of personal focus.
  - Talk with a major advisor about an optional senior honors thesis or research through URAP or Psychology Independent Study.
  - Transfer students: complete PSYCH 101 at Berkeley and apply to the major.
- Connect and build community
  - 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.
- 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 UCDC or Cal in the Capital.
  - Study abroad or engage in a Psychology internship.
- 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.
  - Find jobs and internships through American Psychological Association.
  - Attend Career and Internship Fairs.

**FOURTH YEAR**
- Explore your major
  - Complete L&S breadth and Tier II & III requirements.
  - Explore electives in related fields.
  - Consider taking 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
  - 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 the UC Education Abroad Program.
- Reflect and plan your future
  - Write an optional senior honors thesis.
  - Complete L&S breadth and Tier II & III requirements.
  - Explore electives in related fields.
  - Consider taking PSYCH 102 to advance your research skills.
  - Write an optional senior honors thesis.

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

<table>
<thead>
<tr>
<th>Jobs and Employers</th>
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</thead>
<tbody>
<tr>
<td>Health Educator, Marin City Health HR Generalist, UC Berkeley</td>
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<tr>
<td>Project Designer, Apple</td>
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<tr>
<td>Psych. Tech., Alberta Kerr Campus Research Tech, Washington Univ.</td>
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<tr>
<td>Therapist, Behavioral Health Works</td>
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</tbody>
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**Your Career Plan Here:**

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**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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