INTRODUCTION TO THE MAJOR

The Sociology major is the study of the social—social life, social change, and the social causes and consequences of human thinking and behavior. It is an exciting degree that allows its students to pursue a multiplicity of careers and interests. With access to world-renowned faculty and one of the best graduate programs in sociology, undergraduates have a unique opportunity to engage in a lively academic environment.

I have internalized a very distinct set of skills that I will take with me into any occupational field I decide to enter. [Sociology] has offered me an invaluable way to see the world.

– 2018 Sociology Graduate

BUILD YOUR SKILLS

• Understand and apply key sociological concepts and social theories.
• Understand and be able to employ key research methods and data used by social scientists.
• Be prepared to use a sociological lens and skills in future endeavors, in the workplace or community.
• Formulate a well-organized argument supported by evidence.
• Develop effective oral and written communication skills.
• Achieve an understanding of professional, civic, and ethical responsibility.

AMPLIFY YOUR MAJOR

• Enroll in Berkeley Connect in Sociology to connect with faculty and graduate student mentors, and your peers.
• Explore study abroad through the Sociology department.
• Pursue potential Sociology funding for your own research project.
• Double major in Media Studies, Legal Studies, or Economics.
**FIRST YEAR**

- **Explore your major**
  - Check in with your Sociology advisor.
  - Map out a 4-year plan in CalCentral.
  - Begin taking Sociology lower division prerequisites.
  - Review Sociology major requirements.
  - Check out Sociology Writing Resources.
  - Consider a second major, minor, or certificate.

- **Connect and build community**
  - Meet with a Sociology Peer Advisor.
  - Apply for a leadership role within your student organization.
  - Get involved with the Public Service Center.
  - Explore student organizations outside of your major.
  - Attend Calapalooza to meet clubs of interest.

- **Discover your passions**
  - Learn about the Office of Undergraduate Research and Scholarships.
  - Apply for the SLC Research Associate Program to become acclimated with the research process at Berkeley.
  - Take a DeCal that interests you.
  - Follow a Course Thread of your interest.

- **Engage locally and globally**
  - Explore study abroad opportunities offered through the Sociology department.
  - Learn about the UC Intercampus Visitor program, which allows you to take a quarter or semester at any UC campus.
  - Explore local events and attractions.
  - Consider Berkeley Study Abroad programs and see how it may fit into your plan.
  - Look for opportunities to volunteer on campus and in the Berkeley community.
  - Join student government to represent your peers and develop leadership skills.

- **Reflect and plan your future**
  - Prepare for the job market with a Sociology degree.
  - Apply to the Career Center Internship Program.
  - Map your major to careers.
  - Explore careers and graduate programs at the Career Counseling Library.
  - Plan your career goals with the Yearly Planner.

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**SECOND YEAR**

- **FIRST YEAR**
  - Complete your Sociology prerequisites.
  - Enroll in upper division courses of interest.
  - Prepare to declare Sociology as your major.
  - Consult with a major advisor on when to take the Sociological Theory sequence.
  - Go to professor and GSI office hours.

- **Connect and build community**
  - Meet with a Sociology Peer Advisor.
  - Apply for a leadership role within your student organization.
  - Get involved with the Public Service Center.
  - Explore student organizations outside of your major.
  - Attend Calapalooza to meet clubs of interest.

- **Discover your passions**
  - Apply for the Undergraduate Research Apprenticeship Program (URAP).
  - Map a plan to graduate school using Step-by-Step.
  - Consider a double major or a minor.
  - Take a Big Ideas course to exchange ideas between disciplines.

- **Engage locally and globally**
  - Explore Berkeley Study Abroad programs and see how it may fit into your plan.
  - Look for opportunities to volunteer on campus and in the Berkeley community.
  - Join student government to represent your peers and develop leadership skills.

- **Reflect and plan your future**
  - Conduct Informational Interviews in fields of interest.
  - Build your job or internship search skills at a Job Search Essentials session.
  - Join Handshake to find Berkeley job opportunities.
  - Attend Career Connection events and network with alumni.

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**THIRD YEAR**

- **FIRST YEAR**
  - Check in with your advisor on how to balance your schedule, be on track to fulfill your requirements, and review criteria for the optional Sociology Honors Program.
  - Enroll in elective courses to gain depth of knowledge in a topic or subject.

- **Connect and build community**
  - Apply for the Sociology Honors Society.
  - Submit your work for publication in Eleven: The Undergraduate Journal of Sociology.
  - Apply to be a Sociology Peer Advisor.

- **Discover your passions**
  - Discuss your sociological interests with faculty.
  - Explore research and potential funding.
  - Learn how to develop a proposal.
  - Apply for research fellowships, such as Cal ADARI, Center for Ethnographic Research (CER), or Labor Summer (IRLE).

- **Engage locally and globally**
  - Apply for internships locally or globally through Global Internships.
  - Study, intern, and do research at Washington D.C. through UCDC and CITC.
  - Consider the Alternative Breaks program to go on service trips during the spring or winter breaks.

- **Reflect and plan your future**
  - Explore the Career Destinations Survey results to find out what Sociology graduates are doing.
  - Attend Career or graduate school fairs.
  - Check out American Sociological Association resources.
  - Consider applying for summer work or internships.

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**FOURTH YEAR**

- **FIRST YEAR**
  - Complete any remaining major requirements, and enroll in your bucket list classes.
  - Check in with an L&S advisor to make sure you are on track to graduate.
  - Enroll in a Sociology 190 capstone seminar course.

- **Connect and build community**
  - Become an L&S Peer Advisor.
  - Tutor at the SLC or lead an SLC Study Group through the Social Science program.
  - Apply to be a Campus Ambassador.
  - Apply to be a Golden Bear Orientation (GBO) Student Leader.

- **Discover your passions**
  - Teach your own DeCal course.
  - Apply to the Institute for the Study of Societal Issues (ISSI) to conduct interdisciplinary research on societal issues.

- **Engage locally and globally**
  - Apply for a post-graduation fellowship.
  - Explore gap year opportunities available before embarking on your next academic or career adventure.
  - Attend events or programs at Berkeley Arts + Design or Jacobs Institute for Design and Innovation.

- **Reflect and plan your future**
  - Attend Job Search Boot Camp for Seniors and apply to jobs or graduate programs.
  - Boost your networking skills and make Berkeley Career Network connections.
  - Prepare questions for Informational Interviews.
  - Pursue On-Campus Recruitment.

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

**Jobs and Employers**
- Adjunct Faculty, Ohlone College
- Build/Planning Tech, City of Davis
- Business Dev. Assoc., Oracle Corp.
- Case Admin., US Court of Appeals
- Comms. Assist., Save the Redwoods College Advisor, UC Berkeley
- Fellow-English Teaching Assistant
- Fellow-Program Coord., AmeriCorps
- Human Resources, Cisco Syst. Inc.
- Paralegal, Fed. Public Defender, D.C.
- Paralegal, Lieff, Lieff Cabraser, LLP
- Park Ranger, National Park Service
- Philanth. Manager, Mission Asset Fund
- Product Designer, Lyft
- Research Assoc., Real Cptl. Analytics
- US Dept of State-Fulbright Scholar

**Graduate Programs**
- Business Administration
- Career Counseling
- Education
- Health and Medicine
- Law
- Psychology/MFT
- Public Policy
- Social Welfare
- Sociology
- Student Affairs

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

Last Updated: 09/12/2019