

The logo features a large black Greek letter Psi (Ψ) with a smaller red Psi (Ψ) nested inside it. The red Psi is positioned slightly lower and to the right of the black one, creating a layered effect.

Psychology Major Handbook

This handbook contains important policy information, major requirements, and other opportunities that will help you to reach your academic goals as a psychology major. This handbook was created by the Psychology Advising Center (PAC) to assist and guide you in completing your graduation requirements, help you get the most from your educational experience, and prepare you for your next accomplishment BUT the requirements for graduation and other university requirements are your responsibility. **YOU are ultimately responsible for your academic success.**

Tools for Academic Excellence

Psychology Advising Center (PAC)

The PAC office provides information to undergraduates about psychology graduation requirements, graduate school information, field and research experience, independent study, Psychology Department scholarships, Psychology Department student groups, GPA calculations, the Graduation Planning System, and University of Utah student resources. If you are a psychology major or minor, it is important that you have the PAC office, located in room 507 in the Social and Behavioral Science building (BEHS), check your transcript at least once a year to ensure that you are meeting the Psychology department requirements. To make an appointment with an advisor, please call 801-585-9095. You can also visit us online to find this handbook and much more: www.psych.utah.edu/advising.

GPS

The Graduation Planning System (GPS) is a tool, available to all students, that allows you to plan what classes or experiences you want to take during your time as an undergraduate at the University of Utah. The Psychology Department has provided a suggested course plan called a Road Map. Use this Road Map as created, or modify it to your liking, to create your own 4-5.5 year graduation plan. You can access this tool and each department's Road Map from your CIS page. Only after you have created a plan is an advisor able to discuss your plan with you.

Graduation Guarantee

Graduation Guarantee (GG) is designed to help students create a long-term plan for their education, as well as a time frame for the completion of that plan. Students who choose to participate in this program will meet each semester with an academic advisor to ensure they are on schedule with their individualized graduation plans, as well as seek advice from Career Services regarding their future goals. To participate in Graduation Guarantee, a student must use the GPS tool to develop a plan, meet with the plan's major advisor, and read and agree to the University and Department Graduation Guarantee Guidelines. Currently, only freshman are eligible to participate in this program.

DARS

The Degree Audit Report System (DARS) is a tool that you can access any time from your CIS page to view your academic progress. Be sure to view your DARS often and speak to your advisor if you have any questions about its content. You do not need to bring a printed DARS to the Psychology Advising Center for an advising appointment; however, you may want to preview it before your appointment and prior to registration. If you are not yet a major, choose the **Generate Degree Audit Report** link. If you are a declared psychology major click on **Generate Degree Audit Report for My Major(s)**. If you have difficulty understanding or interpreting the DARS, view **How to Read a Dars Report** www.acs.utah.edu/help/student/DarsView_help.html.

Other Resources

The University of Utah has numerous resources available to assist you academically, financially, socially, and occupationally. To view opportunities available to University Students visit www.utah.edu and click on students or future students to find links to arts groups, the chess club, first generation college student services, disability services, the Women's Resource Center, Center for Ethnic Student Affairs, ASUU, the LGBT Resource Center and much more.

Graduate School

There are many graduate school options for students that want to continue in the field of psychology. Plans for graduate school should begin early in your academic career. Admission to graduate school in psychology is highly competitive; Grades (GPA), the Graduate Record Examination (GRE), letters of recommendation, and research/field experience are the most important criteria for admission. *Graduate Study in Psychology* and *Getting In* by the American Psychological Association give valuable information about programs and degrees offered within the United States, as well as application information, degree requirements, admission requirements, and financial assistance of various programs. If you need assistance locating these books or want additional book references for graduate school, visit the PAC office. The PAC can discuss with you the steps for applying to graduate school, preparation courses for the Graduate Record Exam, and Psychology career information. Visit the PAC to learn more about psychology degree options and how to choose the right type of degree based on your interests. You can also find information outside our door.

Psychology Major Requirements

- | | |
|--------------------------|---|
| <input type="checkbox"/> | 1010 General Psychology (4) (PSY 1010 is a prerequisite for all 3000 level classes) |
| <input type="checkbox"/> | 2010 Psychology as a Science and a Profession (3) (Prerequisite or Concurrent with PSY 1010) |

DECLARE FOR FULL MAJOR STATUS: **Student has met all 3 requirements for update Y / N**

- | | |
|--------------------------|--|
| <input type="checkbox"/> | 3000 Statistical Methods in Psychology (4) (QB, QI) (Prerequisite Math QA and PSY 1010) |
| <input type="checkbox"/> | 3010 Research Methods in Psychology (4) (QI, CW) (Prerequisite PSY 3000) |

Core areas—Complete one (1) course from four (4) of the five (5) areas:

Developmental Core:

- | | |
|--------------------------|---|
| <input type="checkbox"/> | 3215 Development in Infancy and Early Childhood (3) |
| <input type="checkbox"/> | 3220 Childhood and Adolescent Development (3) |
| <input type="checkbox"/> | 3230 Adult Development and Aging (3) |
| <input type="checkbox"/> | 3240 Adolescence and Emerging Adulthood (3) |
| <input type="checkbox"/> | 3250 Abnormal Child Psychology (3) * |
| <input type="checkbox"/> | 3260 Social and Personality Development (3) |

Cognitive Core:

- | | |
|--------------------------|---|
| <input type="checkbox"/> | 3120 Cognitive Psychology (3) |
| <input type="checkbox"/> | 3130 Mind and Nature (4) (BI, QI) |
| <input type="checkbox"/> | 3140 Cognitive Neuropsychology (3) * |
| <input type="checkbox"/> | 3150 Sensation and Perception (3) * |
| <input type="checkbox"/> | 3172 Human Performance & Engineering Psychology (3) |

Social Core:

- | | |
|--------------------------|-----------------------------------|
| <input type="checkbox"/> | 3410 Social Psychology (3) |
| <input type="checkbox"/> | 3620 Environment and Behavior (3) |
| <input type="checkbox"/> | 3440 Personality Theories (3) |
| <input type="checkbox"/> | 3460 Health Psychology (3) * |

Behavior Neuroscience Core:

- | | |
|--------------------------|--------------------------------------|
| <input type="checkbox"/> | 3140 Cognitive Neuropsychology (3) * |
| <input type="checkbox"/> | 3150 Sensation and Perception (3) * |
| <input type="checkbox"/> | 3711 Brain and Behavior (4) |

Clinical Core:

- | | |
|--------------------------|--|
| <input type="checkbox"/> | 3250 Abnormal Child Psychology (3) * |
| <input type="checkbox"/> | 3320 Survey of Clinical Psychology (3) |
| <input type="checkbox"/> | 3400 Psychology of Abnormal Behavior (3) |
| <input type="checkbox"/> | 3460 Health Psychology (3) * |

Modes of Learning

—Complete at least two (2) of the following with the courses to which they are attached:

- | | | |
|---|--|---|
| <input type="checkbox"/> 3900 Research Methods (1) | <input type="checkbox"/> 3901 Technological Literacy (1) | <input type="checkbox"/> 3902 Psychology in Everyday Life (1) |
| <input type="checkbox"/> 3903 Collaborative Learning (1) | <input type="checkbox"/> 3904 Service Learning (1) | <input type="checkbox"/> 3905 Writing and Communication in Psychology (1) |
| <input type="checkbox"/> 4810 Field Experience (4810 does not need to be taken with a Psychology Course, only 6 credits of 4800-4810 may count towards the major hours) (1) | | |

Elective Psychology Classes:

- | | | | |
|--------------|--------------|--------------|--------------|
| psy ____ () | psy ____ () | psy ____ () | psy ____ () |
| psy ____ () | psy ____ () | psy ____ () | psy ____ () |

TOTAL PSYCHOLOGY HOURS: _____ / (_____ IP) / **41**

TOTAL UPPER DIVISION: _____ / (_____ IP) **25**

Allied Hours: Complete 12 credit hours of which 6 must be upper division; waived with completion of a minor or double major.

Departments from which allied hours are accepted: Anthropology, Biology, Chemistry, Communication, Communication Sciences and Disorders, Computer Science, Economics, Educational Psychology, Ethnic Studies, Family and Consumer Studies, Gender Studies, Geography, Gerontology, Health Promotion and Education, Mathematics, Philosophy & Cognitive Science, Political Science, Social Work, Sociology, Special Education, Urban Planning, and Writing.

TOTAL ALLIED HOURS: _____ / (_____ IP) **12**

TOTAL UPPER DIVISION: _____ / (_____ IP) **6**

Still Needs:

_____ Total PSY Hours of which _____ need to be Upper Division Hours GPA: 2.8 or above

_____ Total Allied Hours of which _____ need to be upper division

Required Courses (1010, 2010, 3000, 3010): Modes of learning: Cores Areas:

Additional Referrals/Recommendations:

*Checklist based on current DARS, if your registration changes, checklist may not be valid

*These courses are listed under two core areas. They may fulfill either area, not both

†This checklist does not address the General Education or Bachelor Degree requirements; these need to be fulfilled in addition to your major requirements. If you have any questions, please see University College Advising

*All IP, in progress courses, must be finished with a "C" or better to count towards the major requirements.

Steps for completing the Psychology Major

PRE-PSYCHOLOGY MAJOR

A student who officially declares an intention to major in psychology will begin as a Pre-Major. There are no requirements to be a pre-psychology major.



To be eligible for Full Major Status you must complete

- Psychology 1010: General Psychology (with “C” or better)
- Psychology 2010: Psychology as a Science and a Profession (with “C” or better)
- Complete 10 credit hours at the University of Utah
- Have a cumulative GPA of 2.8 or better
- Update to Full Major Status at the psychology web site: www.psych.utah.edu/advising/statusapplication1.php, or inform the advisor during your appointment (BEHS 507)

Psychology Policies that may affect the successful completion of the major

- All psychology and allied hours must be completed with a letter grade of “C” or better (C- is not acceptable) and an overall cumulative **GPA of 2.8 or better** is required to update to full major.
- Research Assistance (4800-4806) is offered as CR/NC.
- **Only six (6) total hours of 4800-4810** may be counted toward the psychology major.
- Classes taken over ten (10) years ago do not fulfill departmental requirements (excluding PSY 1010 and 3000).
- Students must complete 10 semester hours, 8 of which must be 3000 or higher, of psychology course work at the University of Utah to satisfy the Psychology Department residency requirement.
- Core courses may be repeated only once.
- Lower-division courses do not satisfy core requirements.
- Psychology credit hours must total **at least 41 hours**, of those 41, **25 hours must be 3000 or higher**.
- A Mode of Learning must be taken concurrently with the course with which it is offered. This does not include 4810 which can substitute for mode of learning credit.

TRANSFER OF PSYCHOLOGY CREDIT

Students transferring from another institution must have their transcripts reviewed by the Admissions Office. Once transfer of credit has been made, the transfer student should visit the Psychology Advising Center within their first semester to find out whether or not Psychology courses taken at another institution fulfill the psychology major/minor requirements at the University of Utah. The Psychology Department cannot guarantee any transfer of credit prior to the University of Utah accepting the credit.

Psychology Department Guidelines for Transfer of Undergraduate Psychology Credits:

1. Courses must be taken from a psychology department. Courses offered by educational psychology, sociology, special education, behavioral science, etc. **do not** qualify for transfer credit toward the psychology major or minor requirements other than as allied work.
2. Only 4 semester hours of 1010 / Introductory or General Psychology may be accepted.
3. It is the student’s responsibility to be sure that **no courses are duplicated**. You will receive credit for only one course if you have duplicate credit on your DARS. Be sure to speak to your advisor or the registrar’s office about this; if you don’t, it may not be caught until you are denied graduation.
4. To count courses taken at another institution as a course at the University of Utah may require a petition process.
5. If you are transferring credit from a Utah institution, visiting the following site for guidelines on transfer credit articulation: www.sa.utah.edu/admiss/Transfer/guide.htm.

OPPORTUNITIES FOR PSYCHOLOGY STUDENTS

The psychology department has many opportunities available for students. None of these experiences are required but we consider them to be an essential part of a good academic experience and an important asset to any graduate application or future employment.

Research Experience

The Psychology Department at the University of Utah is heavily engaged in research. All of the Psychology Department's professors and graduate students are working on research projects. Research Experience is a great way to earn upper division psychology credit, gain valuable experience, earn letter(s) of recommendation, and is highly recommended if you are considering graduate school. The Psychology Advising Center recommends a minimum of two semesters of research experience for a Master's degree and a minimum of 4 semesters for a PhD.

• Lab Research Assistant

As a Research Assistant (RA) you will be working with a professor or graduate student on their research. This can be as simple as entering data or as complex and rewarding as managing the lab and being published. This is one of the easiest ways to make your first point of contact with a professor, the best way to start your research involvement, and a necessary step to increase the probability of getting involved in the more advanced research experiences listed below. If you would like to apply to work in a research lab, please go to www.psych.utah.edu/advising/researchopp.php for instructions and additional information. Be sure to read the Psychology Policies on page 4 if taking research 4800-4809 for credit.

• Senior Thesis

The senior thesis program is a research intensive program recommended for anyone considering a career in psychology. You will work with a professor on a research project, from start to finish, by designing the research project, gathering all necessary data, writing up your findings and presenting your findings. To apply for the senior thesis program beginning in the fall, spring, or summer semester go to www.psych.utah.edu/advising/seniorthesis.php

• UROP (Undergraduate Research Opportunity Program)

The UROP program is a campus wide research opportunity that can be completed in conjunction with any participating department on campus (including psychology). Research is conducted in conjunction with a professor over a period up to 2 semesters and a stipend may be awarded for the research project. For details on applying visit: www.urop.utah.edu.

• Human Factors Certificate

The goal of Human Factors is to improve human interactions with all forms of equipment, software, and other people in ways that enhance performance, increase safety, and improve user satisfaction. The certificate will complement existing fields of study such as Psychology, Electrical Engineering, Mechanical Engineering, Bioengineering, Computer Science, Nursing, among others. The 20 credit hour certificate includes a one semester intensive research project. It is possible to complete the certificate within the Psychology Major Requirements without taking additional hours. Please visit www.psych.utah.edu/~fd2918/certificate for more information.

Field Experience

Gaining hands-on clinical experience is crucial to those seeking a master's degree in counseling or for those pursuing a PhD in clinical or counseling psychology. It is also a terrific way to explore the field, learn more about psychology, and earn a letter(s) of recommendation from people who work in the field.

• Field Placement

Psychology 4810 is designed to introduce students to clinical work in the field of Psychology. Students volunteer weekly at a clinical placement/service agency of their choice throughout the semester. In addition to gaining "hands on" clinical experience, students meet monthly in the classroom and complete written assignments. For more information and to view the volunteer sites visit www.psych.utah.edu/advising/fieldplacement.php. Be sure to read the Psychology Policies on page 4 if taking research 4800-4809 for credit.

• Career Services

Career Services provides assistance to University of Utah students for up to one year after graduation. Career Services can help you find a job in the field while you are in school and they can also help you find internships; even paid internships that award university credit. We recommend that all students visit Career Services after declaring their major. It is never too early to learn about your field and begin your career, and it's FREE! Visit Kate Whetman in the Student Services Building room 350 or visit career services online at <http://careers.utah.edu>. She can also be reached at kwhetman@sa.utah.edu.

• PAC (Psychology Advising Center, BEHS 507)

Working in the PAC office is a great way to begin your psychology career. You will receive upper division psychology credit while advising students on degree completion, career choices, academic stresses, being a student at the U, and many other things. In addition, the PAC provides opportunities to learn about graduate school, conduct small research projects, and to create and present other projects relevant to the psychology department and student life. Visit the psychology web site www.psych.utah.edu/advising/peeradvising.php for an application or visit the PAC.

• Undergraduate Teaching Assistant

Want to know what it is like to be a professor? Want a jump start on that teaching fellowship for graduate school? As an Undergraduate TA you will earn upper division psychology credit while assisting professors and graduate students in the psychology department. To be eligible for this opportunity you must have taken the class for which you would like to TA and you must get permission from the instructor who will be teaching the course.

Student Groups

Joining a student group is a great way to get involved in campus life, meet other students, and to learn more about what is happening at the University. Other students will probably be your largest source of information for academic, professional, and social activities on campus. Two Psychology related groups are listed below.

• Psi Chi (Psychology National Honor Society)

Psi Chi is the national honor society for psychology. Joining Psi Chi is a great way to learn more about the field of psychology, to interact with other students, an opportunity to be involved with psychology on a national level, and a great way to participate in monthly service and intellectual activities. To join, you can apply through the PAC office (BEH S 507) or online at www.psych.utah.edu/psichi.

• SAC (Student Advisory Committee)

If you want to have a voice in the department, consider becoming a member of SAC. SAC members evaluate faculty for promotion, retention, and tenure. They may also sit on important committees, help in departmental activities, and get an insiders view of the administrative workings of academia. Because of your close interactions with the department, SAC may also be a great way for you to earn a letter of recommendation. To learn more and to get involved visit www.psych.utah.edu/sac

Financial Assistance

The Psychology Department and the College of Social and Behavioral Sciences offer numerous scholarships each year. Scholarship information is generally posted during the fall semester and applications are usually due sometime in January. To apply and read about your eligibility for the different scholarships go to www.psych.utah.edu/advising/scholarships.php. If you are interested in other financial offerings, we recommend you visit the financial aid office in Student Services Building or online at www.sa.utah.edu/finance.

DEPARTMENTAL MINOR REQUIREMENTS

*To be eligible for a **Psychology Minor** you must complete*

- Psychology 1010: General Psychology (with “C” or better)
- Minimum cumulative GPA of 2.8 and be declared as a major in another department
- Complete Minor Status form at the psychology web site: www.psych.utah.edu/advising/statusapplication1.php, or inform the advisor during your appointment (BEHS 507)

To complete the Minor you will need to

- Complete Psychology 3000, Statistics, (with “C” or better)
- Complete 16 total Psychology hours (8 of which must be upper division)

Important Psychology Minor Policies:

- All Psychology and Allied hours must be completed with a letter grade of “**C**” or better (**C-** is not acceptable) and an overall cumulative **GPA of 2.8 or better** must be maintained to update.
- Field Placement (4810) and Research Assistance (4800-4806) are to be taken as CR/NC. **Only two (2) total hours** may be counted toward the psychology minor. For 1 credit hour earned, you must complete 3 hours of work per week.
- With the exception of Psych 1010 and 3000, classes taken over 10 years ago do not fulfill departmental requirements.
- Students must complete six (6) semester hours of psychology course work at the University of Utah, three (3) hours must be 3000 level or higher to satisfy the psychology department residency requirement.
- Psychology credit hours must total **at least 16 hours**. Of those 16, **8 hours must be 3000 level or higher**. There is no maximum number of Psychology credits which a student can count toward University graduation requirements.
- Psychology courses that have 3000 and 3010 as prerequisites are 3210, 3110, 3120, 3140 & 3150.
- When applying for the minor you must bring a current **transcript or DARS**. It can take up to one week to update your psychology minor status.



Thank you for visiting the Psychology Advising Center (PAC). We hope you enjoy your time in this fascinating major!

During your visit to the PAC, the departmental handbook for undergraduate students may have been reviewed electronically in our office. We suggest you explore our website and take a closer look at the handbook as well as all the information offered. To view the handbook and navigate the departmental and PAC sites visit:

www.psych.utah.edu

For the advising office website:

www.psych.utah.edu/advising

For the major handbook **including all major/minor policies:**

www.psych.utah.edu/advising/pdf/handbookmajor.pdf

If you did not sign up for our undergraduate email list and want to stay informed of upcoming opportunities, please send an email to our office and request that you be added to the undergraduate listserv.

Psychology Advising Center Office Hours*

Monday:	9-4:00	(Walk In only)
Tuesday:	9-6:00	(By appointment only)
Wednesday:	8-4:30	(By appointment only)
Thursday:	9-4:00	(Walk In only)
Friday:	9-1:00	(By appointment only)

*The PAC is closed for all University holidays. We try our best to maintain the above hours but may need to adjust this schedule periodically. For up to date information, visit the psychology web site.

*Always bring photo identification to the PAC office. Without an official form of identification, we may be unable to assist you.

Psychology Advising Center

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psych.advising@psych.utah.edu • Campus Information 801-581-7200 • Technical Support 801-581-4000