Welcome
Advising At UC Berkeley

- Psychology Major
  - 3305 Tolman Hall

- College of Letters and Science
  - 206 Evans and Dwinelle Hall

- Cal Student Central (Registration, Financial Aid, etc.)
  - 120 Sproul Hall

- Other Advising such as:
  - Career Center
  - Career Counseling Library
  - EOP Advising
For further questions and information, contact:

Psychology Student Services Office
psychsso@berkeley.edu
(510) 643-8114
http://psychology.berkeley.edu/

Additional Questions: Make an appointment online!
**No appointments during the first two weeks of the semester.**
Admission to the Major

ADMISSION REQUIREMENTS
Psychology as a Major

- Psychology is a capped major.
  - More students are interested in declaring the major than we have room to accommodate.
  - As a result, there are special requirements.
Guaranteed Admission Criteria

• Complete all 8 prerequisite courses.
• Eligibility Depends on Units & Semesters
• 3.2 GPA in prerequisites
• Must submit the online application by the posted deadline
Guaranteed Admission: Completion of the Prerequisites

- Combination of UC Berkeley courses, AP exams, and/or transferrable coursework.
- All coursework must be taken for a letter grade.
- Use assist.org website to check for articulation agreement with California Community colleges.
- Consult with a major adviser for courses taken from another 4-year institution or outside of California.
Guaranteed Admission: Window of Eligibility

- **STUDENTS ADMITTED AS A FRESHMAN**
  - Your eligibility to apply begins on your 3rd semester (traditionally, first semester of your sophomore year).
    - Semester through FPF program counts as one semester.
  - Your window for guaranteed admission ends on either:
    - Your 5th semester, regardless of how many units you have accumulated (traditionally, first semester of your junior year); OR
    - During the semester in which you earn 80 units IN PROGRESS
      - Your units for that semester are factored in the calculation
      - High school enrichment units and AP credits are not used for calculation

- **JUNIOR TRANSFER STUDENTS**
  - Your eligibility for guaranteed admission begins and ends during your first semester at UC Berkeley
Guaranteed Admission: 3.2 GPA in the Prerequisites

- ONLY in lower-division prerequisites & Psych 101
- Course grades transferred from community college or another institution are counted towards the calculation.
- AP scores satisfy the requirement, but are NOT used towards your GPA.
- GPA calculator is available in the Psychology website.
Guaranteed Admission: Submitting the Online Application

Admission to the University is independent from your admission to the major:

- You may submit your online application while you are enrolled in your last prerequisite course(s).
- There are three parts of the application: (1) student information; (2) courses and grades, and; (3) unofficial transcript.
- A scanned copy, downloaded file from your web browser, or a screenshot of your transcript are accepted.
- Mark “IP” as your grades for courses currently taking.
- Submission deadlines:
  - Fall application: First Friday of October
  - Spring application: First Friday of March
  - Summer application: First Friday of July

- Students will receive an email notification regarding the status of their application.
- Admission will be determined after the completion of their remaining prerequisites.
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Prerequisites for Psychology

To verify course articulation from California community college, please visit: assist.org.

General Psychology (1 course)
- UC Berkeley: Psychology 1
- Other Institution: General Psychology or Intro to Psychology
- AP Psychology with a score of 4 or 5

Social Sciences (2 courses from different departments)
- UC Berkeley: Anthro 3/3AC; Soc 1, 3/3AC; Ling 5; Philos 3, 4, 5, 12A, or 12B; Poli Sci 1, 2, or 4
- Other Institution: Intro to Soc; Cultural Anthro; Social Anthro; Nature of Mind; Intro to Logic
- AP US Government or AP Comparative Government with a score of 4 or 5

Some restrictions in the Social Science Area:
- Intro to Philosophy and Ethics/Moral Philosophy DOES NOT satisfy this requirement.
- May not use any course from the Political Science Department as your second social science course if AP score is used.
Biological Science (2 courses)

- UC Berkeley: Anthropology 1, Biology 1A, IB 31, or MCB 32, Psych C61/MCB C61 or C64/MCB C64
- Other Institution: Physical Anthropology; Biological Anthropology; Physiology; Cellular and Molecular Biology; Biological Psychology (Lower Division); Emotions, Learning, and the Brain; General Biology for biology/STEM majors
- AP Biology with a score of 4 or 5

Quantitative Area (Psych 101 & 2 additional courses)

- Psych 101: MUST be take at UC Berkeley
- UC Berkeley:
  Any TWO courses from:
  - Math 10A, Math 10B, Math 1A, Math 1B, Math 54 or Math 55
  - Stats 2 or 20 or 21
  - Stats C8 - Stats w/ Programming
- Other Institution: Calculus I; Calculus II; Intro to Statistics; Discrete Math

Some restrictions in the Quantitative Area:
- Math 16A and Math 16B may not be used to fulfill any of your quantitative requirements.
- Students may not use any AP Exam scores to fulfill any of your quantitative requirements.
- Receiving a “P” in Stats 2/20/21 or equivalent must opt in taking the Math series or Stats C8.
Psych 101: Research Data and Analysis

• Must be taken only at UC Berkeley
• Ideally, after completion of a college-level quantitative course
  ▫ Transfer Students: Must be taken during your FIRST semester
• Covers essential concepts in the scientific method and in statistics
• Exposure to basic programming using R software
  ▫ Prerequisite for a REQUIRED course in the Honors Program (Psych 102)
• Don’t be afraid to ask for help if you struggle with math or statistics! Tutoring is available in Student Learning Center
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Upper Division
Upper-Division Requirements (100-199)

A minimum of 8 upper-division courses

- A minimum of 5 survey courses (Tier II) & 3 Psychology Electives (Tier III)
- Community College courses are considered lower-division, and they DO NOT satisfy the upper-division requirements.

**Tier II Survey courses: 5 courses total**

At least ONE in each area:

<table>
<thead>
<tr>
<th>Course Options</th>
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<tbody>
<tr>
<td><strong>Biological</strong></td>
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<tr>
<td>Tier II: Survey Courses</td>
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*Student will not receive credit for Psych 110 if MCB C61 is taken prior. Student must take another course to meet biological requirement.*
Tier III Upper-Division Psychology Electives: **3 courses total**
- Any upper-division Psychology courses that not listed in Tier II table (must be a minimum of 3.0 units)
- Any **EXCESS** Tier II: Survey Courses will count
- A maximum of one Psychology seminar (e.g. Psych 128)
- Psych 197, 198, 199, and Honors courses do not count towards the requirements
- Max of 2 upper-division courses not hosted by UCB Psychology Department. For example:
  - Courses taken at UCB but not sponsored by Psych department
    - UGBA 105
  - Courses taken from another 4-year institution:
    - UCLA Courses during Summer Sessions
  - Courses offered by UC Extension
    - UC Berkeley Extension: Psych X140
  - Courses taken through Study Abroad Program
# Upper-Division Requirements

<table>
<thead>
<tr>
<th>EIGHT UPPER-DIVISION COURSES</th>
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<tr>
<td><strong>Tier II</strong></td>
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<tr>
<td>(Survey Courses)</td>
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<tr>
<td>5 courses total</td>
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<tr>
<td><strong>Tier III</strong></td>
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<tr>
<td>3 courses total</td>
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Study Abroad
Study Abroad, aka “EAP”

• First stop:
  Study Abroad Advising Office (160 Stephens)
    • Inquire about the requirements about the country
    • Inquire about the deadlines
      • Applications are due about a year in advanced!

• Next stop:
  Your major adviser!
  ▫ Psychology outlined a list of pre-approved courses on the website.
  ▫ If the course is not listed, you may submit a syllabus review form for course evaluation.
Abroad Course Guidelines:

- A maximum 2 upper-division courses outside of Psychology department towards your major
  - More information in upper-division video
- Must be offered through the Psych Dept (or related department) of the host institution
  - See host institution catalog if upper-division, or
  - MyEAP Course Catalog
- Must be at least 2.7 semester units
- Plan to use them for your Psych elective (Tier III)
- Similar course titles does not mean they’re equivalent
  - E.g. Developmental Psychology from UK may not be equivalent to UCB Psych 140
- Take a course that you will not find at UC Berkeley!
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Double Major and Minors
Double Major with Psychology

- Common double majors and possible overlapping courses:
  - MCB: MCB 160
  - Economics: Econ 119
  - Cognitive Science: Psych C127
  - Business: UGBA 105
- You may also consider other majors outside of L&S.
Double Major with Psychology

- Maximum 2 upper-division courses may double count between majors.
- You may overlap as many lower-division requirements.

<table>
<thead>
<tr>
<th>Psychology Upper-Division</th>
<th>Cognitive Science Upper-Division</th>
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<tr>
<td><strong>9 upper-division courses</strong>&lt;br&gt;Psych 101 + 5 Tier II + 3 Tier III</td>
<td><strong>9 upper-division courses</strong>&lt;br&gt;Refer to department website</td>
</tr>
</tbody>
</table>

**Total courses for both majors:**<br>9 Psych + 9 CogSci – 2 overlap = 16 upper-division courses
Psychology and a Minor

- **No Minor in Psychology.**
- Maximum 1 course may double count between the major and minor.
- Common minors and **possible** overlapping courses:
  - Education: Psych 140
  - Disabilities Studies: Psych 131
- Also: Pre-med track (not a minor)
  - Bio 1A, MCB 32, Math 10A, and Math 10B
- List of Minors in L&S
  - check out [Berkeley Academic Guide](https://catalogs.berkeley.edu/)
For further questions and information, contact:

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Research
Psychology and Research Opportunities

“We are the only university to offer undergraduates the opportunity to conduct cutting-edge research as early as their freshman year and outside of their major.”

- Source: http://admissions.berkeley.edu/academics
Figuring out what interests you

- Check out the Psych department website and look into research options
- Talk to fellow students to find out what research they are working on/learn about their roles as RAs
- Be open minded! Find a handful of professors whose research sounds interesting and check out their lab websites
- Consider taking advantage of other, Psych-related department research, like Sociology or Haas Organizational Psychology
- Participate in RPP for a taste of the research conducted in the Psych department
Research Opportunities Through the Psychology Department

- Psych 199 - Research assistantship
  - Positions posted at the beginning of every semester on bulletin board and on the Weekly Opportunities page
  - May also contact lab at the end of preceding semester or summer to inquire.
  - The early bird gets the worm!
- You are allowed to receive up to 3 units of P/NP for being a research assistant.
  - 1 unit per each 3 hours of work.
- TONS of opportunities through the Weekly Opportunities page
  - Psychology website > Undergraduate > Weekly Opportunities
- A minimum of 2 units as a prerequisite for Honors.
Research Opportunities Through URAP

- The two main websites: http://urap.berkeley.edu/
  http://urappprojects.berkeley.edu/projects/index.php
- Check URAP website for project descriptions, info-sessions, and application deadlines.
- Consider working with a faculty member from other disciplines like Computer Science, Anthropology, etc.
- Questions? Email urap@Berkeley.edu

- A minimum of 2 units as a prerequisite for Honors.
For further questions and information, contact:

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Honors Thesis
The Psychology Honors Program

- Departmental distinction is independent from the college honors.
- A program for students who excel academically who are interested in being recognized as receiving **Departmental Honors**.
- Contingent upon having a **3.5 GPA** in the major and an overall **3.3 GPA** by graduation
- Contingent upon the completion and submission of a **senior thesis**

For detailed information about the honors program, please visit: [http://psychology.berkeley.edu/students/undergraduate-program/honors](http://psychology.berkeley.edu/students/undergraduate-program/honors)
Overall Honors Requirements

There are requirements to Honors:

• **Required to apply for Honors:**
  ▫ 2 units of research prior to semester of Senior year
  ▫ Must find faculty sponsorship affiliated with UC Berkeley

• **Required to be granted Honors:**
  ▫ 3.5 GPA in the Psychology major by graduation
    • Prerequisites included in calculation
  ▫ 3.3 GPA overall by graduation
  ▫ Honors level will be determined by faculty members upon submission of the final thesis.
  ▫ Completion of Honors courses for a letter-grade.
Honors Course Requirements

- At least 1 semester of research participation either through URAP or Psych 199
  - Enrolled with a minimum of 2 units
- Psych 102 - Fall only course
  - Psych 101 as prerequisite
- Courses for credit:
  - Psych H195A/B (REQUIRED): units for thesis
  - Psych H194A/B (REQUIRED): honors seminar

ALL courses listed above must be taken for a LETTER-GRADE, and they DO NOT satisfy your Psychology major requirements.
Advice from Current Honors Students

• Start developing your ideas over summer, and consider beginning to learn R through resources like DataCamp
• Asking someone to be your mentor is not as intimidating as it seems at first!
• Don’t settle for working on a project you’re not interested in, because you’ll be spending a year on the project.
• Consider taking Psychology 102 prior to your senior year
• Make sure your faculty sponsor (or mentor) has time for you and can be appropriately attentive to your needs
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First Semester Freshman
University and College of Letters & Science Requirements

- This is not an extensive list. For more information, please refer to [https://ls.berkeley.edu/advising/degree-requirements](https://ls.berkeley.edu/advising/degree-requirements).
  - **Entry Level Writing Requirement**
    - If you have not fulfilled this requirement, you may satisfy this requirement AND first R&C requirement by taking College Writing R1A.
  - **Reading and Composition (Part A and Part B)**
    - Basically any course that has an R prefix (ex: College Writing R1A and African American Studies R1B).
  - **American Cultures**
    - Any course with an AC suffix (ex: Anthropology 3AC).
  - **American History and American Institutions**
  - **Quantitative Reasoning Breadth**
  - **Foreign Language**
• 7 Course Breadth Requirements - *Psychology requirements fulfill some of these areas!*
  ▫ Arts and Literature
  ▫ Biological Science
  ▫ Historical Studies
  ▫ International Studies
  ▫ Philosophy and Values
  ▫ Physical Science
  ▫ Social and Behavioral Sciences

• For comprehensive list, please refer the College of Letters and Science website or see a college adviser in 206 Evans.

*There are plenty of classes to fulfill these requirements, feel free to explore!*
General Tips for Scheduling Classes

- To earn your B.A., you need to successfully complete a minimum of 120 units.
  - Must sign up for at least 13 units to be a full-time student.
- Must also satisfy all of your L&S requirements by graduation.
- For the Psychology major, there is a strict timeline for declaration. Plan accordingly.
- Get involved!
My First Semester at Cal!


College Writing R1A – Reading and Composition (6 units): satisfies Entry Level Writing and R&C

Sociology 3AC – Principles of Sociology (4 units): satisfied Social & Behavioral Sciences Breadth and Psychology prerequisites

PACS 94 – Seminar (1 unit)

Total: 14 units
Explore during your First Year

- Pre-Med/Health Track
  - See Career Center
  - Watch “Freshman: First Semester Planning - Pre-Health”
- Student Clubs
  - PsychologiCal
  - Cal Rec Sports
  - Student-to-Student Peer Counseling (SSPC)
- Research & Honors Thesis
- Take Fun Decals
- Freshman and Sophomore Seminars
- Externships and Internship Opportunities
  - Visit the Career Center website
For further questions and information, contact:

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**Additional Questions:** Make an appointment online!
**No appointments during the first two weeks of the semester.**
Freshman Scheduling with Pre-Health Focus
University and College of Letters & Science Requirements

• This is not an extensive list. For more information, please refer to https://ls.berkeley.edu/advising/degree-requirements.
  ▫ Entry Level Writing Requirement
    • If you have not fulfilled this requirement, you may satisfy this requirement AND first R&C requirement by taking College Writing R1A.
  ▫ Reading and Composition (Part A and Part B)
    • Basically any course that has an R prefix (ex: College Writing R1A and African American Studies R1B).
  ▫ American Cultures
    • Any course with an AC suffix (ex: Anthropology 3AC).
  ▫ American History and American Institutions
  ▫ Quantitative Reasoning Breadth
  ▫ Foreign Language
• 7 Course Breadth Requirements - *Psychology requirements fulfill some of these areas!*
  ▫ Arts and Literature
  ▫ Biological Science
  ▫ Historical Studies
  ▫ International Studies
  ▫ Philosophy and Values
  ▫ Physical Science
  ▫ Social and Behavioral Sciences

• For comprehensive list, please refer the College of Letters and Science website or see a college adviser in 206 Evans.

*There are plenty of classes to fulfill these requirements, feel free to explore!*
Pre-Health Course Requirements

- 1 year of Math
  - Math 10A, Math 10B, Math 1A, and Math 1B may fulfill prerequisites.
- 1 year of English
- General Chemistry: Chem 1A/L
- Organic Chemistry: Chem 3A/L and Chem 3B/L
- General Biology: Bio 1A/L and Bio 1B
  - Bio 1A may be used as a psychology prerequisite. Lab course is not required.
  - Bio 1B does NOT meet the Psychology requirements.
- Physics: Physics 8A and Physics 8B
- Biochemistry: MCB 102
Additional Recommended Coursework

Most of the following courses fulfill the Psychology prerequisites:

- Psychology course (Ex: 1, W1, 2)
- Sociology course (Ex: 1, 3AC)
- Statistics course (Ex: 2, 20, 21)
- MCB 32 (Physiology)
Example of First Semester Schedule

- 2 Psych prerequisites
- Chem 1A or Math or English course
- L&S Breadth requirement
My First Semester at Cal

Linguistics 55AC – American Languages (4 units): satisfies American Cultures requirement
Math 1A – Calculus (4 units): satisfies pre-health & Psychology prerequisite requirement
Rhetoric R1A - Craft of Writing (4 units): satisfies first half of Reading & Composition
Sociology 3AC – Principles of Sociology (4 units): satisfies American cultures & Psychology prerequisite requirement.

Total: 16 units
General Tips for Scheduling Classes

• To earn your B.A., you need to successfully complete a minimum of 120 units.
  ▫ *Must sign up for at least 13 units to be a full-time student.*
• Must also satisfy all of your L&S requirements by graduation.
• For the Psychology major, there is a strict timeline for declaration. Plan accordingly.
• Get involved!
Pre-Health Advising Resources

• Career Center
  ▫ Drop-in and appointment advising available
  ▫ Email contact: calprehealthpeers@gmail.com
  ▫ Email contact: calprehealthadvising@gmail.com
  ▫ Join the “Health and Medicine” email list through handshake.Berkeley.edu

• Pre-Health Thursdays with L&S Advising
  ▫ Same-day appointments only
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**No appointments during the first two weeks of the semester.
First Semester New Transfer
What should I sign up for my first semester?

- PRIORITIZE YOUR REMAINING PREREQUISITE(S)!!
  - Psych 101 MUST be in your schedule!
- American cultures must be completed by the time you graduate. You do NOT need to complete the requirement on your first semester.
- You need a minimum of 13 units to be a full-time student.
  - We recommend 13-14 units during your first term.
- Consider taking DeCal: visit [decal.berkeley.edu](http://decal.berkeley.edu)
- Don’t be overly ambitious with your schedule.
  - We recommend no more than 2-3 CORE courses on your first semester. CORE courses include prerequisites, major/minor requirements, and pre-med courses.
    - Consider non-Psych courses as P/NP. You have until 10th week to decide.
My First Semester at Cal

Psych 101 (4 units) - Required to declare
Psych C162 (3 units) - Human Happiness
Psych 150 (3 units) - Personality Psychology
Philosophy 104 (4 units) - Ethics
Psych 199 (2 units) - Research

Total: 16 units
What should I take for my first semester?

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<tr>
<th>First Semester</th>
<th>Second Semester</th>
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<tr>
<td><strong>OPTION 1</strong></td>
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<tr>
<td>• Psych 101 (4 units)</td>
<td>• 2-3 Psych Upper-Division (6-9 units)</td>
</tr>
<tr>
<td>• Remaining Prereq (4-8 units)</td>
<td>• Non-Psych Course (3-4 units)</td>
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<tr>
<td>• Non-Psych Course (3-4 units)**</td>
<td>• DeCal/Research (2-4 units)</td>
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<tr>
<td>• DeCal/Research (2-4 units)</td>
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<table>
<thead>
<tr>
<th>First Semester</th>
<th>Second Semester</th>
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<tbody>
<tr>
<td><strong>OPTION 2</strong></td>
<td></td>
</tr>
<tr>
<td>• Psych 101 (4 units)</td>
<td>• 2-3 Psych Upper-Division (6-9 units)</td>
</tr>
<tr>
<td>• 2-3 Psych Upper-Division (6-9 units)</td>
<td>• Non-Psych Course (3-4 units)</td>
</tr>
<tr>
<td>• DeCal/Research/Non-Psych Course (1-4 units)</td>
<td>• DeCal/Research/Non-Psych Course (2-4 units)</td>
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</tbody>
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**Depending on the number of prerequisites needed**
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New Transfer Scheduling with Honors Thesis
Requirements in the Psychology Honors Program

There are requirements to Honors:

- **Required before applying for Honors:**
  - 2 units of research (Psych 199 or URAP) prior to semester of Senior year
  - Must find faculty sponsorship affiliated with UC Berkeley

- **Required honors courses during Senior Year:**
  - Psych 102 - Fall only course and Psych 101 as prerequisite
  - Psych H195A/B (REQUIRED): units for thesis
  - Psych H194A/B (REQUIRED): honors seminar

*All honors requirements must be taken for letter-grade, but do not satisfy any of the major requirements.*
Honors Course Requirements

- At least 1 semester of research participation either through URAP or Psych 199
  - Enrolled with a minimum of 2 units
- Psych 102 - Fall only course
  - Psych 101 as prerequisite
- Courses for credit:
  - Psych H195A/B (REQUIRED): units for thesis
  - Psych H194A/B (REQUIRED): honors seminar

ALL courses listed above must be taken for a LETTER-GRADE, and they DO NOT satisfy your Psychology major requirements.
My First Year at Cal

First Semester (Spring Admit & Graduating Early)
Psych 101 (4 units) - Required to declare & prerequisite for Psych 102
Psych 130 (3 units) - Clinical Psychology
Psych 150 (3 units) - Personality Psychology
Sociology 111AC (4 units) - Sociology of the Family
UGIS 192B (3 units) - Research through URAP

Second Semester (Fall Semester)
Psych 102 (3 units) - Honors requirement
Psych 134 (3 units) - Health Psychology
Psych 160 (3 units) - Social Psychology
Psych H194A and H195A - Honors requirement
Psych 198 (2 units) - Psychology Peer Advising
UGIS 195B (2 units) - Additional Research Lab participation
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Careers in Psychology
What can I do with a Psychology degree?

**MYTH:** Your major must align with your career.

*What do employers and graduate programs look for?*  
Skills you gain through:  
• Internships / Externship  
• Employment / Volunteer Opportunities  
• Student Organizations  
• Teaching / Decal Facilitation  
• Research
Example Careers With a Bachelors Degree

- Research Lab Manager
- Software Engineer
- Human Resources Generalist
- Legal Assistant / Paralegal
- Elementary School Teacher
- Behavioral Coach
- Youth Counselors
- Data Analyst
- Family Support Counselor
Psychology Alumni in Graduate Programs

- PhD in Psychology
- Doctor of Psychology, Psy.D.
- Masters of Marriage & Family Therapy
- Doctor and Masters of Education
- Masters in Social Work
- Occupational Therapy
- Medical School / Physician Assistant
- Law School
- Masters in Business Administration
- Masters of Science in Speech-Language Pathology
# Career Advising Resources

- **Career Center**
  - **Visit:** [https://career.berkeley.edu](https://career.berkeley.edu)
  - Drop-in and appointment advising available
  - Join the email list through [handshake.berkeley.edu](http://handshake.berkeley.edu)

- **Career Counseling Library**
  - "The Career Counseling Library is a unique collection of books, files, directories and electronic resources staffed by a professional staff who will help you explore majors, careers and graduate programs."
  - **Visit:** [https://uhs.berkeley.edu/career-library](https://uhs.berkeley.edu/career-library)
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