

Photo credit: Sophia Pashtunyar

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 and Golden Bear Welcome

Come to one of Berkeley's campus events in Spring. **Cal Day** has information sessions, campus tours, special talks, and more. Golden Bear Welcome is a similar event specifically for transfer students.

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 **Weekly Opportunities webpage** for news and updates.

ADVISING

Students are welcome to book an appointment with one of our major advisors or drop-in to talk with a peer advisor or the advising team at **psychsso@berkeley.edu**.

For more information on opportunities for connecting with an advisor, visit **psychology. berkeley.edu/students/undergraduate-program/academic-advising**.

Visit **ue.berkeley.edu/majormaps** for the latest version of this major map.

Berkeley

Psychology
2121 Berkeley Way West, Suite 2210
Berkeley, CA 94720
psychology.berkeley.edu

PSYCHOLOGY

Bachelor of Arts



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.



Photo credit: Christine Mullarkey

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

- Professor Robert Levenson

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.

PSYCHOLOGY DESIGN YOUR JOURNEY

Bachelor of Arts



	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH 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 course work through assist.org and complete PSYCH 1 and two other prerequisites. 	 @ 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. 	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 .	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	 @ CAL: Discover campus organizations at Calapalooza. Explore Berkeley Connect. Follow @ucbpsychadvising on Instagram. @ CC: Connect with a transfer advisor and get involved with Psychology related student groups on your campus. 	 @ 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. 	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.	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	 @ 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. 	 @ 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. 	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.	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	 @ 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. 	 @ 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. 	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.	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	 @ 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. 	 @ 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. 	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 .	Find a professional mentor for help with your resume, mock interviews, job insights and applications. Ask professors and GSIs for recommendation letters. Apply for future opportunities.

Attend Career and Internship Fairs.

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

Jobs and Employers

Assc. 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! Psych. Tech., Albertina Kerr Campus Research Tech., Washington Univ. Teacher, Sierra School Therapist, Behavioral Health Works

Your Career Plan Here:

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**

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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