SOCIOMETRY
Bachelor of Arts

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 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.
- Seek hands-on professional development experience to supplement your classroom learning.
- Double major in Media Studies, Legal Studies, or Economics.

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 for the latest version of this major map.
**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**
  - Connect with mentors and students through Berkeley Connect in Sociology.
  - Learn about the Sociology department-sponsored undergraduate student organizations.
  - Form study groups with classmates and participate in the SOC 1 and 5 study groups at the Student Learning Center.

- **Discover your passions**
  - Learn about the Office of Undergraduate Research and Scholarships.
  - 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.

- **Reflect and plan your future**
  - Prepare for the job market with a Sociology degree.
  - Apply to the Cal Job Shadow Program.
  - Map your major to careers.
  - Explore careers and graduate programs at the Career Counseling Library.
  - Plan your career goals with the Yearly Planner.
  - Conduct informational interviews in fields of interest.
  - Join Handshake to find Berkeley job opportunities.
  - Attend Career Connection events and network with alumni.

**SECOND YEAR**

- **Explore your major**
  - 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 and explore the Research Methods Concentration.
  - 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**
  - 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.

**THIRD YEAR**

- **Explore your major**
  - Check in with your advisor on how to balance your schedule, fulfill your requirements, and the optional Sociology Honors Program.
  - Enroll in elective courses to gain depth of knowledge in a topic or subject.
  - Consult with a major advisor and review your Academic Progress Report.

- **Connect and build community**
  - Apply for the Sociology Honors Society, Alpha Kappa Delta.
  - 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 ADAM, Center for Ethnographic Research (CER), or Labor Summer.

- **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.

**FOURTH YEAR**

- **Explore your major**
  - Complete any remaining major requirements, and enroll in your bucket list classes.
  - Check in with a L5S advisor to make sure you are on track to graduate.
  - Enroll in a SOC 150 capstone seminar course.

- **Connect and build community**
  - Tutor or lead a study group at the Student Learning Center.
  - Apply to be a Campus Ambassador.
  - Apply to be a Golden Bear Orientation Student Leader.

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

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

- **Reflect and plan your future**
  - Explore the First Destination Survey results to find out what Sociology graduates are doing.
  - Attend career and graduate school fairs.
  - Check out resources from the American Sociological Association.
  - Consider applying for summer work or internships.
  - Utilize job board tools in your job search.
  - Boost your networking skills and make Berkeley Career Network connections.
  - Prepare questions for informational interviews.
  - Pursue On-Campus Recruitment.
  - Apply to jobs or graduate programs.

**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. Asst., Save the Redwoods
- College Advisor, UC Berkeley
- Fellow English Teaching Assistant
- Fellow-Program Coord., AmerCorps
- Human Resources, Cisco Syst. Inc.
- Paralegal, Fed. Public Defender, D.C.
- Paralegal, Lieff, Lieff Cabraser, LLP
- Park Ranger, National Park Service
- Philanthropy Manager, Mission Asset Fund
- Product Designer, Lyft
- Research Assoc., Real Capti. 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 First Destination Survey of recent Berkeley graduates.