

# SOCIOLOGY

## Major Map

**Study social life, social change, and the social causes and consequences of human behavior.**

The **Bachelor of Arts degree in Sociology** in the College of Letters & Science is an exciting degree that allows students to pursue a multiplicity of careers and interests. UC Berkeley's Sociology degree includes training in research methods and sociological theory, as well as opportunities to explore the broad range of sociological research and dive deeper into select topics.

With world-renowned faculty and one of the best graduate programs in sociology, undergraduates in our department have a unique opportunity to engage in a lively academic environment that can hone their capacities as thinkers, leaders, and doers while learning in a community of like minded students ready to critically learn from and change the world.

## HIGHLIGHTS

- Stay connected via the **Department Newsletter**.
- Build skills with the **Research Methods Concentration**.
- Conduct original scholarly research as part of a **senior honors thesis**.



Photo credit: Steve McConnell

“

*Sociology for me has been liberating. It has formed my critical thinking and has allowed me to further explore my potential and ways in which I can contribute to a better society.*

”

—Alma Rodriguez, class of 2024

UC Berkeley

# UNDERGRADUATE PROGRAM

## Sociology

### CURRICULUM

There are **11 courses** required for the Sociology major, divided into the following categories:

- Three prerequisites - SOCIOL 1, 5, and a course in statistics or logic
- Two theory courses - SOCIOL 101 + 102
- Two survey Sociology courses
- Three elective Sociology courses
- One Sociology capstone experience/seminar

*Learn more at [sociology.berkeley.edu/undergraduate-program](http://sociology.berkeley.edu/undergraduate-program)*

### RESEARCH CONCENTRATION

The optional **Sociology Research Methods Concentration** helps to train students to conduct rigorous, empirical research and apply these skills in a variety of professions—from law and business, to teaching and social work—as well as serving as meaningful preparation for graduate work. The concentration requires a set of courses that allow majors to see the value of gaining a much higher level of expertise in data collection and/or analysis. For information on coursework and how to apply, visit [sociology.berkeley.edu/research-methods-concentration](http://sociology.berkeley.edu/research-methods-concentration).

### DECLARING THE MAJOR

First-year students who are accepted to UC Berkeley are admitted to the College of Letters & Science as an undeclared student. You are eligible to **declare the Sociology major** via Online Declaration Form once you have:

- A 2.0 major GPA, with at least one course completed in the major; and
- The three major prerequisite courses (SOCIOL 1, 5, and a course in statistics or logic) completed or in progress

Transfer students who select Sociology as their intended major when applying for admission to UC Berkeley will be admitted directly into the major.



*Photo credit: UC Berkeley*

## WHAT CAN I DO WITH MY MAJOR?

A degree in Sociology is an excellent springboard for entering a variety of occupations in business, industry, and organizations. An undergraduate major in Sociology provides valuable insights into social factors such as race, ethnicity, gender, age, education, and social class that affect work and how organizations operate. Program alumni have gone on to careers in education, entertainment, industry, natural resources, social services, and other fields. Alumni have also pursued graduate study in business, health, law, social science, and other programs.

UC Berkeley offers a number of career resources for students studying Sociology. The **Social Sciences Career Readiness Internship Program** helps prepare students for internships and the job market. The College of Letters & Science offers **advising** for undergraduates pursuing medical or health professions programs, law school, or masters and PhD programs. Additionally, **Berkeley Career Engagement** provides career and graduate school advising, job and internship listings, and events such as career and graduate school fairs.



### SPOTLIGHT

Johnny, class of 2024

**Johnny Smith** (BA, Sociology) is pursuing a PhD in Sociology at Harvard University.

**Why did you decide to major in Sociology?** It really helped me to understand social structures and systemic inequalities and put my own life adversity into context.

**What did you like best about UC Berkeley?** The rigor of academics really challenged me to evolve as a critical thinker and sociologist.

**What does graduating from UC Berkeley mean to you?** Ten years ago, I was an 8th-grade dropout sitting in a prison cell with only a fierce determination to reinvent myself. I never would have guessed I'd fall in love with academia. Education saved my life!

## EMPLOYMENT

Alumni find employment in a variety of fields and industries after graduation. Examples include:

Business Analyst  
College Advisor  
Data Scientist  
Digital Marketer  
Journalist  
Lawyer  
Leadership Coach  
Music Producer  
Park Ranger  
Philanthropy Manager  
Policy Analyst  
Product Designer  
Program Coordinator  
Researcher  
Teacher  
Technical Writer  
UI/UX Designer

## GRADUATE STUDY

Alumni pursue graduate education to gain more depth of knowledge in their field as well as prepare for jobs that require advanced degrees. Examples include:

Business Administration  
Counselor Education  
Educational Administration  
Law  
Legal Professions and Studies  
Marketing  
Medicine  
Nursing  
Public Health  
Social Work  
Sociology

# FOUR-YEAR STUDENT TIMELINE

## Sociology

### FIRST YEAR

### SECOND YEAR

#### Plan your studies

Start exploring with **L&S 1** and the **L&S New Freshman Student Guide**.

Visit **L&S Advising** for help with **major exploration** and **degree requirements**.

Familiarize yourself with the **Sociology major**; check out **sample program plans** and enroll in SOCIOL 1 Intro to Sociology.

Join **Berkeley Connect** for 1:1 mentoring and to meet peers with shared interests.

Discover new interests in a **Freshman Seminar, Berkeley Changemaker, or DeCal course**.

Meet with your **major** and **college advisor** to discuss your academic plans.

Look into **study abroad** and learning a **foreign language**; see **guidelines** from the department and options for **Sociology abroad**.

Enrich your studies with a **certificate** or minor such as **Demography**.

Complete remaining **major prerequisites** (SOCIOL 5 and a course in statistics or logic), and **declare the major**.

#### Engage outside the classroom

Get involved with a **Sociology** or other **student organization**.

Visit **Berkeley Discovery** to get started with research, entrepreneurship, public service, and creative projects.

Learn how to **prepare for office hours** and build relationships with faculty.

Explore exciting research taking place at the **Social Science Matrix**.

Develop your skills in the **Berkeley Student Leadership Academy**.

Explore research opportunities on the **OURS** and **Sociology** websites; apply to **URAP** to work on a faculty research project.

Browse grants from the **Center for Race and Gender** and **Institute for the Study of Societal Issues**.

#### Pursue your career goals

Visit **UHS Career Counseling** and **Berkeley Career Engagement**.

Start exploring **career paths** for the major.

Begin **making a plan** to get career ready.

Create or update your **resume** and **LinkedIn** profile.

Use **Handshake** to start connecting with career events and opportunities.

Meet with a BCE **career educator** to discuss career options and goals.

Build your **network** and explore career fields via **job shadowing** and **informational interviews**.

Pursue an **internship** to build skills and explore fields; look into the **Social Sciences Career Readiness Internship Program**.

Considering graduate school? Explore resources from the **Graduate Division, L&S Advising, and BCE**; look into the **Mellon Mays Undergraduate Fellowship**.

## THIRD YEAR

Enroll in SOCIOL 101 and 102 (sociology theory) and other **upper division requirements**.

Review your **degree progress** with your major and college advisor.

Develop your writing and critical thinking in an **Art of Writing seminar**.

Spend a term off-campus through **UCDC** or the **Intercampus Visitor Program**.

Consider applying to the **Sociology Honors Program**; look into the **Haas Scholars** and **SURF** programs.

Check out the **Public Service Internship, College Corps, and Haas Public Service Leaders Program**.

Welcome new students to Berkeley as a **Golden Bear Orientation Leader**.

Interested in teaching? Give it a try by teaching your own **DeCal course**.

Speak with faculty, advisors, and career educators about post-graduate options.

Join a professional association such as the **American Sociological Association**.

Interested in public service careers? Apply to the **John Gardner Fellowship, Huntington Award, or Truman Scholarship**.

Attend a **Job Search Workshop** hosted by Sociology and BCE.

## FOURTH YEAR

Complete capstone experience/ seminar (SOCIOL 190).

Finish all upper division requirements and electives.

Join a thesis writing workshop at the **Student Learning Center**.

Complete any remaining **degree requirements** and **prepare for graduation**.

Use Cal Central's **Academic Progress Report** function to review your progress in all University, college, and major requirements.

Submit a course research project for the **Library Prize, American Cultures Student Prize, or other awards**.

Get published! Submit your work to the **Berkeley Undergraduate Journal**.

Pursue a special project after graduation with the **Stronach Prize**.

Check in with a BCE **career educator**. Start connecting with **alumni groups** and **events**.

Apply to graduate school or post-graduate programs such as **Destination College Advising Corps**.

Meet employers at **info sessions, on-campus recruiting, and career fairs**.

Utilize **job search tools** from BCE and apply for job opportunities.

Learn about **alumni career services**.

## SUMMER

Make progress on degree requirements with a **Summer Sessions** course like SOCIOL 5 or a Soc elective.

Go abroad through **Berkeley Study Abroad** or **UCEAP**.

Get hands-on research experience in the **Othering & Belonging Institute Summer Fellowship**.

Look into a summer internship with **Cal in the Capital, Cal in Sacramento, or Berkeley Global Internships**.

Pursue a **summer minor or certificate**—check out programs in **Data Science** and **Global Public Health**.

Apply to the **GiGS program** to learn about graduate school.

*Use this major map to help plan your undergraduate experience, including academic and co-curricular opportunities. Activities in this map are suggestions—always consult with your advisors whenever possible.*

# TRANSFER STUDENT TIMELINE

## Sociology

### FIRST SEMESTER

### SECOND SEMESTER

#### Plan your studies

Get your bearings with **L&S 198 Transitioning to Cal** and the **L&S New Transfer Student Guide**.

See department **welcome letter** and **resources** for transfer students; meet with your **major** and **college advisor** to discuss your academic plans.

Enroll in SOCIOL 5 (if needed) and 1-2 upper division Sociology courses.

Join **Berkeley Connect** for 1:1 mentoring and to meet peers with shared interests.

**Declare the major** if you were not admitted directly to Sociology.

Work on the Sociology theory sequence (SOCIOL 101 and 102); continue with **upper division requirements**.

Look into **study abroad** and learning a **foreign language**; see **guidelines** from the department and options for **Sociology abroad**.

Enrich your studies with a **certificate** or minor such as **Demography**.

Consider applying to the **Sociology Honors Program**; look into the **Haas Scholars** and **SURF** programs.

#### Engage outside the classroom

Get involved with a **Sociology** or other **student organization**.

Connect with the **Transfer Student Center** or **Re-entry Student Program**.

Visit **Berkeley Discovery** to get started with research, entrepreneurship, public service, and creative projects.

Learn how to **prepare for office hours** and build relationships with faculty.

Explore exciting research taking place at the **Social Science Matrix**.

Check out the **Public Service Internship, College Corps**, and **Haas Public Service Leaders Program**.

Explore research opportunities on the **OURS** and **Sociology** websites; apply to **URAP** to work on a faculty research project.

Browse grants from the **Center for Race and Gender** and **Institute for the Study of Societal Issues**.

#### Pursue your career goals

Visit **UHS Career Counseling** and **Berkeley Career Engagement**.

Start exploring **career paths** for the major.

Create or update your **resume** and **LinkedIn** profile.

Use **Handshake** to start connecting with career events and opportunities.

Meet with a BCE **career educator** to discuss career options and goals.

Apply to the **Social Sciences Career Readiness Internship Program**.

Build your **network** and explore career fields via **job shadowing** and **informational interviews**.

Pursue an **internship** to build skills and explore fields.

Considering graduate school? Explore resources from the **Graduate Division, L&S Advising**, and **BCE**.

Speak with faculty, advisors, and career educators about post-graduate options.

## THIRD SEMESTER

Focus on upper division sociology survey courses and electives.

Review your **degree progress** with your major and college advisor.

Develop your writing and critical thinking in an **Art of Writing seminar**.

Spend a term off-campus through **UCDC** or the **Intercampus Visitor Program**.

Use Cal Central's **Academic Progress Report** function to review your progress in all University, college, and major requirements.

Help other students as a **Transfer Peer Advocate**.

Develop your skills in the **Berkeley Student Leadership Academy**.

Interested in teaching? Give it a try by teaching your own **DeCal course**.

Welcome new students to Berkeley as a **Golden Bear Orientation Leader**.

Check in with a BCE **career educator**.

Join a professional association such as the **American Sociological Association**.

Interested in public service careers? Apply to the **John Gardner Fellowship**, **Huntington Award**, or **Truman Scholarship**.

Apply to graduate school or post-graduate programs such as **Destination College Advising Corps**.

## FOURTH SEMESTER

Complete capstone experience/ seminar (SOCIO 190) if still needed.

Finish all upper division requirements and electives.

Complete any remaining **degree requirements** and **prepare for graduation**.

Submit a course research project for the **Library Prize**, **American Cultures Student Prize**, or other awards.

Get published! Submit your work to the **Berkeley Undergraduate Journal**.

Pursue a special project after graduation with the **Stronach Prize**.

Attend a **Job Search Workshop** hosted by Sociology and BCE.

Meet employers at **info sessions**, **on-campus recruiting**, and **career fairs**.

Utilize **job search tools** from BCE and apply for job opportunities.

Start connecting with **alumni groups** and **events**.

Learn about **alumni career services**.

## SUMMER

Get ready for Berkeley with **RHETOR 100 Writing at the University**.

Thinking about a PhD? Apply to the **Mellon Mays Undergraduate Fellowship** before your first semester.

Make progress on degree requirements with a **Summer Sessions** course like SOCIO 5 or a Soc elective.

Go abroad through **Berkeley Study Abroad** or **UCEAP**.

Get hands-on research experience in the **Othring & Belonging Institute Summer Fellowship**.

Look into a summer internship with **Cal in the Capital**, **Cal in Sacramento**, or **Berkeley Global Internships**.

Pursue a **summer minor or certificate**—check out programs in **Data Science** and **Global Public Health**.

Apply to the **GiGS program** to learn about graduate school.

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# LEARN MORE

## Undergraduate Advising

*Have questions about Sociology or choosing a major?*

The Department of Sociology offers **undergraduate advising** for students interested in Sociology. Undergraduate Major Advisors provide assistance with:

- Counseling regarding your education and sociology courses
- Declaring the sociology major
- Assessing your progress in the major
- Administrative concerns (i.e. Cal Central, wait-lists, Add/Drops)
- Graduation matters
- Info on the major, sociology courses, independent studies, Senior Honors Program, student groups, and AKD Honor Society
- Graduate programs and career information and referral

The College of Letters & Science helps students with non-major-specific academic topics, including major exploration, general program planning, finding campus resources, and pre-professional graduate programs. L&S College Advisors are available for in-person and virtual meetings. Visit [lsadvising.berkeley.edu](https://lsadvising.berkeley.edu) or email [asklns@berkeley.edu](mailto:asklns@berkeley.edu).



Scan to explore more  
Major Maps!

[majormaps.berkeley.edu](https://majormaps.berkeley.edu)

## Related Programs

*Looking for programs similar to Sociology? UC Berkeley also offers the following major, minor, and certificate programs:*

- Anthropology
- Demography
- Disability Studies
- Ethnic Studies
- Food Systems
- Gender and Women's Studies
- Geography
- Social Welfare
- Social and Cultural Factors in Environmental Design
- Society and Environment



*Photo credit: Cristina Rojas*

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