Psychology Major:  
Your Academic Guide to Freshman Year

Think Globally

• Explore opportunities for study abroad, alternative break trips, pilgrimage to Assisi, the Washington Center and service trips.
• Start at the Study Abroad Office or studyabroad@alvernia.edu.

Take the Right Classes

• Review general education, University and Major requirements.
• Be aware of which semester required courses are offered.
• Focus on getting good grades.

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
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<tbody>
<tr>
<td>COL 110/160: First Year Seminar</td>
<td>2 PSY 130: Exploring Research</td>
</tr>
<tr>
<td>PSY 101: Introductory Psychology</td>
<td>3 PSY 105: Exploring Psychology (elective)</td>
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<tr>
<td>CORE</td>
<td>3 BIO 109: Human Biology (recommended)</td>
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<td>CORE</td>
<td>3 CORE or ELECTIVE</td>
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<tr>
<td>CORE</td>
<td>3 CORE</td>
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<tr>
<td>TOTAL 17</td>
<td>TOTAL 15</td>
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</tbody>
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Get Good Advice

• Get to know Psychology faculty and your advisor.
• Visit the Educational Planning Center on the first floor of Bernardine Hall.

Real Life Learning

• Explore opportunities for upcoming practicums.
• Utilize skills acquired in First Year Experience.

Make the Right Connections

• Identify peers that support your academic goals.
• Get involved with Psychology Club and other student clubs, along with community organizations.

Get Ready to Graduate

• Develop a working resume.
• Assess your strengths, weaknesses and interests.
• Begin the process of obtaining all required background checks and clearances.
Psychology Major:
Your Academic Guide to Sophomore Year

Think Globally

• Review opportunities for extended learning and, if interested, start planning with the Study Abroad Office.

Take the Right Classes

• Focus on improving your GPA and getting grades that make you competitive.

<table>
<thead>
<tr>
<th>Semester 3</th>
<th>Semester 4</th>
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<tbody>
<tr>
<td>PSY 208: Human Dev. Across the Lifespan</td>
<td>PSY 250: Intro to Psychopathology</td>
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<tr>
<td>PSY 230: Applications of Research</td>
<td>PHI 200</td>
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<tr>
<td>MATH 208</td>
<td>AREA II CORE</td>
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<td>CORE or ELECTIVE</td>
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<td>TOTAL 16</td>
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Get Good Advice

• Talk to Psychology faculty and your advisor about your area(s) of interest within the field of Psychology.
• Stay in touch with the Educational Planning Center.

Real Life Learning

• Look into the Alternative Break program.
• Shadow in jobs that relate to your specific interests.
• Look for part-time or summer jobs that relate to your interests.
• Get familiar with the Office of Career Development’s internship database.

Make the Right Connections

• Volunteer for community service.
• Stay involved in clubs and organizations.
• Observe the roles of those in leadership positions.
• Form study groups.

Get Ready to Graduate

• Update your working resume.
• Assess your strengths, weaknesses and interests.
• Complete the process of obtaining all required background checks and clearances.
Psychology Major:
Your Academic Guide to Junior Year

Think Globally

- Participate in Study Abroad program.
- Participate in service trips or “May”mester.

Take the Right Classes

- Focus on getting grades that make you competitive for graduate school and professional opportunities.
- Work with advisor to make sure you're on track to graduate on time.

<table>
<thead>
<tr>
<th>Semester 5</th>
<th>Semester 6</th>
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<tbody>
<tr>
<td>PSY 301: History &amp; Systems</td>
<td>3 PSY 314: Applications of Theories &amp; Techniques</td>
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<tr>
<td>PSY ELECTIVE</td>
<td>3 PSY ELECTIVE</td>
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<tr>
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<td>TOTAL 15</td>
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</table>

Get Good Advice

- Talk to faculty members about career opportunities.
- Stay in touch with the Educational Planning Center.
- Get familiar with College Central Network.

Real Life Learning

- Look into the Alternative Break program.
- Shadow in jobs that relate to your specific interests.
- Look for part-time or summer jobs that relate to your interests.
- Get familiar with the Office of Career Development’s internship database.

Make the Right Connections

- Assume leadership roles on campus.
- Connect with alumni in your field.
- Attend Psychology Department Alumni dinner.

Get Ready to Graduate

- Get feedback on working resume from Office of Career Development.
- Get resume ready for practicum applications and job fairs.
- Work on getting recommendations.
- Attend career planning opportunities such as job fairs and practice interviews.
- Look for coaching opportunities.
Psychology Major:  
Your Academic Guide to Senior Year

Think Globally

• Look for service opportunities.

Take the Right Classes

• Complete Practicum I and Practicum II.  
• Focus on strong performances in your coursework to be competitive for graduate school and professional opportunities.

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<tr>
<th>Semester 7</th>
<th>Semester 8</th>
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<tbody>
<tr>
<td>PSY 412: Practicum I</td>
<td>2 PSY 413: Practicum II</td>
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<tr>
<td>PSY 422: Ethical and Professional Issues I</td>
<td>2 PSY 423: Ethical and Professional Issues II</td>
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<tr>
<td>PSY ELECTIVE</td>
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Get Good Advice

• Work closely with advisor to make sure you’re on track to graduate on time.  
• Stay in touch with the Educational Planning Center.  
• Talk to faculty members about career opportunities.  
• Ask for advice from professionals in your area of interest.

Real Life Learning

• Do well in practicums.

Make the Right Connections

• Continue in leadership roles on campus.  
• Connect with alumni in your field — attend Alumni Mixer.  
• Attend Psychology Department Alumni dinner.  
• Meet professionals in the community who work in your area of interest.

Get Ready to Graduate

• Fine tune your resume.  
• Search for jobs through College Central Network.  
• Finalize recommendations.  
• Attend career planning opportunities such as job fairs and practice interviews.  
• Attend the Alvernia Career Fair.