

ABOUT THE MAJOR

If you are interested in how the mind works and functions in an effort to help people achieve and maintain mental health, consider studying psychology at the University of Utah! The Psychology curriculum includes coursework in the areas of clinical psychology, cognitive neuroscience, developmental psychology, social and personality psychology, health psychology, and more. As a hub science, psychology is uniquely positioned to provide a strong platform from which students can launch successful careers into nearly any field or industry. Through coursework and hands-on experience in research, internships, peer advising, and/or teaching assisting, you will gain the knowledge and critical thinking skills you need for success in post-college careers or graduate school.




LEARNING OUTCOMES

- Gain knowledge and comprehension of the major concepts, theories, trends, and empirical findings to discuss how psychological principles apply to behavioral problems.
- Learn and develop problem solving and scientific reasoning skills through practicing research design and methods to draw conclusions about psychological phenomena.
- Apply ethical standards to evaluate psychological science and practice while building and enhancing interpersonal relationships to build community at the local, national, and global levels.
- Gain competency in effective writing and presentation skills.
- Apply your psychological content and skills to career and education goals; gain self-efficacy and regulation, project-management skills, enhanced teamwork capacity, and develop a meaningful direction for life after graduation.

PLAN & PREPARE

At the U, we plan for our students to have an Exceptional Educational Experience identified by four broad categories we call the Learning Framework: Community, Knowledge & Skills, Transformation, and Impact. This major map will help you envision, explore, design, and plan your personalized Exceptional Educational Experience with the Learning Framework at the core. In addition to assisting you in planning your coursework and navigating the requirements of your major, this map will help you incorporate other kinds of experiences to expand your knowledge, support your development, and prepare you for the future you want.

GET STARTED TODAY

-  Schedule an appointment with an advisor: advising.utah.edu
-  Visit ugs.utah.edu
-  Learn more about the Learning Framework: ugs.utah.edu/learning-framework



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PSY

PSYCHOLOGY

COLLEGE OF SOCIAL & BEHAVIORAL SCIENCE



Community



Knowledge & Skills



Transformation



Impact

"As a research assistant during my Psychology undergrad, I thought I was just getting experience for my resume for a future Ph.D. application, but I fell in love with research. Under faculty mentorship, I had opportunities to create a real & impactful research project for the local community. This kind of direct public engagement & outreach has been a guiding principle in the research I do now. My path after graduation has been unorthodox; I ran a startup, was a grad student twice, a technical instructor, writer, & now faculty at CU Boulder with my own lab, but the U gave me the foundation that made so much of it possible."

*>> Dr. Jed Brubaker,
Ph.D. Associate Professor at University of Colorado Boulder*

PSYCHOLOGY

Use this map to explore, envision, design, and plan your Exceptional Educational Experience.

GETTING STARTED

MAKING PROGRESS

FINISHING UP

WHERE CAN I GO AFTER GRADUATION?

COURSES

- Begin Gen Ed with writing & math courses
- Take PSY 1010 - General Psychology & PSY 2010 - Psy as a Science & Profession
- Consider the Honors College for integrated research & thesis work
- Meet with an advisor

- Use major coursework for some Gen Ed requirements
- Get hands-on experiential learning through internships, research, or a teaching assistantship
- Take PSY 3000 - Statistical Methods & PSY 3010 - Research Methods

- Take a course from 4 of the 5 Core areas: Developmental, Social, Clinical, Cognitive, or Behavior/Neuroscience
- Choose a complementary academic program (minor/certificate)
- Check in with an advisor

- Meet the PSY minimum credit requirement with PSY electives
- Complete allied coursework or minor/certificate requirements
- Check in with your academic advisor

- Academic Advisor
- Administrative Assistant
- Admissions Counselor
- Career Counselor
- Clinical Mental Health Counselor (graduate)

COMMUNITY

- Join the Psychology Advising Canvas course
- Join Psi Chi, the international honor society in PSY
- Apply to the Honors College
- Consider courses in LEAP or BlockU learning communities

- Study psychology abroad at the Utah Asia Campus in Incheon, South Korea or meet with a Learning Abroad Peer Advisor for other opportunities
- Are you part of the Honors College? Participate in the Praxis lab!
- Become an Orientation Leader

- Get a job on campus
- Complete an internship
- Try an Alternative Break with the Bennion Center for volunteer opportunities around the state, country, & globe
- Meet with an Involvement Ambassador

- Become an undergraduate teaching assistant
- Become a peer advisor for psychology or the Academic Advising Center
- Join the alumni association

- Corporate Trainer
- Corrections Officer
- Doctor (professional)
- Genetic Counselor (graduate)
- Human Factors Specialist

KNOWLEDGE AND SKILLS

- If you're pre-medicine/law/dentistry or the like, meet with a pre-professional advisor
- Attend the major expo
- Become a Schedule Builder pro

- Become proficient in My Degree Dashboard & navigating your class schedule
- Explore and volunteer in research labs on campus
- Meet with an internship coordinator for internship opportunities

- Meet with an advisor or Career Coach to learn about the process for applying to grad school
- Visit the major exploration website to research complementary academic programs
- Expand your skill set with courses outside PSY

- Apply to become an Undergraduate Research Scholar and receive a special designation
- Take a test prep course for your grad school entrance exam
- Apply for graduation

- Human Resources Specialist
- Lawyer (professional)
- Market Researcher
- Marriage and Family Therapist (graduate)
- Mediator

TRANSFORMATION

- Take advantage of faculty office hours
- Develop your Individual Development Plan
- Write down your interests, goals, & dreams

- Focus electives on your career/research interests
- Conduct research under faculty through UROP¹
- Apply to be a peer advisor or teaching assistant for hands-on experience

- Attend conferences, lectures, & symposiums on a variety of topics
- Take courses based in topics of diversity, social justice, & inequality
- Attend graduate program info sessions
- Update your IDP²

- Be proud of yourself
- Take personal inventory of the skills acquired or enhanced through your undergraduate career
- Participate in commencement & convocation ceremonies

- Nurse (nursing school)
- Parole Officer
- Preschool Teacher
- Professor (graduate)
- Psychiatric Technician
- Psychologist (graduate)
- Public Relations Specialist

IMPACT

- Meet & get to know your Student Success Advocate
- Explore volunteer options at the Bennion Center
- Develop your plan to get to graduation with an academic advisor

- Become a Bennion Scholar; address a community-identified need & implement a solution
- Apply to be a Solutions Scholar
- Become a CSBS³ Ambassador

- Develop your own research project for a senior thesis or honors thesis
- Apply to volunteer or intern with the Women's Resource Center, LGBT Resource Center, Wellness Advocates, or ACES Peer Health Education

- Present during the spring Research Symposium and/or CSBS Research Day
- Publish your work in the Undergraduate Research Journal
- Become a Campus Life Mentor to incoming students

- Recruiter
- Research Assistant
- School Counselor (graduate)
- Social Worker (graduate)
- Sports Psychologist (graduate)

CAREER

- Activate your Handshake account
- Make a Career Exploration appointment with a Career Coach in the CPDC⁴
- Conduct personal research on careers or fields that interest you

- Attend Meet & Eat workshops through the CPDC
- Attend career, internship, & graduate school fairs
- Connect with individuals in careers that interest you & learn about their pathway

- Draft your resume &/or CV
- Strengthen your resume through experiential learning
- Consider whether you will go on to grad school or enter the career field after graduation
- Entrepreneur your major through Lassonde

- Meet with a Career Coach for expert advice on your resume/CV & how to be a competitive applicant
- Apply for graduate school
- Connect with employers through Handshake

- Teacher (requires licensure)
- Victim Advocate