

A GUIDE TO SUCCESS AS A PSYCHOLOGY MAJOR



VIRGINIA POLYTECHNIC INSTITUTE AND
STATE UNIVERSITY

2018-2019

(for Pathways to General Education -- freshman class entering fall 2018)

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Your Faculty Advisor:

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a Positive outlook on being here – still as relevant as it was then

Making the most of it
“Scirene Vultis?”, Summer 1996, Vol VII, Number 1
Dr. Charles J. Dudley
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Most students go to college – which is a mistake. Students who excel *do* college – which means they gain all that is possible from the experience. If you wish to make the most of college, come prepared to *do*. Do what, you might ask. The answer is easy: plan to study as you have never studied in your life. The opportunity given you will not last long, and the record you compile will mark you forever. Let me explain.

College is about you and what you wish to do with your life. I say this with great care. The focus is on you and what you do. You are beginning your adult life and are privileged enough to start with several years of additional preparation. How valuable they are to you depends entirely on how you approach your education and how hard you are willing to work. Based on years of observing students graduate, I offer the following advice: Regardless of all else, place academics first.

Many wonderful things happen to a person in the course of a college education – many of them have little to do with academics. New friends, close relationships, new clubs and other organizations, and being totally on your own only begin to list the possibilities. Let’s face it, the college environment is exciting – and fun. More significantly, all these things are important parts of life and should not be ignored. However, the central reason for college is study. Study is the first thing to do – it is doing college.

A few more years from now there will be an accounting of your efforts. When you graduate, employers, graduate schools, professional schools, and other interested parties seek virtually no data on how much fun you had in college. Nor will they ask how many friends you made, or close relationships you enjoyed. They will want to know your grade point average, whether or not you did undergraduate research, how many faculty did you get to know well professionally, what positions of responsibility you held, the development of your leadership skills, and your potential ability to get things done, make things happen. For those who do college, the answers to their questions will yield wonderful results; for those who went to college, things will be good, but there will always be the nagging thoughts about “if only I had”.

Students in the University Honors Program and others tell me I sometimes intimidate students (particularly first-year students) when I discuss the significance of college. Strangely enough, I agree with them. For those of you beginning college this fall, you begin the development of your life’s work on an adult level. The record of accomplishment you begin this year provides the foundation for all you might wish for yourself in the future. Measure yourself carefully and arrive here in the fall with your goals intact, your plans made, and be ready to go to work.

This is a great university; make the most of it.

PREFACE

Greetings from the Psychology Department! **Before you read the remainder of this Guide, you should first decide if this is the major for you.** Psychology is in the College of SCIENCE, as opposed to Liberal Arts, for a good reason. Psychology is very much a science-based major. It is a research-based major. And it is a major that requires a high GPA if you plan to have a career in this field in the future. It is NOT a major to be in because you enjoy helping your friends with their problems. It is not a major to be in because the courses sound fun. It is a major to be in because you want information from the courses and you want the research experiences available to enable you to go into a psychology graduate program or professional health program, or you want to combine the course and research experience with a second major for your future career.

If you will be content to graduate from Virginia Tech with the minimum gpa you need, in the minimum hours required, in the shortest time possible, Psychology is NOT the major for you. If you plan to study the same way you did in high school and have as little responsibility for yourself as you've had to this point, Psychology is NOT the major for you.

If you plan to study hard and spend the time it takes to take advantage of many of the opportunities available to you in all realms of your college education, and graduate with a degree that will help you in the future, you're in the right place. For you, this Guide to Success as a Psychology Major will provide you with the most current information pertaining to the undergraduate psychology program at Virginia Tech, including University Curriculum for Liberal Education, College of Science, major requirements, special courses, and extra-curricular activities within the department. In addition, we strongly encourage you to meet with your faculty advisor, as advisors are valuable sources of information about the department. Advisors have scheduled office hours during each semester, and most can be reached by phone or e-mail if you need to schedule an appointment for a time other than their posted office hours. However, the ultimate authority regarding academic policies, procedures, and graduation requirements is the current edition of the Undergraduate Course Catalog found online at <http://www.undergradcatalog.registrar.vt.edu/>. All academic policies you should know are also in the Undergrad Course Catalog – <http://www.undergradcatalog.registrar.vt.edu/1718/academic-policies.html>.

You are encouraged as well to stop by the Undergraduate Advising Office (109 Williams), which has regularly scheduled office hours, with questions or concerns. The advisor in the office is there to answer your questions (e.g., about Psychology and College of Science requirements, internships, career placement, etc.) or direct you to where you can get your specific question answered. If the office is closed, you may also go to 123 Williams and talk to Dr. Hoffman if he is available.

This Guide should provide most of the information you need as a Psychology major. **YOU ARE RESPONSIBLE FOR KNOWING THE CONTENTS OF THIS GUIDE AND WILL PROBABLY BE REFERRED TO IT IF YOU ASK A QUESTION THAT IS ANSWERED HERE.** However, if you cannot locate the information you are looking for or need clarification, *please ask us!* YOU are responsible for getting all the information you need to complete your degree successfully. "I didn't know!" or "Nobody told me!" will absolutely NOT excuse you from anything. Advisors can advise, and we advise based on outcomes of past students in situations you may find yourself in. But we can't command you to take certain courses. We can't help you if you don't ask; we can't advise adequately if we don't know your situation.

This Guide is revised annually, so if you have suggestions that might improve the next edition, please let us know. If you ask questions of your advisors, use this Guide and the University Advising Handbook <http://www.cs.vt.edu/undergraduate/handbook> or many other resources at <http://advising.vt.edu>, and take advantage of all available campus resources, you will have a very successful time here at Virginia Tech. Welcome to campus and to our department!

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College is not compulsory. It's a hard-earned privilege.

It IS indeed a privilege to be here; make the best use of your time here and work hard to succeed! We're here to help you do that; let us!

ADVISING INFORMATION

"Friends don't let friends act as their academic advisors!"

The Undergraduate Advising Office coordinates the assignment of psychology majors to faculty advisors; maintains a master list of these assignments; processes force-adds for psychology courses in the rare instances of course openings to be force-added; and is available for processing other forms, supplementing faculty advising, processing internal transfers, adding of psychology minors, and all other advising activities. Every student with psychology as their first major is assigned a faculty advisor. **If you do not have a faculty advisor, please contact the Undergraduate Advising Office.** Get to know your faculty advisor, but also feel free to seek advice from the UAO as needed. Psychology minors and those with Psychology as a second major should use the Undergraduate Advising Office as their psychology advisor. Students vary greatly in the degree to which they need or desire academic advising. However, the following paragraphs from the **faculty handbook** describe the expected relationship between the student and their faculty advisor:

"The University believes that students must accept the responsibility for their own choices and, therefore, must personally make the many choices that are required during the undergraduate years. However, the University also believes that these choices should be informed choices, based on realistic evaluations of aptitudes, aspirations, interests, and needs. Formal programs of the University that provide students with information are Academic Advising, Career Advising, Counseling Services, and Placement Services.

A faculty advisor is perhaps the most important person in this system of services. While every student has a faculty advisor, the value of the relationship depends upon the initiative of the student as well as the competence of the advisor. Students will vary widely in the amount of help they need, but each advisor should be prepared to offer each student:

- *Accurate information about university, college and departmental rules and procedures (particularly in regard to graduation requirements), and about conditions under which exceptions to the rules may appropriately be made.*
- *Accurate information about and convenient access to the many services available to help in making wise choices.*
- *Informed judgments about alternatives realistically available.*
- *Appropriate psychological support.*

A faculty advisor cannot make decisions for a student but can help to clarify alternatives and their consequences. For most students, the faculty advisor is a personal guide to all of the services provided by the University to help make wise choices.

As a part of their teaching responsibilities, faculty members are expected to provide regularly scheduled office hours each week for consultation with students. Their hours should be reasonably spaced over the week at times mutually convenient to the instructor and students."

Notices of interest to psychology majors regarding new courses being offered by outside departments, or internship/employment opportunities, are e-mailed or posted on the bulletin boards outside 109 Williams. **We expect our majors to check their VT e-mail account daily**, review the items on the bulletin boards and to access the web site for current information since advisors can't be aware of every new course or experience opportunity currently available.

The website for general advising questions university-wide, which has a lot of excellent information, is www.advising.vt.edu. Refer to it frequently!



How You and Your Advisor Can Work Together

(source: University of Houston College of Business Administration; modified for VT)

You Should See Your Advisor:

- To discuss any problems that affect academic performance
- To seek advice regarding courses for the upcoming semester
- To seek advice about adding or dropping courses, taking an overload, taking a special problems course, etc.
- To discuss waiver or transfer credit requests
- To discuss academic progress
- To discuss possible majors and the selection of an area of concentration
- To confirm completion of all degree requirements for graduation
- To discuss general career considerations
- To discuss academic status (probation, suspension, etc.)
- To have forms signed for studying abroad, taking courses elsewhere, verification of enrollment for employers or insurance, applications for internships, etc.

How to See Your Advisor:

- Know your advisor's office location and office hours.
- Call or e-mail your advisor for an appointment.
- **Because the weeks before and during course request are unusually busy for advisors, please try to schedule appointments at other times so neither of you will be rushed.**

What You and Your Advisor Should Do:

- You should – make and keep appointments or call if it's necessary to change or cancel an appointment.
 - Your advisor should – keep appointments or call if it is necessary to change or cancel an appointment.
- You should – arrive with specific questions in mind.
 - Your advisor should – provide accurate and specific information.
- You should – arrive with necessary materials (pencil/**pen**, class schedule, completed forms for signature if necessary, degree audits or transcripts)
 - Your advisor should – have additional resource material on hand (catalogs, etc.)
- You should – ask about other sources of information.
 - Your advisor should – suggest other sources of information.
- You should – be open concerning school work, study habits, academic progress, work schedules, time management, etc.
 - Your advisor should – listen and help you solve your problems.
- You should – build a schedule free of time conflicts.
 - Your advisor should – check your schedule for appropriate selection of courses.
- You should – make decisions concerning your choices: career, major, minor, courses.
 - Your advisor should – suggest options concerning your choices.



2018-2019 Academic Year Calendar
(based on published calendar at time of printing this Guide)

**FAILURE TO READ THIS CALENDAR AND KNOW THESE DATES
DOES NOT CONSTITUTE AN EMERGENCY ON OUR PART TO HELP
YOU MAKE UP FOR WHAT YOU MISS.**

Fall 2018

Monday	Aug 20	Classes begin
Friday	Aug 24	Last day to add classes, field study hours, UR or IS hours
Monday	Sept 3	Labor Day, no classes/University closed
Friday	Sept 26	Last day to drop classes w/o grade penalty or change courses to P/F
Friday	Oct 19	Fall Break begins (no classes; University offices open)
Sunday	Oct 21	Fall Break ends
Monday	Oct 8	Last day to resign without penalty; last day to change classes to A-F
Tuesday	Oct 16	Web Course Request opens for spring semester
Tuesday	Oct 23	Web Course Request closes for spring semester
Friday	Nov 16	Last day to change Final Exam times if 3 or 4 scheduled within 24 hours
Saturday	Nov 17	Thanksgiving Holiday begins
Sunday	Nov 25	Thanksgiving Holiday ends
Friday	Nov 30	Web Course Request opens for summer sessions
Friday	Nov 30	Last day to apply for Course Withdrawal
Wednesday	Dec 5	Classes end
Thursday	Dec 6	Reading Day
Friday	Dec 7	Final Exams begin
Thursday	Dec 13	Final Exams end
Friday	Dec 14	Fall University and Graduate Commencement ceremonies

Winter 2018

Virtual, Blended, or Winter Experience

Wednesday	Dec 26	Classes begin
Friday	Jan 18	Classes end
Saturday	Jan 19	Exam Day

Residential (Blacksburg)

Wednesday	Jan 2	Classes being
Friday	Jan 18	Classes end
Saturday	Jan 19	Exam Day

Spring 2019

Monday	Jan 21	Martin Luther King Day – no classes, University offices closed
Tuesday	Jan 22	Classes begin
Monday	Jan 28	Last day to add classes, field study hours, UR or IS hours
Friday	Febr 8	Close of Web Course Request for summer sessions
Monday	Febr 25	Last day to drop classes w/o grade penalty or change courses to P/F
Saturday	Mar 9	Spring Break begins
Saturday	Mar 16	Web Drop/Add opens for summer sessions
Sunday	Mar 17	Spring Break ends
Monday	Mar 25	Last day to resign w/o penalty; last day to change classes to A-F
Tuesday	Mar 26	Web Course Request opens for fall semester
Tuesday	Apr 2	Web Course Request closes for fall semester
Friday	Apr 5	Last day to change Final Exam times if 3 or 4 scheduled within 24 hours
Saturday	Apr 13	Web Drop/Add opens for fall semester
Friday	Apr 26	Last day to apply for Course Withdrawal
Wednesday	May 8	Classes end
Thursday	May 9	Reading Day
Friday	May 10	Final Exams begin
Wednesday	May 15	Final Exams end
Thursday	May 16	Graduate Commencement Ceremony and Senior Day
Friday	May 17	University Commencement; College and Department Ceremonies
Friday	May 17	Web Drop/Add closes for fall
Saturday	May 18	College and Department Commencement Ceremonies



Summer I 2019

Tuesday	May 28	Classes begin
Wednesday	May 29	Last day to add classes
Tuesday	June 11	Last day to drop classes w/o grade penalty or change courses to P/F
Friday	June 28	Last day to apply for Course Withdrawal
Thursday	July 4	Independence Day – no classes, University offices closed
Friday	July 5	Classes end
Saturday	July 6	Final Exams begin
Monday	July 8	Final Exams end

Summer II 2019

Tuesday	July 9	Classes begin
Wednesday	July 10	Last day to add classes
Monday	July 22	Last day to drop classes w/o grade penalty or change courses to P/F
Friday	Aug 9	Last day to apply for Course Withdrawal
Saturday	Aug 10	Web Drop/Add opens for fall
Thursday	Aug 15	Classes end
Friday	Aug 16	Final Exams begin
Saturday	Aug 17	Final Exams end

DEPARTMENT OF PSYCHOLOGY FACULTY

Room numbers are in Williams Hall unless otherwise noted.

Links to their research interests can be found at <http://www.psyc.vt.edu/people/>.

<u>Name</u>	<u>Office</u>	<u>Telephone</u>	<u>email</u>
AXSOM, Danny	313	231-6495	axsom@vt.edu
BELL, Martha Ann	333	231-2546	mabell@vt.edu
CALDERWOOD, Charles	215	231-6342	ccharl2@vt.edu
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CHIU, Pearl	VTCRI*	232-8019	pearlchiu@vt.edu
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DIANA, Rachel	335	231-1913	rdiana@vt.edu
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HAUENSTEIN, Neil	315	231-5716	nhauen@vt.edu
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KING-CASAS, Brooks	VTCRI	540-526-2009	bkcasas@vt.edu
OLLENDICK, Thomas H.	CSC^	231-6451	tho@vt.edu
PANNETON, Robin P.	Dean's Off.	231-5938	panneton@vt.edu
RAMEY, Craig	VTCRI	540-526-2080	ctramey@vt.edu
RAMEY, Sharon	VTCRI	540-526-2081	slramey@vt.edu
RICHEY, John	321	231-1453	richey@vt.edu
SCARPA, Angela	331	231-2615	ascarpa@vt.edu
STEPHENS, Robert S.		231-6304	stephens@vt.edu
WINETT, Richard A.	319	231-8747	rswinett@vt.edu

*VT Carilion Research Institute +Psychological Services Center ^Child Study Center
 Advising Office.....109 Williams..... 231-5388
 Faculty and Graduate Student Mailboxes..... 102 Williams Hall
 Honors Program in Psychology.....Dr. Danny K. Axsom..... 231-6495
 Psi Chi Advisor.....Dr. Bruce H. Friedman..... 231-9611
 Psychology Department Main Office, 109 Williams
 Dept Chair.....Dr. Roseanne Foti 231-6581
 Michelle Wooddell, Executive Secretary 231-9627



CONTACT INFORMATION FOR CAMPUS OFFICES YOU MAY NEED

(Also use the Google search bar in the top right corner of the VT homepage that searches all Tech websites.)

University Registrar250 Student Services Bldg...	www.registrar.vt.edu.....	231-6252
University Bursar150 Student Services Bldg...	www.bursar.vt.edu.....	231-6277
College of Science Dean's Office	...4 th Fl. New North Center...	www.cos.vt.edu.	231-5144
Dean of Students109 E. Eggleston.....	www.dos.vt.edu.....	231-3787
Schiffert Health Center Medical Clinic	...McComas Hall.....	www.healthcenter.vt.edu...	
		231-6444 to make an appointment
Thomas E. Cook Counseling Center	...240 McComas Hall...	www.ucc.vt.edu.....	231-6557
	at East Eggleston: 107 E. Eggleston.....		231-7809
Career ServicesSmith Career Center.....	www.career.vt.edu.....	231-6241
	(includes Pre-Professional [Pre-Med, Pre-Dent, Pre-Vet, Pre-Law] advising)		
Education Abroad Office526 Prices Fork Road	www.educationabroad.vt.edu.....	
		231-5888
Hokie Passport ID Office100 Student Services Bldg...	hokiepassport.vt.edu .	231-5121
Honors Program137 Hillcrest Hall.....	www.univhonors.vt.edu.....	231-4591
Parking Services605 Research Center Drive.....	www.parking.vt.edu.....	231-3200
RAFT 24-hour Crisis Hotline		961-8400
Scholarships and Financial Aid200 Student Services Building...	www.finaid.vt.edu..	
		231-5179
Services for Students with Disabilities310 Lavery Hall (above Turner Place Dining Center).....	www.ssd.vt.edu.....	231-0858
Office of Student Conduct	...Suite 141 New Hall West. .	www.studentconduct.vt.edu..	
		231-3790
Student Legal Services143 Squires.....	www.legal.sga.vt.edu.....	231-4720
Student Success Center	...110 Femoyer Hall...	www.studentsuccess.vt.edu.....	231-5499
Ticket Offices			
	Athletic Events.....	www.hokietickets.com.....	231-6731
	University Unions and Student Activities.....		231-5615
University Bookstore	...(on campus)	www.bookstore.vt.edu.....	231-5991
Undergrad Honor System	...141 New Hall West...	www.honorsystem.vt.edu...	231-9876
University Libraries Information	www.lib.vt.edu.....	231-6170
Volume II Bookstore	... University Mall.....	www.bookstore.vt.edu.....	231-9674
An EXCELLENT online resource to familiarize yourself with the VT campus, culture, expectations, and programs: http://www.nowwhat.dsa.vt.edu/			



The following offers a “quiz” to give yourself if you’re not sure what direction you might want your education to take. There are, of course, no right or wrong answers, no grade, and you don’t have to show it to anyone. It’s just for you.

To find your passion, ask yourself these questions:

What do you love to do? (Name 10 things you love to do.)

What are your gifts? (List 3 skills that come naturally to you.)

What are your career dreams? (Name 5 careers you would enjoy doing.)

What energizes you? (List 3 areas where you get your energy.)

What are you aware of? (List 1 thing you are sensitive to – like taste, sound, color, design, etc.)

What have you always been interested in? (Name 2 areas of commitment.)

What do you know about? (List 3 areas you have workable knowledge in.)

What did you learn with the greatest ease in high school?

What subjects do you enjoy studying the most?

What did your teachers compliment you about?

What do your friends say they like best about you?

What fascinates you?

And last, think about a time in your life when you accomplished something you were proud of.

UNIVERSITY PATHWAYS TO GENERAL EDUCATION, AND COLLEGE OF SCIENCE REQUIREMENTS

To graduate with a major in psychology, students must complete the following requirements for the University Pathways to General Education and the College of Science. If you have a second major in another College, you need to complete requirements for both or seek possible course substitutions. Do NOT assume meeting requirements for one will satisfy both.

The University Pathways to General Education approved courses are listed on the Timetable under “Pathways to General Education” where you can find courses for each of the 7 Core Concepts listed below. The core concepts lists are also included in the University Core Guide: <https://www.pathways.prov.vt.edu> (in particular, see https://www.pathways.prov.vt.edu/content/dam/pathways_prov_vt_edu/8pdf/PathwaysAdvisingGuide.pdf).

Several interdisciplinary Pathways Minors (<https://www.pathways.prov.vt.edu/minors.html>) are available, and can be used to partially complete at least 3 of the Core Concepts listed below.

- 1 - Discourse** - successfully complete **9 credit hours**
- 6 foundational hours (ENGL 1105 + 1106) +3 advanced/applied hours
- 2 - Critical Thinking in the Humanities** - successfully complete **6 credit hours**
- 3 - Reasoning in the Social Sciences** - successfully complete **6 credit hours**
- 4 - Reasoning in the Natural Sciences** - successfully complete **6 credit hours**
PLUS accompanying labs required for this major!
- 5 - Quantitative and Computational Thinking** - successfully complete **9 credit hours**
- 6 foundational hours (MATH 1014 + 1025) +3 advanced/applied hours
(Pre-med students will need to take MATH 1025 + 1026)
- 6 - Critique and Practice in Design and the Arts** - successfully complete **6 credit hours** (3 design + 3 arts)
- 7 - Critical Analysis of Equity and Identity in the United States** -
successfully complete **3 credit hours** (may also count in one other area)



Additional Requirements and Notes:

- Students must complete a **MINIMUM of 120 hours** with a **QCA of 2.00** or above. It is very strongly urged that students plan for more than 120 hours for a variety of reasons. Do not plan to graduate right at 120 hours! And graduating with the minimum 2.00 QCA will not get you into any graduate-level or professional programs you will need for a career in Psychology.
- **GRADES:** Students need to understand that professors don't "give" a grade; they record the grade the student earns in completing the specified requirements of the course, which may well include more than submitted assignments and exams. Students need to know ALL requirements for a course, including participation and attendance, and adhere strictly to them. Put ALL effort needed into the courses in order to receive the grades you want. Don't go to the professor at the end of the semester when you get a lower grade and try to grovel for a higher grade when you didn't meet expectations as explained in the syllabus, which is a contract between professor and student for the class.
- Students who have completed less than two years of a single **foreign language** in High School must complete course number 1106 of a foreign language (including any prerequisites) at the college level. If admitted with one year of a foreign language, 1105 and 1106 will not count toward the 120 graduation hours. Students who have completed two years of a single foreign language in high school are not required to take additional foreign language courses for graduation; however, the high school foreign language courses will need to be entered into the Degree Audit Report by the College of Science Dean's office.
- **No course used to fulfill major, minor, or University/Liberal Education curriculum requirements may be taken pass/fail unless only offered pass/fail.**
- Only students with QCAs of 2.5 or above who have completed at least 30 credit hours at VA Tech may take elective courses pass/fail (unless the course is only offered P/F). Students may take no more than 10% of the hours taken at VA Tech on a pass/fail basis, with a maximum of 12 hours. The 10% limit includes courses only offered P/F. More than the 12-hour maximum P/F hours may be taken, but they WILL NOT count toward the 120 minimum for graduation.

NOTE about pass/fail credits: Only Virginia Tech credits are used to calculate the 10%. If you have transfer hours for classes taken at other colleges and universities (AP credits do NOT apply here), you must subtract these credits from 120 to calculate the number of pass/fail credits you may take and count toward graduation.

- Of the 120 minimum hours required for graduation in the College of Science, a student may count no more than 2 hours of Physical Education activity credit, 8 hours of Music Ensemble (MUS 3314 and 3414), and 12 hours of Independent Study and/or Undergraduate Research (2974, 2994, 4974, 4994) toward those 120. More hours of those courses may be taken but will not count toward the minimum 120.
- No single course may be used to satisfy more than one of the requirements for Pathways Core Concepts 1 through 7, the foreign language requirement, and Psychology major requirements (the exception being Psyc courses in Concept 3 will also satisfy major requirements). A course used to fulfill Pathways Core Concept 7 may also count as a requirement for Concepts 1 through 6 OR for a Psych Major requirement if listed as fulfilling both areas, but not all 3 (2 Areas and the Psyc major).

THESE REQUIREMENTS ARE FOR FRESHMEN ENTERING VIRGINIA TECH DURING THE 2018-2019 ACADEMIC YEAR. IF A REQUIREMENT CHANGES FOR A CLASS AFTER YOURS, IT WILL NOT CHANGE FOR YOU. IF AN UPPERCLASSMAN HAS A DIFFERENT REQUIREMENT IN AN AREA, YOUR REQUIREMENT IN THAT AREA IS WHAT IS PRINTED IN THIS GUIDE.



PSYCHOLOGY MAJOR REQUIREMENTS

To graduate with a major in Psychology, a student must successfully complete:

- ❑ **The following 2 specific Psychology courses:**
 - PSYC 1004 (Introductory Psychology; formerly 2004)
 - PSYC 1094 (Principles of Psych Research; formerly 2094) *

* Research courses in some other departments will sub for this course for students transferring into Psychology or double majoring in Psychology and another area.

- ❑ PSYC 1024 (Psychology Majors Pathways - Freshmen are automatically enrolled for their first semester. It does NOT count as 1 of the required Psyc electives listed below and is NOT required for students changing into or adding a Psyc major later.) PSYC 2984 is strongly encouraged for incoming Transfer students.

- ❑ **4 Elective courses in Psychology** at the 2000 or 3000 level (more are encouraged; only 4 are required; note that 3000s are not prereqs for required 4000s; make sure you take several 2000s to have options for more than 1 or 2 4000s)

- ❑ **3 Psychology courses at the 4000-level (1 with its lab plus 1 more of your choice [based on prereqs met], and 1 Senior Seminar).**
 - PSYC 4964, 4974, and/or 4994 may NOT be used to satisfy this requirement.

- ❑ **One 3-hour Statistics course from the following:**
 - STAT 2004 (Introductory Statistics) (see Caution below)
 - STAT 3005 or 3006 (Statistical Methods)
 - STAT 3604 (Statistics for the Social Sciences)
 - STAT 3615 or 3616 (Biological Statistics)

If you have taken a higher level statistics course, please go to 109 Williams to request a Course Substitution.

Caution: You WILL NOT receive credit for Stat 2004 if taken after already completing a higher-level Stat course. Also, STAT 3104 will **not** satisfy the Stat requirement for Psyc majors. Please see this link for duplicate credit cautions: <https://www.stat.vt.edu/Academics/courses.html> as there are several.

□ 6 Hours of Natural Science

These courses are **in addition to** the University requirements for Pathways Core Concept 4 (Natural Sciences). They can be any 6 hours listed under Natural Sciences in Pathways.

□ 6 Hours from Computer Science, Statistics or Philosophy

These courses are **in addition to** fulfilled University requirements for Pathways Core Concept 2 and to the 3-hour Stat requirement listed above.

Note: You may combine courses from these three areas (e.g., 3 credit hours of CS and 3 credit hours of PHIL) or take two 3-hour courses in the same area.

THESE REQUIREMENTS ARE FOR FRESHMEN ENTERING VIRGINIA TECH DURING THE 2018-2019 ACADEMIC YEAR. IF A REQUIREMENT CHANGES FOR A CLASS AFTER YOURS, IT WILL NOT CHANGE FOR YOU. IF AN UPPERCLASSMAN HAS A DIFFERENT REQUIREMENT IN AN AREA, YOUR REQUIREMENT IN THAT AREA IS WHAT IS PRINTED IN THIS GUIDE.



GRADUATION CHECKLIST FOR PSYCHOLOGY MAJORS

- 120 semester hours minimum (plan to take more!) ____
 - Foreign Language requirement (choose one):
 - 2 years of a single language in high school ____
 - 1 year of a language in high school, plus 1105 & 1106 ____
- NOTES: 1) completion of high school foreign language courses will be evaluated in OCTOBER; 2) the College of Science foreign language requirement is different from the requirement in other colleges.
- 2.00 GPA ____ (plan to graduate much higher than this!)
 - No more than 10% of Virginia Tech hours taken pass/fail ____

Pathways to General Education Requirements:

- Core Concept 1- Discourse (9 hours) _____
- Core Concept 2- Critical Thinking in the Humanities (6 hours) _____
- Core Concept 3- Reasoning in the Social Sciences (6 hours) _____
- Core Concept 4 - Reasoning in the Natural Sciences (6 hours) _____

(WITH labs for this major)

- Core Concept 5 - Quantitative and Computational Thinking (9 hours)

- Core Concept 6- Critique and Practice in Design and the Arts (6 hours)

- Core Concept 7- Critical Analysis of Equity and Identity in the United States (3 hours) _____ (may also be counted in one other area)

Psychology Major Requirements:

- A GPA of at least 2.0 in psychology courses _____ (must be higher to continue with any higher degrees)

- PSYC 1004 (Introductory Psychology) _____
- PSYC 1094 (Principles of Psych Research) _____
- PSYC 1024/2984 (Psychology Majors Pathways) _____ (1st-time Freshmen/Transfers)

- Four Psychology Elective courses at the 2000/3000 levels

- Three Psychology courses at the 4000-level (1 with a lab; 1 Senior Seminar; 1 more) _____ Seminar; _____ & _____ (course with lab); _____^{3rd} 4000

- Statistics Requirement (one 3-hour course) _____

- 6 hours of Science IN ADDITION TO CORE CONCEPT 3 _____

- 6 hours in Computer Science, Philosophy or Statistics (the six hours can come from a combination of two disciplines or be in the same discipline) IN ADDITION TO THE ABOVE STAT REQUIREMENT AND ANY PHIL COURSE THAT MIGHT BE TAKEN FOR CORE CONCEPT 2 _____

An additional 45-48 credit hours in courses of your choice will be needed to reach the 120 hours minimum required to graduate from Virginia Tech (can be more courses in major or courses toward a minor or 2nd major, or just courses of interest). IT IS STRONGLY SUGGESTED THAT YOU PLAN FOR AND TAKE MORE THAN 120 HOURS TO ALLOW FOR COURSE WITHDRAWALS, A FAILED COURSE, COURSE DUPLICATIONS, TOO MANY P/F HOURS, AND OTHER THINGS THAT MAY COME UP THAT COULD LOWER THE NUMBER OF CREDITS TOWARD GRADUATION YOU THINK YOU HAVE. While not required to graduate, Field Study, Independent Study, and Undergraduate Research experiences are highly valued by employers and are required by graduate schools as supplements to coursework. Explanations of these options can be found on Pgs 33-34.

The following is a strongly recommended Plan of Study for completing your degree in a balanced, timely manner. The timing of the 4000-level Psyc courses is set in that they cannot be requested or added until at least 60 semester hours have been completed (i.e., you can course request a 4000 level Psyc your 1st semester of junior year in order to take it in the 2nd semester of junior year). The 4000s should not all be taken in a single semester. If taken in two instead of the suggested three semesters, it's best to do the 4000 with lab in one semester and the seminar and last 4000 taken together in one semester. Taking more than 3 lower-level psyc courses in one semester is VERY strongly discouraged to avoid subject overlap and subject burnout.

Fall Year One***

Intro Psychology
 Natural Science (and lab) (Concept 4)
 English 1105 (Concept 1)
 Math 1014 (1025 premed/hlth) (Concept 5)
 First-Year Experience course

Fall Year Two

Concept 2, 3, 6, or 7 course of your choice
 Concept 2, 3, 6, or 7 course of your choice
 Psyc elective of your choice
 Psyc elective of your choice
 Additional science

Fall Year Three

Psyc elective of your choice
 Comp Sci/Stat/Philosophy choice
 Concept 2, 3, 6, or 7 course of your choice
 Discourse (Concept 1, advanced/applied)
 Free elective

Fall Year Four

4000-level Psych course
 Concept 2, 3, 6, or 7 course of your choice
 Free elective
 Free elective
 Free elective

Spring Year One

Principles of Psych Research
 Natural Science (and lab) (Concept 4)
 English 1106 (Concept 1)
 Math 1025 (1026 premed/hlth) (Concept 5)
 Concept 2, 3, 6, or 7 course of your choice

Spring Year Two

Concept 2, 3, 6, or 7 course of your choice
 Stats course (Major requirement)
 Psyc elective of your choice
 Additional science
 Free elective

Spring Year Three

4000-level Psych course
 Comp Sci/Stat/Philosophy choice
 Concept 2, 3, 6, or 7 course of your choice
 Quantitative (Concept 5, advanced/applied)
 Free elective

Spring Year Four

4000-level Psych course
 Free elective
 Free elective
 Free elective
 Free elective

Note: Taking 15 hours each academic-year semester yields 120 hours (the minimum necessary for graduation) after 4 years of enrollment. It also gives students the required number of hours at the end of each year to move to the next academic level and be able to register for the next level of courses (30 hours complete = sophomore standing; 60 hours = junior; 90 hours = senior). See earlier references to taking more than 120 hours. Additionally, Graduate programs and professional health programs, for a number of reasons, DO NOT like students to hurry through the curriculum and take less than the 4 years expected for an undergraduate program.

COURSE REQUEST

Each semester you will be required to do Course Request for the following semester. This is course REQUEST, NOT course demand, or course registration! You should have a good idea of what you want to request well before the system opens. This is an extremely busy time for advisors; do not wait until the last minute to ask questions.

Good Question: "This is my plan for next semester. What do you think?"

Bad Question: "What should I take next semester?"

Please see the University Advising Handbook at <http://www.advising.vt.edu/index.php/advising-resources> for the specific mechanics of the Registration process. **DO NOT schedule three or more courses back to back.** You NEED time before and after each class to review notes for a quiz or exam, or meet with the professor or your study group, or go over notes you took if you feel you missed something, or stop by your advisor's office. Back-to-back scheduling like high school will NOT work here and will severely compromise your ability to get everything from a class that you need to get. If you have a job, work in the evenings and on weekends.

A few weeks after you've completed Course Request, you'll be able to see your Class Ticket and find out what classes you received or did not get into, along with all the information about them. THE REMAINDER OF THIS PARAGRAPH IS IMPORTANT IF YOU WANT TO STAY ON THE GOOD SIDE OF YOUR ADVISORS! If you got the classes you requested, REGARDLESS of the time or professor you requested, and are not able to change them yourself during the drop-add periods, do NOT request a force-add into a full section because it will be more convenient for you or you like a different professor or your friend is in a different section or you can't get up that early or don't want to stay on campus that late or don't want that much time between classes or don't want to go to class every day of the week or have a job. Those reasons will not fly!! There are FAR more requests for every seat in every section of every class than can possibly be accommodated. Be flexible - take the times you get for classes you wanted, and be willing to make other choices of electives rather than expecting to be put into your first choice of every class.

ONE MORE IMPORTANT POINT REGARDING COURSE REQUEST:

Do NOT request and hold onto more hours than you know you will take so you can go to all the classes and see what you'll like best or will be the easiest or most interesting. By the time you drop what you don't want, it will be too late for someone who really needed the class to add it. The first time you can't get into a class you want, realize there is probably someone in there doing this; don't ever be the student doing that to other students!

UNIVERSITY RULE: Any course you're enrolled in on Census Day (10th classroom day in fall and spring, 5th in summer sessions) counts as an Attempt. Students are limited to 3 attempts at any course; if enrolled a 4th time, they will be dropped. And courses attempted 3 times at VT may NOT be transferred from other institutions for credit.

AN EXPLANATION OF COURSE RESTRICTIONS FOR COURSE REQUEST:

If a course is restricted to Juniors and Seniors, you must have 60 hours COMPLETED in order to register. If you're trying to register during your sophomore year, you don't have 60 hours complete yet and will not be able to register for those courses.

If you try and register for a course for which you have not met the prerequisites, you will not be allowed to register for the course. Prereqs are there for a reason and must be taken **BEFORE** the course they are prereqs for. To try and do otherwise is to set yourself up for failure. Just because you had a class that was "kind of" like what you want to take, it didn't give you the proper information as the foundation for the course you want or it would be listed as a prereq for the course.

If trying to register for a course in another department and there are multiple sections of the course, check the CRN for each section to find a non-major-restricted section you can register for. Don't assume if you try one and it's restricted that the entire course is restricted. (Tell your non-Psyc-major friends this tip for Psych courses as well!)

ONCE YOU HAVE YOUR CLASS SCHEDULE AND CLASSES START, GO TO CLASS ON THE FIRST AND SECOND DAYS!! Many departments drop students who don't attend their classes on the first and second days. You should assume all departments do this and attend all classes you're registered for on the first and second days they meet!

Then continue attending EVERY class. If you must miss classes for a medical or family emergency, contact the Dean of Students Office immediately. They will get the necessary information from you and contact your College Dean's office who in turn will notify your professors of the time you will be away from classes. This does not guarantee you'll be allowed to make up work, but without taking these steps it will be much harder for you when you return.

VIRGINIA TECH UNDERGRADUATE HONOR CODE

All students are expected to follow the **Honor Code**, which states that "every student has the right to live in an academic environment that is free from the injustices caused by any form of intellectual dishonesty". The Virginia Tech Honor Code embodies a spirit of mutual trust and intellectual honesty that is central to the very nature of the university and represents the highest possible expression of shared values among the members of the university community.

All assignments submitted shall be considered "graded work", and all aspects of your coursework are covered by the honor system. All projects and homework assignments are to be completed individually unless otherwise specified. Honesty in your academic work will develop into professional integrity.

The Honor Code expressly forbids the following academic violations:

1. Cheating -- Cheating includes the actual giving or receiving of any unauthorized aid or assistance or the actual giving or receiving of any unfair advantage on any form of academic work, or attempts thereof.
2. Plagiarism -- Plagiarism includes the copying of the language, structure, ideas and/or thoughts of another and passing off same as one's own, original work, or attempts thereof.
3. Falsification -- Falsification includes the statement of any untruth, either verbally or in writing, with respect to any circumstances relevant to one's academic work, or attempts thereof. Such acts include, but are not limited to, the forgery of official signatures, tampering with official records, fraudulently adding or deleting information on academic documents such as add/drop requests, or fraudulently changing an examination or other academic work after the testing period or due date of the assignment.

More helpful advice.

A Philosophy for Learning

Faculty and students have a JOINT responsibility for the learning process.

Faculty members are responsible for guiding inquiry so as to develop in students the ability to think critically, communicate effectively, and become contributing citizens to a democratic society.

Students are responsible for making themselves available to the learning process, for actively engaging in the learning dialogue, and for availing themselves of the many opportunities in an institution where ideas, exploration, and free expression are so highly valued.

In summary, students are responsible for developing a positive attitude about self-education and self-worth. Learning goes beyond simply taking tests and receiving a grade. Learning is a participatory, active process of inquiry, questioning, and intellectual exploration. For the university-educated student, the love of learning should be a lifelong activity.

POSSIBLY YOUR MOST IMPORTANT STUDY TIP

(according to the Undergrad Advising Office):

USE YOUR PATHWAYS PLANNER AND A DAY PLANNER!! The importance of planners cannot be stressed enough. You will learn about the electronic Pathways Planner in the First Year Experience course. Carry a day planner with you that is big enough to actually enter information into. At the beginning of each semester, collect all course syllabi and enter every deadline and final exam time for every course into your day planner. Keep the planner with you in all classes so you can make changes/additions when you find out about them in class. Look at the coming week each week so you know what you have to do

and how much free time you might have. Poor time management is the single most frequent cause of poor grades, academic probation/suspension, and overall discouragement in college. Dedicated use of a day planner does more to establish good time management habits than just about anything else you could think of. Purchase a good day planner, use it faithfully and correctly, and you will be amazed at how much easier college life will be because of it! Electronic planners in Outlook or Google are also good IF you can access them easily in classes when you need to enter information immediately.

Working ahead, in any class or on any project, can only help you. However, don't try to work ahead before you have all the information you need. But when possible, getting things done earlier than absolute deadline is only a positive thing. As much as things run smoothly a majority of the time, we all know unexpected things come up. What if you get sick? What if you run out of ink or paper the night before something's due and you can't get to WalMart? What if you have other required assignments or meetings come up and eat up a lot of the time you thought you'd have for something due at the same time? Rather than rush around doing a half-baked job to get it done, or begging for extra time, plan and work ahead! If you get done early and don't need to make any final revisions, there's that much more time you have to relax, hang out with your friends, or sleep. Take advantage of it! It will only help you out!



IF YOU MUST WORK WHILE TAKING CLASSES:

Do not accept a job and promise your employer certain hours! Be sure you can bring in your schedule each semester and set your hours around your classes - NOT the other way around. See note above about classes being over-requested and the impossibility of setting up a "convenient" schedule. Your education is a full-time job! If you must work, work full-time in the summer; if you must work during the academic year, it needs to be part-time in the evenings and on weekends.

PSYCHOLOGY AS PART OF A DOUBLE MAJOR OR DUAL DEGREE

If you declare Psychology as your FIRST Major:

Individuals with Psychology as the first OR second major are permitted to pre-register for "Majors Only" courses. First Majors will be assigned a faculty advisor in the Psychology Department and may also use the Office of Undergraduate Advising (109 Williams) for advising. Second Majors will keep a faculty advisor in their first major and use the OUA for Psych advising.

If you declare Psychology as your SECOND Major or as a DUAL DEGREE:

If you decide on Psychology as a second major or dual degree, **AND you have already requested a DARS report**, you must apply for a separate Psychology Degree Audit on Hokie Spa after meeting with an advisor in the OUA in the Psychology Department (109 Williams).

It is important for you to understand that only the first major is printed on your diploma. The SECOND major is acknowledged on your grade transcript, but is NOT printed on the diploma. **Students who want Psychology switched from second major to first must see an advisor in 109 Williams. You must request a new application for degree and graduation analysis on Hokie Spa at least one semester prior to graduation.**

If you register for DUAL DEGREE, you will complete an extra 30 hours of coursework in any area you wish, will receive a diploma in each major, and will graduate with two separate degrees, as opposed to a single degree and acknowledgement of completion of requirements for the second major. If the degrees are completed in different terms, the first should be applied for as First Degree for its completion date, the second applied for a First Degree for its different completion date.



SATISFACTORY PROGRESS

For Psychology Majors, satisfactory progress toward the BS in Psychology requires that:

1. Upon having attempted **30 semester hours** (including transfer, advanced placement, advanced standing, credit by examination), students must have an **overall QCA of 2.00** and have completed the following courses: Psyc 1004: Introductory Psychology, one more Psychology course, and 12 semester credits that apply to the Pathways for General Education.
2. Upon having attempted **75 semester hours**, students must have an **overall QCA of 2.00** and have completed the following courses in addition to Intro Psyc: Psyc 1094 (Research), 4 additional Psyc courses, and a Stat course.
3. Upon having attempted **96 semester hours**, students retain **overall and in-major QCAs of 2.00 or above**, and have completed all Pathways for General Education courses.

Failure to make satisfactory progress in the degree could result in a probationary status in or dismissal from the major.

FINANCIAL AID Satisfactory Progress:

Measured every spring semester by comparing the number of attempted credit hours with the number of credit hours earned in the prior academic year, according to the student's class schedule on the tenth class day after the start of the term.

- A student must earn 75% of their attempted credits in order to maintain Reasonable Academic Progress
- **Official withdrawals, unofficial withdrawals, incomplete's, dropped classes and failures are all counted in the calculation as attempted but not earned hours.**
- If a student changes majors, all hours from the previous major(s) will be included in the GPA and the calculation of attempted or earned hours
- Transfer credits, including those received during consortium study, do not count in the annual calculation of the student's GPA but do count in the annual calculation of attempted and earned hours and overall maximum timeframe to complete the program of study.

PSYCHOLOGY MINOR REQUIREMENTS

If you switch majors but want to keep Psychology as a minor, you must declare such with the Psychology Department (109 Williams).

To graduate with a minor in psychology, a student must:

successfully complete 18 semester hours in psychology, including:
PSYC 1004 (Introductory Psychology, formerly 2004); AND
PSYC 1094 (Principles of Psychological Research, formerly 2094); AND
three lower-level Psych electives of your choice; AND
one three-hour psychology course at the 4000-level
which will need to be force-added since all are major-restricted. A Senior Seminar may be used to satisfy this requirement IF TAKEN IN THE SUMMER. There is very rarely space in the academic-year Senior Seminars for minors. Field Study, Independent Study, or Undergraduate Research hours will NOT fulfill this requirement.

Unless you have been making appropriate progress toward a major or minor, it might be difficult to complete if added after you've completed 60 hours. And the University has the "SENIOR RULE" stating a major or minor CANNOT be added after 90 hours are complete. Psychology and many other departments on campus adhere to this rule because it is almost impossible to begin a new program that late in the game and expect to do well in it or graduate on time.

THE COURSE WITHDRAWAL POLICY

Please see the University Advising Handbook on the Advising web page, <http://www.cs.vt.edu/undergraduate/handbook>, for an excellent description of this policy. You can only use this option for THREE classes during your entire time here. Dropping a 1-hour course or lab counts as one of the three withdraws! DO NOT EXERCISE THIS OPTION TOO EARLY FOR CLASSES JUST BECAUSE THEY'RE "HARD" OR YOU DON'T LIKE THEM OR MAY GET A LOWER GRADE THAN YOU WOULD LIKE. You may really need this option for something serious later on in higher-level courses, but when the hours are gone they're gone.

PRE-PROFESSIONAL ADVISING

Advising for students with interests in pre-med, pre-dent, pre-vet, pre-physical therapy, other health-related fields, or pre-law is coordinated through the Pre-Professional Advising program in Career Services. A link to information about advisors in the various areas, finding programs, clubs on campus, etc.: <http://www.career.vt.edu/advising/hpa.html>

STUDY ABROAD OPPORTUNITIES

Students interested in studying abroad should go to the following website - www.oired.vt.edu - for information on available opportunities and how to begin the process. You can also visit the Education Abroad Office on Prices Fork Road; their contact information is listed on page 13. And be sure to attend the Education Abroad Fair on the Drillfield during fall semester.

TAKING COURSES ELSEWHERE

Planning your four years well should leave summers free to relax or do an internship or work at a summer job. However, if it is necessary to take a course outside Virginia Tech at some point, you will need to check the Transfer Equivalency Database (<http://www.tranguide.registrar.vt.edu/>) on Hokie Spa to be sure the course you take will transfer back here. The semester before you plan to take the course, you must complete a Request to Take Courses Elsewhere form, get it signed by your advisor or an advisor in the OUA, and have it processed in the College of Science Dean's office. When the course is complete and you have the grade, you must request an official transcript from the institution's Registrar and have it sent to the Virginia Tech Registrar. Without taking all these steps, the credits will not be approved or appear on your VT transcript.

UNIVERSITY FINAL EXAMS POLICY

If you have 3 **final** exams scheduled in a 24-hour period, one of the exams can be moved. If you have 4 exams in a 24-hour period, two can be moved. But the form to do this must be submitted to the Dean's Office NO LATER THAN Friday, November 16th for Fall Semester or Friday, April 5th, for Spring Semester.

GRADES, GRADES, GRADES!!!!!!

Sometimes students feel that all anyone wants to know about them is their grades. Parents want to know, your advisor wants to know, and a potential employer or admissions committee to medical school, dental school, law school, or graduate school wants to know. Why so much emphasis on grades?

Grades, or your Grade Point Average (GPA), tell an individual quite a lot about you as a student. Your GPA in many cases reflects your overall native intellectual ability, and it certainly says something about your maturity, seriousness of purpose, study habit skills, work ethic, and your ability to stay focused – all attributes that postgraduate schools or employers are looking for. Many potential employers do not want to see students whose GPA is below a certain minimum. Graduate schools generally will not consider students whose GPA is below 3.0. Admission to professional schools usually requires a much higher GPA.

On the flip side of this, however, is another very important point: Do NOT think you will be a failure if you get any grade below an A or a B. And don't make grades so important that you refuse to stretch your horizon and try something new while you're here. A well-rounded education that prepares you for a productive future is about more than just the grades you get in class!

Our goal in the Psychology Department is to help you succeed at Virginia Tech, if not in Psychology then in some other academic area where your talents might be more productive. Please use our resources if you need help keeping your grades up where you know they are capable of being!



PSYCHOLOGY UNDERGRADUATE COURSES

Course #	Course Name	Credit Hrs	Prereqs
PSYC 1004	Introductory Psychology (must register for course <u>and</u> zero-hour recitation section)	3	none
PSYC 1024/2984	First-Year Experience courses (is NOT 1 of 4 Psyc electives) for incoming Freshmen/Transfers	2	none
PSYC 1094	Principles of Psych Research	3	1004
PSYC 1524	Language and the Mind	3	1004
PSYC 2034	Developmental Psych	3	1004
PSYC 2044	Psychology of Learning	3	1004
PSYC 2054	Psychology of Personality	3	1004
PSYC 2064	Nervous Systems & Behavior	3	1004
PSYC 2074	Animal Behavior	3	1004
PSYC 2084	Social Psychology	3	1004
PSYC 2964	Undergrad Field Study (Soph.)	variable	Consent
PSYC 2974	Independent Study (Soph.)	3	Consent
PSYC 2994	Undergraduate Research (Soph.)	variable	Consent
PSYC 3014	Abnormal Psychology	3	1004
PSYC 3024	Human Behav & Natural Enviornments	3	1004
PSYC 3034	Psych Disorders of Children	3	1004, 3014
PSYC 3054	Health Psychology	3	1004
PSYC 3154	Psych Foundations of Education	3	1004
PSYC 4014	History & Systems in Psych	3	1004
PSYC 4024	Industrial & Organizational Psyc	3	1004; Stat
PSYC 4034	Advanced Developmental Psyc	3	1004, 2034
PSYC 4234	Advanced Developmental Lab	1	Co-req: 4034
PSYC 4044	Advanced Learning	3	1004, 1094, 2044
PSYC 4244	Advanced Learning Lab	1	Co-req: 4044
PSYC 4054	Personality Research	3	1004, 1094, 2054, Stat
PSYC 4254	Personality Psych Lab*	1	Co-req: 4054
PSYC 4064	Physiological Psychology	3	1004, 1094, 2064
PSYC 4264	Physiological Psych Lab	1	Co-req: 4064
PSYC 4074	Sensation & Perception	3	1004, 1094, 2064
PSYC 4274	Sensation & Perception Lab	1	Co-req: 4074
PSYC 4084	Advanced Social Psychology	3	1004, 2084
PSYC 4284	Advanced Social Psych Lab	1	Co-req: 4084
PSYC 4094	Theory of Psych Measurement*	3	1004, 1094, Stat
PSYC 4294	Psych Measurement Lab*	1	Co-req: 4094
PSYC 4114	Cognitive Psychology	3	1004, 1094, 2044
PSYC 4214	Cognitive Psych Lab	1	Co-req: 4114

PSYC 4134	Language Development	3	1004, 1094
PSYC 4354	Senior Seminar (summer #) (various topics each session)	3	Jr/Sr standing
PSYC 4364	Senior Seminar (fall/spring #) (various topics each semester)	3	Jr/Sr standing; Consent
PSYC 4964	Undergrad Field Study (Jr/Sr)	variable	Consent
PSYC 4974	Independent Study (Jr/Sr)	3	Consent
PSYC 4994	Undergraduate Research (Jr/Sr)	variable	Consent

*not offered frequently

For courses listing a “Co-Req” lab, the class can be taken without the lab, but the lab cannot be taken without the course. If taking both, they must be taken in the same semester because the labs are taught in conjunction with what is taught in the lecture. Taking a lab in a semester after you took the corresponding course may result in your doing work that is in conjunction with different lecture material than you had.

SPECIAL COURSES

Undergraduate students have available to them special courses and programs that go beyond the lecture and discussion format of most University courses. We place special emphasis on providing research and field experiences that will enrich students' education and career development. When you discover a faculty member or graduate student working in an area of your interest, contact that person and meet to discuss pursuing one of these options.

ALL THESE OPPORTUNITIES MUST BE ARRANGED THE SEMESTER BEFORE THE WORK IS TO BE DONE.

FIELD STUDY (PSYC 2964 and PSYC 4964)

Undergraduate Field Study provides the opportunity for hands-on experience with psychology. Students electing this course may work with psychologists in applied settings, or they may assist a faculty member or graduate student with his or her research. It is for variable credit on a pass/fail basis and counts in the 10% of total hours taken at Virginia Tech that can be taken pass/fail.

YOU MUST BE REGISTERED FOR FIELD STUDY HOURS BEFORE BEGINNING THE WORK. If doing Field Study work during the summer, you'll have to pay tuition and fees as for any other course if you sign up for Field Study hours. In most cases, it's more important to have the experience on your resume than to have the hours on your transcript.

Undergraduate Field Study is a work experience approved by the Psychology Department to augment traditional classroom activities. It can provide the basis for students to later conduct their own research under the guidance of a faculty member. Prior to being

registered for PSYC 2964 (sophomores) or PSYC 4964 (juniors and seniors), the student should enlist a field supervisor (if working in a community setting) who will oversee and direct the work, and a faculty supervisor who will evaluate the work at the end of the term and assign a grade. If working on a faculty member's research team, the field study supervisor and faculty supervisor will be the same person.

Registration for this course may only occur through the faculty supervisor who will complete a FORCE-ADD form that you must submit to the Undergraduate Advising Office (109 Williams). It is a good idea for the student and the supervisor(s) to put into writing their understanding of the individual responsibilities and obligations of student and supervisor. *In most cases, students will earn 3 credits, equal to 9 hours of work PER WEEK throughout the semester. It can be for 1 or 2 credits, at the supervisor's discretion/need, but very rarely for more than 3 because a full course load is also taken into consideration for the amount of time that can successfully be devoted to the research.*

INDEPENDENT STUDY (PSYC 2974 and PSYC 4974)

Independent Study allows in-depth reading and discussion of a topic in a course being taken or of a topic not covered in regular courses offered by the Psychology Department. PSYC 2974 (sophomores) or PSYC 4974 (juniors and seniors) usually require tutorial sessions with a faculty supervisor and written work. ***To elect this option, the student must be at least a sophomore and have a QCA of 2.50 or above.*** It is for variable credit and may be taken pass/fail or for a grade.

Prior to registering for Independent Study, the student should define a topic of interest and enlist a faculty supervisor. Together they should complete a request form that is available in the Undergraduate Advising Office (109 Williams). The request form should specify the question of interest, a preliminary reading list, the manner of evaluation, and the schedule of tutorial meetings with the faculty supervisor. To be approved, the request form should make it clear that the project has originated with the student; also, the project must begin and end during the sixteen-week term. The request form requires signatures from the professor supervising the Independent Study, the student's advisor, and Dr. Stephens, the Chair of the Department of Psychology. **This form is submitted to the Dean's office from the Department of Psychology office approximately two weeks before the end of the preceding semester or, at the latest, during the first week of classes during the semester of the Independent Study.**

UNDERGRADUATE RESEARCH (PSYC 2994 and PSYC 4994)

Undergraduate Research includes independent research projects in psychology proposed and conducted by a student under the supervision of a faculty member. They usually involve empirical work that is presented in a written report. In addition, many

undergraduates present their research at regional and national meetings. *To elect this option, the student must be at least a sophomore and have a QCA of 2.50 or above.* It is for variable credit and may be taken pass/fail or for a grade. Prior to registering for Undergraduate Research, the student should propose an area of interest and obtain a faculty supervisor. Together they should complete a request form that is available in the Undergraduate Advising Office (109 Williams). The request form requires signatures from the professor supervising the research, the student's advisor, and Dr. Stephens, the Chair of the Department of Psychology.

The request form should specify the question of interest, a preliminary reading list, how the research will be conducted, and a schedule of meetings with the faculty supervisor. To be approved, the request form should make it clear that the project has originated with the student; also, the project must begin and end during the sixteen-week term. **This form is submitted to the Dean's office from the Department of Psychology office approximately two weeks before the end of the preceding semester, or at latest, during the first week of classes during the semester of the research.**

Only 12 hours of Independent Study and Undergraduate Research combined will count toward the 120 hours needed for graduation. More may be taken, but only the first 12 hours will count toward graduation hours.

SENIOR SEMINARS

Senior Seminars allow in-depth discussion of a selected topic in seminar format. Different topics are offered each semester, and class enrollment is limited. Senior Seminars are only open to seniors (and 2nd-semester juniors on a space-available basis), and you will get a memo before course request about getting into one for the following semester. **THEY CANNOT BE REQUESTED ON COURSE REQUEST.** Topics have included Leadership in Organizations, Introduction to Clinical Psychology, Pediatric Psychology, Transpersonal Psychology, Developmental Psychobiology, Clinical Neuropsychology, Psychology of Evil, Critical Perceptions of Psychology, and Psychology of Substance Use. **This class is one of the three required 4000-level courses.** These Senior Seminar courses are designed to pay special attention to the particular approaches to written as well as verbal communication that are used regularly in the disciplines, professions, and businesses which students are preparing to enter.



Really good advice.

A former student says.”Success”

Goal Setting

This step takes a good bit of introspection. The student must be absolutely certain that the academic path they plan to undertake is that of their own making and not of outside sources. If the desire is there and is genuine, then the foundations have been laid for success. The next step is to define (on paper) long-term goals, perhaps grades achieved over a semester or longer. To accompany those long-term goals, short-term objectives (again on paper, get used to recording everything) on a weekly and daily basis are critical. At the end of the day, you should ask yourself what you’ve accomplished. Make sure the answer is a positive one.

Success Gravitates Toward Success

The people you associate yourself with are a reflection of you. Additionally, these people act as a strong influence on you; therefore, make certain your peers have ambitious goals that coincide with yours. Furthermore, it is most advantageous to establish a rapport with a faculty member who can be a source of guidance, especially during difficult periods.

Turn Failures into Victories

A poor performance on a test should be used to improve rather than hinder performance on following tests. Understand why you did not do as well as you wanted to and change it. Preparation is the key to tackling any difficult exam; if you find it isn’t working in a particular circumstance, then modify it with the consultation of the professor or teaching assistant.

These are general guidelines that have served me well over the last few years. I do not believe in getting too detailed in methodology because that is best suited for the individual to construct based on preferences. Getting bogged down by absolute imitation should be avoided.



UNDERGRADUATE HONORS PROGRAM IN PSYCHOLOGY

For students who wish to pursue a more challenging undergraduate education, the University Honors Program provides the following opportunities: priority registration, special Honors colloquia and Honors sections of core classes; the development of an amplified curriculum; credit for undergraduate research; access to and assistance in application to major national scholarship programs for advanced undergraduate and graduate education; small group interaction with faculty; and other academic benefits.

Freshmen are accepted into the Honors Program out of high school based on an applicant's experiences and quality of engagement over sheer quantity, on self-awareness and reflection on involvement, and on authenticity. Continued participation requires a 3.5 overall QCA. Students may join the Program upon achieving a 3.6 and with at least four semesters remaining until graduation.

The Honors Program offers several participation options. An Advanced Diploma in Health Studies requires 15 hours of pre-med or pre-dent courses as part of the student's curriculum. Commonwealth Scholar designation requires 12 hours of Honors courses. Honors Scholar designation requires 18 hours of Honors courses. To graduate In Honors requires the student to take 12 hours of Honors courses, complete 6 hours of Undergraduate Research, and successfully complete and orally defend an Honors thesis. An Honors Baccalaureate is received upon completion of 2 majors, 12 hours of Honors courses, 12 hours of Undergraduate Research, and the successful completion and oral defense of an Honors Thesis.

Further information can be obtained from the Psychology Department's Honors Director, Dr. Danny Axsom (313 Williams; 231-6495), or from the University Honors Program Director, Dr. Paul Knox (first floor Hillcrest [room 137]; 231-4591).

COOPERATIVE EDUCATION

While this is rarely employed by Psychology majors, it is good to know about in the case of a change of major or a double major.

Cooperative Education formally integrates academic study with related work experience in a five-year program. This program involves alternating periods of study and work during the sophomore and junior years; the freshman and senior years are spent on campus. The academic semesters and work periods are structured so that students are able to complete all scheduled work assignments as well as all graduation requirements.

Students are selected for employment in appropriate fields, depending on their academic majors and career goals. It should be mentioned that the placement process is competitive and entrance into the Co-Op program is not guaranteed. Interested students should contact Career Services, 231-8131.

INTERNSHIPS

Students can find summer or academic-year internship placements almost anywhere by working with the Internship Program in Career Services and by reading e-mails from the OUA, checking the Psychology webpage or bulletin boards in Williams Hall. Contact Carolyn Rader at 231-6241 for an appointment to find out everything they offer and what your options might be through them. You should also check their web page at www.career.vt.edu/job-search.html.

YOUR RESUME

At any given time, an opportunity may present itself and you will be asked to supply information about yourself. This is the importance of the resume. As a freshman, you may think that developing a resume this soon is very silly and useless, but don't forget you should be thinking about summer internships, co-op opportunities, or undergraduate research opportunities. A resume is the professional way to leave something about you in the hands of a potential employer. Keep a list of anything you've done that would help a potential employer learn about your capabilities and skills. Begin building your resume now! Career Services can be a wonderful resource for this. Check out their web page and/or make an appointment to talk to one of their advisors.

UNDERGRADUATE ORGANIZATIONS



Psychology Club

The Psychology Department sponsors the undergraduate Psychology Club. Membership is open to all who are interested. The Psychology Club meets once or twice a month and sponsors various activities related to psychology: lectures, discussions, field trips, and community service. Watch the bulletin boards in Williams Hall for posted announcements of the times, places, and topics of these meetings. The Psychology Club has a mailbox in 102 Williams, and you are invited to contribute suggestions for the club's success.

Psi Chi

Psi Chi is the National Honorary in Psychology. Sophomore, junior, and senior psychology majors and minors are eligible for membership if they have successfully completed at least nine semester hours in psychology, have a QCA that places them among the top 30% of the majors in their class (the approximate cut-off is above 3.2) and have outstanding grades in their psychology courses (3.4 or better). Psi Chi provides members the opportunity to attend regional and national meetings and encourages members to present their own research at these meetings. It is appropriate that Psi Chi members be active participants in the Psychology Club.

During the Spring Semester, eligible students are invited to join Psi Chi. It is not always possible to identify every student who is eligible, so please do not wait for an invitation if you believe you qualify. Please contact Dr. Friedman, the Psi Chi advisor (231-9611; bhfriedm@vt.edu), or the Advising office in 109, for application information

PROFESSIONAL ORGANIZATION

Phi Beta Kappa



In order to be considered for Phi Beta Kappa as a junior a student must have completed at least 73 semester hours overall with at least 70 hours in liberal arts and must have a QCA of at least 3.80. For consideration for Phi Beta Kappa as a senior, a student must have completed at least 99 semester hours with at least 90 semester hours in liberal arts and must have a QCA of at least 3.60. In either case a student must have completed at least 45

semester hours at Virginia Tech and be registered for at least 15 more in order to be considered for Phi Beta Kappa. Because no more than 10 percent of the graduating class in the College of Science can be elected in any year, meeting the minimum qualifications does not guarantee membership in Phi Beta Kappa. Also, a student may be rejected if his or her moral character falls short of the members' expectations (i.e., an honor code violation).

SPECIAL UNIVERSITY PROJECT

VTEngage was set up after the April 2007 tragedy to help the Virginia Tech students, faculty, and staff give back to the community as so many of those we lost were doing. It's an excellent way to live out the University motto, Ut Prosim, and all students are strongly encouraged to go to this link and participate. <http://www.engage.vt.edu>.



Another Former VT Student Says. . . "Fraternity"

I came from high school with a 3.7 GPA, didn't have to work a second to even get it. I arrived at college and have that attitude still a little. I got wrapped up with pledging a fraternity, and thought that I could pull myself up again after slipping far below my usual standards. Little did I know it was too late. Now I am paying the price this summer. Being on academic probation, having to work double the amount I would have had to if I even put a little effort forth last semester, and having no room for screw-ups. I cannot overemphasize the importance of not getting behind. Don't find out the hard way like I did.

(speaking of a freshman seminar he took) On a side note, I did find the class very helpful. I just wish I would have had the common sense at the time to use some of the help and resources that were spoken about during the class.





UNDERGRADUATE COMMENCEMENT

Applying for Your Degree

Upon completion of 60 hours (attaining Junior standing), students should go onto Hokie Spa and **apply for their degree**. This tells the Registrar's office your major and when you anticipate graduating. Any of the information can be updated or changed but should be initially entered at this time. With that information in the system, a Degree Audit Report can be generated which will tell you what requirements you've met, which you still need to meet, and what classes you've taken are being counted toward which requirement. The report's accuracy depends on how quickly changes are encoded by the Registrar's Office and can be confusing to interpret, but the UAO is always happy to assist with interpretation or with moving classes to different areas when applicable and desired.

Degree Distinctions

A student who has completed at least 60 credit hours at Virginia Tech may be graduated with distinction under the following conditions: students with a cumulative QCA of 3.8 or greater are graduated *Summa Cum Laude*; students with a cumulative QCA of 3.6-3.7999 are graduated *Magna Cum Laude*; students with a cumulative QCA of 3.4-3.5999 are graduated *Cum Laude*.

Recognition at Commencement

Many honors and distinctions are recognized at the Psychology Department spring commencement ceremony each May. Prior to commencement, students are responsible for filling out a form in the Undergraduate Advising Office regarding their memberships in the different areas and organizations. Recognition of academic honors or distinction is made only for students who have completed all degree requirements; students who are walking in the ceremony and will complete their degree requirements during the summer sessions that year may not be included in these honors and distinctions but will have organizational memberships recognized.



Some good advice.

Freshman Year is right time to start job search
“Working It Out”, by Camille Wright Miller
Reprinted with permission of *The Roanoke Times*

Q: Our daughter looked for 10 months after college before finding her first job. That was too stressful; we’d like to spare our other children. Our son is a college junior. Other than declaring his major, he hasn’t even started thinking about a job search. Can you provide guidelines so he (and we) can avoid a situation similar to his sister’s? [answer on following page]

A: Most successful students begin career efforts during their freshman year. Although he’s behind, you son can make up for lost time.

First-semester freshmen should make appointments with counselors in the college’s career center. They should request an overview of services offered. A follow-up appointment should be made for assessment tests. These assessments will identify interests, preferences, possible majors, and possible careers.

During the second freshman semester, students should research summer internships. Every summer during college should find students exploring careers through internships in the chosen career. For those who need college funds, there are paid internships available. Internships provide an honest inside-the-career look and are tremendous resume builders.

The junior year is the time to develop a resume and cover letter¹, and continue researching careers. Juniors should talk with their advisor, their professors, and career counselors about possible opportunities. They should also attend college job fairs and continue with informational interviews.

First-semester seniors should be “on the market”. They should be sending resumes to every possibility. They should be setting appointments with campus recruiters. Seniors should work to meet the goal of having desirable job offers by March.

¹Virginia Tech advocates that this begin during freshman year.



AFTER GRADUATION

Careers in Psychology

Many students graduating with a Bachelor's degree in psychology use their academic experiences to obtain employment in other fields (e.g., managerial, social services, academics). The Career Services webpage has several excellent links to sites with helpful information. Talk to faculty who specialize in areas that match your interests. Go to as many Job/Internship/Career Fairs as you possibly can. Go to the Career Services main page, check out all their information, and register with Hokies4Hire.

Graduate Study in Psychology

For those students who do wish to work in the field of psychology (e.g., researchers, professors, clinicians, and consultants), graduate work is required. As a resource for students considering applying to graduate school, a booklet entitled "Graduate Study in Psychology: A Guide to the Application Process" is available in the Undergraduate Advising Office (109 Williams). This booklet contains detailed instructions on the application process -- from requesting application materials all the way through accepting and declining offers. It includes information on taking the GRE exams, obtaining letters of recommendation and official transcripts, and constructing a statement of purpose. The booklet also provides estimated timetables of progress and estimated costs of applying, and lists several other references to assist in the application process.

Remember that your faculty advisor is also an excellent source of information on issues pertaining to graduate school. He or she can be very helpful to you in the decision-making process by providing realistic guidance in choosing the path best suited to your goals. And this site is extremely helpful for checking graduate programs of any kind: <http://nces.ed.gov/collegenavigator/>



FREQUENTLY ASKED QUESTIONS

Curriculum and Requirements

Q: What are the **College of Science graduation requirements**?

A: See pages 14-16 in this Guide.

Q: What does **DARS** stand for?

A: DARS stands for Degree Audit Reporting System and provides you and your advisor with an official analysis of course work, completed and in progress. It provides you with the ability to monitor your progress and plan your future course work. DARS has replaced graduation analysis, and either your advisor or the undergraduate advisor in 109 Williams can provide you with an unofficial copy of your DARS report.

Q: What is a **course sequence**?

A: Two courses in the same department with consecutive numbers (e.g., BIOL 1105, BIOL 1106).

Q: Can I **use courses to satisfy both** the College of Science core requirement and the Psychology major requirement?

A: Only in a couple cases. Area 3 will be fulfilled with Psych classes that also count toward your major. Philosophy 2304 will fulfill Area 7 and half the Psychology requirement of two additional courses in CS or Stat or Philosophy. It is also listed as an Area 2 course but canNOT fulfill Area 2 and the Psychology requirement. It can fulfill Areas 2 and 7, Area 7 and the psyc requirement, or Area 2 and the psyc requirement – but NOT all 3.

Q: What are the **requirements for a major** in psychology?

A: See pages 17-18 of this Guide.

Q: What is the **difference between a "double major" and the "dual-degrees"** plan?

A: For a double major, the FIRST major is recognized on the student's diploma, and the student receives a Certificate of Completion for the SECOND major. The dual degree requires an additional 30 hours of coursework, and a second diploma is awarded. More information about both options can be found on page 25 of this Guide.

Q: What are **the two critical requirements for graduation**?

A: You are required to have completed a minimum of 120 hours of course work and have an overall and in-major QCA of 2.00 or better.

Q: **How many 4000-level psychology classes with co-requisite laboratories** do I need to take?

A: Only one. Three 4000-level classes are required for graduation with a major in Psychology; only **one** of those courses must be taken with its co-requisite lab.

Q: Does the **lab have to be taken in conjunction with the lecture**?

A: Yes. The appropriate lab must be taken at the same time you take the lecture. If your lab and lecture courses don't match up, you have not met the graduation requirement.

- Q: How do I **find out if a course I took at another institution will transfer** to Virginia Tech?
- A: Check the Transfer Equivalency Guide on the Registrar's web page (<http://www.registrar.vt.edu/tranguide/>). If the course you took is not listed, contact the Associate Dean of Science (231-5144) or the Undergraduate Advising Office (231-5388) for steps that can be taken to have the course considered for transfer credit.
- Q: I **just transferred to psychology** from another major. I took some **courses that are similar** to the ones required by psychology, but they're not identical. What do I do?
- A: Take the syllabus for the course you took to the Director of Undergraduate Studies in 123 Williams. If he determines the course could substitute for a psych requirement, a course substitution will be processed.
- Q: I **just transferred to the College of Science** from another college on campus. I **took some courses that are similar** to the ones required by the College of Science, but they're not identical. What do I do?
- A: Take the syllabus for the course you took to the Director of Undergraduate Studies in 123 Williams. If he determines the course might substitute for a College requirement, a course substitution request will be completed and forwarded to the College of Science for final approval or disapproval. If approved, a course substitution will be processed.
- Q: How do I **deal with the Foreign Language Requirement** of the College of Science?
- A: If you believe you've met the requirements as listed on page 15, but it's not showing up on your academic record, you need to talk to someone in the College of Science Dean's Office in the North End Center.
- Q: I have heard that some departments offer two or three courses that are equivalent and therefore if I **take one course, I will not get credit if I take the others**. How do I find out about these courses?
- A: Departments such as statistics, mathematics, computer science, Bio, and Chem have courses that are judged to be equivalent to each other. You can find this information in the *University Undergraduate Catalog* (see link in this Handbook, or see Hokie Spa/University Catalog Page) under the course description sections for each department. Please read the *University Catalog*. **YOU ARE RESPONSIBLE FOR BEING CERTAIN THAT COURSES YOU TAKE ARE NOT DUPLICATES.**
- Q: I think I may have a **learning disability**. What can I do?
- A: Virginia Tech implements special services for students with learning disabilities. Please contact the Office of Services for Students with Disabilities in 310 Lavery Hall (above Turner Place Dining), at 231-0888, for more information.
- Q: I am approaching my senior year and am **worried that I left out a course that is required** for graduation. What should I do?
- A: Go on Hokie Spa to the Degree Menu/Undergraduate Students and apply for your degree if you have not already done that. An official DARS report will then be available to you and also to your advisor on Hokie Spa. It will list what courses need to be taken. Whether you are worried or not, you should register for your degree and request a copy of your DARS report during your junior year. It is the only official means of assessing what you will need to graduate, as well as the official application for your B.S. in Psychology.

Q: How do I **get into a class that is filled**?

A: For courses outside Psychology, you must obtain the signed permission of the instructor of the course on a FORCE-ADD form (available in the **Undergraduate Advising Office, 109 Williams**). Only the instructor may sign this form for you, and in most cases FORCE-ADDING is not possible since classes fill when the number of students enrolled equals the number of seats in the room. FORCE-ADD forms must be processed in the Academic Department offering the course. For Psychology courses, FORCE-ADD forms are not necessary as all seats for lower-level courses are on the timetable and 4000-level courses will be added on a space-available basis in 109 Williams.

Q: How do I **change my major**?

A: **If you are changing into Psychology**, go to the Undergraduate Advising Office in 109 Williams to begin the necessary paper work. You will be assigned a faculty advisor at that time and sent to the Dean's Office on the 4th floor of the New North Center on Turner Street for a signed approval into the College of Science. You will next be sent to your previous advisor in your old Major to have her/him sign you out. The Dean of the major you're leaving (if outside the College of Science) must sign the form last, and it finally must be returned to the Dean of Science for final processing.

If you are changing your major out of Psychology, first go to the department you wish to change into. They will give you the appropriate forms and will assign you an advisor. You will need to have this form signed by the OUA office for your advisor in Psychology to be signed out of this major, and by the Dean of Science's office.

Majors cannot be changed after 90 hours have been completed; most departments adhere to this.

Q: How do I **find out about a minor** in a specific department?

A: Requirements for a minor are described in the University Catalog (see the section for the specific department) and can be found on the web page for the department of interest. Information on a psychology minor may be found on page 27 of this Guide. A major/minor change form must be completed in the department of the minor you're adding.

Q: **Where are my records and papers** kept at Virginia Tech?

A: The records and papers that count are the ones kept by the Registrar. The Registrar calculates your official GPA, certifies that you have completed requirements for graduation, sends out your transcript, and so on. The College of Science has a copy of some of your records, as does the Psychology department, but the ones that count are the ones kept by the Registrar. So if you want to check on your status at the University, please check with the Registrar. Also, it is to your benefit to keep your receipts when you add/drop or force-add classes just in case you need proof of a transaction.

Q: How do I **find out my gpa** overall and in-major and my **class ranking**?

A: Go to Hokie Spa and find Grade Menu.

Q: There's a **hold on my account**. How do I find out what that's about?

A: Go to Hokie Spa and find Student Account Information Menu.

Q: I need a **letter certifying my student status** (for insurance or other purposes). How do I get one?

A: Go to Hokie Spa and find Transcript and Certifications Menu.

Advising and Special Courses

Q: **Who is my advisor**?

A: Your advisor is listed on Hokie Spa under General Student Information and on the front cover of this Guide if Psyc is your first major.

- Q: What is the **best way to contact my advisor**?
- A: Each advisor should have office hours posted. If you cannot visit or call during these hours, you should e-mail your advisor, leave a phone message, or leave a note in their mailbox (102 Williams) asking that he/she get in touch with you to schedule an appointment. (Please don't forget to tell your advisor how to get in touch with you!)
- Q: My **advisor seems too busy to talk to me** for more than a minute at a time. What do I do?
- A: First, explain to your advisor exactly what it is that you need. Is it a recommendation regarding course selection, advice about graduate school, clarification of university requirements? Second, ask when a good time to discuss the specific matter might be, and make an appointment! The Undergraduate Advising Office in 109 Williams is also a good place to meet with an advisor to discuss this information.
- Q: How can I **get involved in research**?
- A: Talk to faculty members or graduate students whose work you may be interested. Find out something about their work and try to read one or two articles they've written before you request a meeting with them. When you meet, find out how you could get hands-on experience with them.
- Q: How can I **get involved in volunteer work**?
- A: Talk to students who are volunteering in various places around the community. Watch your e-mail for volunteer opportunities. And check out service organizations on campus.
- Q: What is involved in **Field Study, Independent Study, and Undergraduate Research**?
- A: See pages 31-32 of this Guide.
- Q: Can I **get Field Study credit for some volunteer work** I did last summer?
- A: Not after the fact. In some cases, volunteer work may qualify as the field setting for PSYC 2964 or 4964. However, arrangements must be made with a faculty supervisor prior to the volunteer work in order to sign up for Field Study through the Psychology Department. Also, volunteer work per se does not automatically qualify as Field Study; it must be done in such a way that it augments your studies. Speak to your advisor about volunteer experience which might further your education in psychology.
- Q: I think I'm eligible for **Psi Chi**. What should I do?
- A: See page 37 of this Guide.
- Q: How do I find out about the **Psychology Club**?
- A: See page 37 of this Guide.

After Graduation

- Q: What are the steps to take to **get into graduate school**?
- A: See page 41 of this Guide.
- Q: **What can I do with a degree in psychology**?
- A: See page 41 of this Guide.
- Q: **What do I do if I don't know what to do about a problem**?
- A: Go by or call the Undergraduate Advising Office (109 Williams, 231-5388). They will find the answer or send you to the place where you can get an answer.

REMEMBER:



It's all up to you!!