

Psychology Advising Newsletter

Almost Summer Break!

Hello Psychology Majors,

Happy May! We hope you finish your last few days of the semester strong. Remember to take care of yourself as you finish off your final assignments and exams. You are doing your best and should be proud of all you have accomplished in the last few months. This newsletter includes a lot of great information about making it through the finals and summer classes.

We hope you all have a wonderful summer!

You can refer back to any of our past published monthly Psychology Newsletters [here](#).

As a reminder, you can send generic questions to psycadvising@vt.edu and more specific questions to your specific academic advisor. You can find directions for how to make an appointment with your advisor in Navigate [here](#).

Congratulations Spring and Summer 2022 Graduates! We are so proud of you all and good luck on your finals! Enjoy celebrating this accomplishment!

All the best,

Courtney Glass, Taylor Swan, Christina Minford & Kurt Hoffman

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Student Success Center

Finals are coming up fast, but there's still time to end the semester strong. Do you have a plan for spacing out your study time? For managing your stress? Do you know about study strategies that are far more effective than cramming?

If your plans for finals could use an upgrade, our peer academic coaches can help. Visit our seminars on Making it Through the Final Stretch or book a 1-1 [coaching appointment](#) to make a personalized plan. Happy studying!

Student Success Center is offering some bonus review sessions to meet all your students' studying needs. Check out the classes we're supporting in the flyer below or [view the full schedule](#).

Other Finals Resources

- Check out this awesome list of resources hosted by multiple campus partners:

<https://vt.edu/finals.html>

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Thinking About Taking Courses Elsewhere?

Please read the steps below if you want to take classes outside of Virginia Tech for Summer 2022 or a future semester. This form really needs to be completed by late April to early May.

Step 1: Look for equivalent courses.

- 4-year schools in Virginia or Any out of state transfer equivalency database [here](#).
- Virginia Community Colleges - VCCS Guide [here](#).

Step 2: Get pre-approval.

Please fill out the Authorization to Take Courses Elsewhere form found [here](#) and [email your advisor](#) to get the link to their secure dropbox to upload your form.

If you need additional help beyond a signature with this form, you can set up an appointment with a Psychology advisor via Navigate [here](#).

Note: Transfer credit evaluations can take up to six weeks. Also, You must earn a C or higher for the credit to transfer. The credits will transfer, the grades will not, so your VT GPA won't be affected.

Don't see an equivalent course? Obtain a syllabus for the course and submit it to psycadvising@vt.edu. We will send it through the proper channels for review.

Step 3: Sign up & complete the course(s) at the outside institution.

Upon receiving pre approval from the College of Science (sent via email), sign up for the course at the other institution.

Step 4: Send official transcripts to VT.

Once finishing your course(s), request that an unopened official transcript be sent to the VT Registrar's Office. This page [here](#) is helpful and the Registrar's Office address is listed below:

Office of the University Registrar (MC 0134)
Student Services Building, Suite 250, Virginia Tech
800 Washington Street SW
Blacksburg, VA 24061