



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

MARCH 2026 NEWSLETTER

Wellness, Study Abroad & Summer Classes

Hello Psychology Majors,

We hope you had a wonderful Spring Break! As you get ready for exams and projects in the second half of the semester, it's always good to be mindful of your mental and physical wellness and what you can do to take care of yourself. We have a lot of relevant resources in this newsletter and also highlight some study abroad resources. We also list the fantastic Psychology courses we are offering online this summer.



We hope you have a wonderful start to Spring, as more of the flowers and trees bloom on campus soon. You are more than halfway through the Spring 2024 semester! Good luck with any mid-terms!

All the best,

*Courtney Glass, Dr. Kurt Hoffman,
Rachel Hosig & Christina Minford*



Wellness - Mental Health:

- **TimelyCare**: Free, 24/7 access to virtual therapy services
- **Cook Counseling Therapy Appointments**: Call 540-231-6557 to schedule an individual counseling appointment
- **Cook Counseling Group Therapy**: So many group opportunities, including Understanding Self and Others, Mindfulness for Anxiety, Group and Loss Group, Self-Compassion Group and more.
- **Dr. Sam Swisher**: Email to schedule an appointment with the College of Science Embedded Counselor.
- **Mental Health Support**: Check out the tabs about Individual Support, Group Support, Opportunities to Learn, Become Involved and External Resources.
- **Hokie Wellness Workshops**: Mental Health Workshops, Koru Mindfulness, The Body Project, Financial Wellness Workshops, Sexual Violence Prevention Workshops, Learn How to Quit Vaping and more

Wellness - Physical Health:

- **Hokie Wellness Workshops**: Sign up for workshops on Alcohol, Body Image, Substance Misuse, Sex, Sun, Sleep and Finances
- **Hokie Wellness Consultation**: Schedule an appointment to talk about nicotine use, nutrition, sexual health, financial wellness
- **Virginia Tech Recovery Community**: Support for the absence of substance use and the presence of community to improve your life
- **Recreational Sports**: Sign up for a group exercise class or an intramural sport, includes Venture Out Trips and Gear Rentals
- **Physical Health Facilities**: More information about gyms and other recreation spaces on campus



Study Abroad Opportunities

- You can find a few [featured programs](#) for psychology students.
- You can participate in study abroad for a semester, winter or summer session. Meet with a [Peer Advisor](#) to learn more.
- You can go on any study abroad program (not just psychology specific) but make sure to check in with your academic advisor beforehand to plan your next semesters accordingly.
- Search for study abroad programs and scholarships [here](#).
- You can contact the Global Education Office and be connected with an Advisor at vtabroad@vt.edu.

Upcoming Dates & Deadlines

- **Summer 2026 Add/Drop Opens:** Tuesday, March 17th
- **Fall 2026 Course Request:** Tuesday, March 24th - April 7th
- **Last Day to Make Class A-F Graded:** Tuesday, March 31st

Check out these [helpful videos](#) for how to use the new Add/Drop and Course Request system in HokieSpa.



Summer Classes at Virginia Tech

- Starting Tuesday, March 17th, you can add any Summer 2026 classes at Virginia Tech. All summer classes are completely online, and you do not need to be in Blacksburg to take them.
- **Summer Session I: May 26th - July 6th**
 - PSYC 2034: Developmental Psychology (3cr)
 - PSYC 2054: Psychology of Personality (3cr)
 - PSYC 3014: Psychopathology (3cr) - (Abnormal Psyc)
 - PSYC 3034: Psychological Disorders of Children (3cr)
- **Summer Session II: July 7th - August 14th**
 - PSYC 1004: Introductory Psychology (3cr)
 - PSYC 1094: Principles of Psychological Research (3cr)
 - PSYC 2044: Psychology of Learning (3cr)
 - PSYC 2064: Intro to Neuroscience of Behavior (3cr)
 - PSYC 2074: Animal Behavior (3cr)
 - PSYC 2084: Social Psychology (3cr)
 - PSYC 2124: Intro to Industrial-Organizational Psyc (3cr)
 - PSYC 3014: Psychopathology (3cr) - (Abnormal Psyc)
 - PSYC 4084: Advanced Social Psychology (3cr)
 - PSYC 4364: Senior Seminar: I/O PSYC related (3cr)
- View more information on Summer Deadlines [here](#).
- You can view financial information about Summer [here](#).