

## FIRST YEAR

Choose 1	Communication
Choose 1	Mathematics
Choose 1	Social and Behavioral Sciences
Choose 1	American History
Choose 1	Life and Physical Sciences
UNIV 1301	Learning Framework
Choose 1	Communication
Choose 1	American History
Choose 1	Life and Physical Sciences
Choose 1	Integrative/Experiential Learning

## SECOND YEAR

Choose 1	Language, Philosophy & Culture
Choose 1	Government/Political Science
PSYC 2302	Basic Stats. for Psychologists
PSYC 33XX-43XX	Psychology Advanced Elective
14XX-X4XX	Free Elective
Choose 1	Creative Arts
Choose 1	Government/Political Science
PSYC 33XX-43XX	Basic Psychology Course
PSYC 33XX-43XX	Psychology Advanced Elective
Choose 1	Integrative/Experiential Learning

## THIRD YEAR

PSYC 3325	Research Methods in Psych.
PSYC 33XX-43XX	Psychology Advanced Elective
PSYC 33XX-43XX	Psychology Advanced Elective
13XX-43XX	Free Elective
14XX-24XX	Science Restricted Elective
PSYC 33XX-43XX	Basic Psychology Course
PSYC 33XX-43XX	Psychology Advanced Elective
13XX-43XX	Free Elective
13XX-43XX	Free Elective
14XX-24XX	Science Restricted Elective

## FOURTH YEAR

PSYC 33XX-43XX	Basic Psychology Course
PSYC 33XX-43XX	Psychology Advanced Elective
13XX-X3XX	Free Elective
13XX-X3XX	Free Elective
14XX-24XX	Science Restricted Elective
PSYC 33XX-43XX	Basic Psychology Course
PSYC 33XX-43XX	Psychology Advanced Elective
13XX-X3XX	Free Elective
13XX-X3XX	Free Elective
14XX-24XX	Science Restricted Elective

Courses in red are part of the General Education Core Curriculum (GEC). "Choose 1" indicates course options. If options are not listed, please review the General Education Core or the degree plan for this major: [www.utrgv.edu/degreeplans](http://www.utrgv.edu/degreeplans).

### Additional Info

1. Establish a relationship with the Academic Advising Center and utilize their staff frequently from the day you participate in student orientation to the day you graduate. You will need their advice on all aspects of designing and completing your Bachelor of Science in Psychology.
2. Make an appointment with a professor in the Department of Psychological Science to learn about job opportunities with an undergraduate degree in psychology. In your first semester on campus find out from a psychologist on the UTRGV faculty what education you must complete to become a psychologist.

### Contact Info

**Interim Department Chair**  
**Pamela Anderson-Mejias**

**Departmental Office**  
**Phone Number: 956-665-3329**

**Department Email:**  
**psychological.science@utrgv.edu**

UTRio Grande Valley



**PSYCHOLOGY (BS)**  
**Catalog: 2019-20**  
**COLLEGE OF LIBERAL ARTS**

### Degree Info

A college degree in psychology opens the door to one of the most challenging and rewarding professional fields today. Psychology students learn the necessary skills to assist people in improving their mental health; they also gain knowledge and abilities that are valued in many other fields, such as business and politics. At the bachelor's level, psychology graduates are sought in fields like mental health casework statistics, probation and corrections, public relations, health education, social work, human resources, recreational therapy, education, and physician assisting among others.



# BLUEPRINT EXPERIENCES

## FIRST YEAR

## SECOND YEAR

## THIRD YEAR

## FOURTH YEAR AND BEYOND

## CAREERS

### MILESTONES

- UTRGV has a Writing Center and a Learning Center. Make it a point to visit them!
- Complete your core English classes (section 010) during your first year.
- Complete 30 credit hours every year in order to graduate in 4 years.
- Shoot for a GPA of 3.0.
- Take MATH in your first year. See degree plan for options

### ADVICE & SUPPORT

- Meet with your academic advisor and bring your orientation folder with you to every session!
- Choose a major with confidence- Visit my.UTRGV.edu and check our Kuder Journey.
- Visit a faculty member during their office hours and ask a question about class.
- Classes fill up fast. When registration opens, be sure to register on the first day for your group.
- Cold or flu getting you down? We have Student Health Services on campus with free office visits.

### APPLY WHAT YOU LEARN

- Look for a service-learning course! For guidance, visit Engaged Scholarship & Learning Office.
- Participate in a campus-sponsored community service project.
- Ask a student in class to study with you.

### GLOBAL, CAMPUS & COMMUNITY ENGAGEMENT

- Set up your profile on the Engagement Zone through My.UTRGV.edu.
- Attend a diversity based campus or community event (e.g. MLK Day of Service).
- Attend a departmental program!
- Join a student organization! Visit VLink (utrgv.edu/vlink) for options.
- Select a global diversity course. Make sure it counts towards your major!

### LIFE AFTER GRADUATION

- Create a résumé and set up your profile on the Handshake icon: (My.UTRGV.edu).
- Got summer plans? Visit Career Center and ask about places to do some job shadowing.
- Research shows that students who work on campus perform better than those who work off campus. Look for a job on Handshake!
- Check your UTRGV email for the daily Messenger- locate and attend one student workshop.

- Shoot for a GPA of 3.0.
- Complete major foundation classes. See degree plan for options.
- Complete 30 credit hours.

- Want to explore different careers? Check out Major Kuder Journey!
- Come ready with course suggestions and questions when you visit your academic advisor.
- Visit the Communication Hauser Lab for help with your speeches.
- Trouble making your tuition payment? The Financial Aid Office can help. Payment plans and emergency loans are also available

- To find undergraduate research opportunities, visit the Engaged Scholarship & Learning Office.
- Consider attending the LeaderShape Institute or attend the Engaged Scholar Symposium.

- Look at study abroad opportunities!
- Check out a cultural campus or community event such as HESTEC or FESTIBA.
- Join another student organization. Visit VLink for options.
- Check out a campus event that offers free lunch- bring a friend!

- Update your resume in Handshake and have it reviewed.
- Visit the Career Center site to find a job fair to attend. At the event, approach a recruiter and discuss internships.
- Will a minor expand your career options? Discuss this with your Academic Advisor.
- Explain to someone how your academic program aligns with your strengths and interests.

- Shoot for a GPA of 3.0.
- Complete 30 credit hours.
- Have you landed an internship or acquired research experience? This is the year to make it happen.

- Seek out research opportunities within your major and join a professional organization.
- Check DegreeWorks to make sure you are on track for graduation next year.
- Apply for internship and/or job shadowing opportunities. Discuss this with your advisor, faculty mentor, or Career Center.

- Go show off your research, service-learning or creative works at the Engaged Scholar Symposium!
- Sharpen your writing skills! Take an intensive writing course, visit the Writing Center, or become the secretary for your organization.

- Consider serving on a campus life/community committee or become a student leader and make a difference. Visit VLink or speak with your Student Government Association for more information!
- Travel the world! Look into study abroad opportunities at Office for International Programs & Partnerships.

- Check out our department website for postings on career/graduate school.
- Think about three people you can ask for letters of recommendation (professors, mentors, advisors, supervisors, etc.). Give them at least two weeks' advance notice!
- When is the deadline for your graduate school application? Visiting the program admissions webpage. Most do not accept late applicants!

- Shoot for a GPA of 3.0.
- "I have a plan for after graduation." If this describes you, great! If not, visit your Faculty Advisor or Career Center!
- Register for your Capstone/senior/portfolio project. Please see degree plan for options.
- Complete at least 30 credit hours to graduate.
- Submit your application(s) for graduate school, an apprenticeship, or for fulltime employment.

- Engage in an independent study project or an academic internship to complement your major.
- Discuss future plans with your faculty mentor or advisor that includes employment, finances, and other life goals.
- Apply for graduation one semester prior to your anticipated date. Visit the Academic Advising Center to ensure you are on track.

- Continue to present research or creative works at the Engaged Scholar Symposium.
- Set up an informational interview with an individual (especially an alumnus) currently in the field you aspire to work in.

- Identify employers of interest and seek them out at job fairs, online, at on-campus information sessions, staffing agencies, etc. The Career Center can help.
- Before a job interview, schedule a mock interview with the Career Center or speech coaching with the Communication Hauser Lab.

- Have you received your acceptance for graduate school or an employment offer? If not, network: talk to faculty, the Career Center, and get on LinkedIn.
- Formulate and implement a strategy for life after graduation: attend career fairs, graduate fairs, apply to fellowships, etc.
- Update your information with Alumni Relations. Enjoy alumni mixers, events and continued access to Career Center services!
- Remember to do your exit loan counseling on studentloans.gov.

- Counseling
- Art therapy
- Music therapy
- Case management
- Mental health services
- Physical health/wellness
- Crisis work
- Performance enhancement
- Testing/Assessment
- Law enforcement
- Advocacy
- Community relations
- Management
- Development/Fundraising
- Grant writing
- Social/Market research
- Data analysis
- Testing/Test development
- Experimental psychology
- Neuroscience
- Industrial and organizational (I/O) psychology
- Higher Education
- Academic advising
- Development
- Alumni affairs
- International education and study abroad
- Career services

For additional info, visit the Career Center website and check out "What Can I Do With This Major?" [www.utrgv.edu/careercenter](http://www.utrgv.edu/careercenter)