

PSYCHOLOGY MAJOR

UNIVERSITY *of* WASHINGTON

What is Psychology?

Psychology is the study of human and animal behavior and the psychological, social, and biological process related to that behavior. As a science, psychology seeks to describe, measure, predict and understand behavior. The primary focus is explaining individual, rather than collective, similarities and differences. Some of the vital concepts for understanding behavior include biological capacity, skill, socialization, knowledge and motivation. As a profession, psychology seeks to apply knowledge in order to interpret human experiences, predict and develop human capability, and improve people's ability to interact effectively with the physical and social environment.

Psychology at the University of Washington

Faculty interests at the UW cluster in eight areas. These areas and sample interests are:

Animal Behavior: behavioral ecology and behavioral development, neuroethnology, animal communication, evolution, sociobiology, zoo animal behavior, conservation biology, animal motivation, and primate social behavior.

Clinical: borderline personality disorder and dialectic behavior therapy, mindfulness meditation, post traumatic stress disorder, depression, self injury and suicide, psychopathology, addictive behaviors, sexuality, risk taking behaviors, anxiety, stress, innovations for health behavior changes, technology based interventions in health and motivational interviewing.

Child Clinical: autism spectrum disorder, family adaption to disabled and ill children, child assessment, social support, parent-child interaction, adolescent mental health, emotional functioning of school aged children, at risk youth and homelessness, trauma focused cognitive behavioral therapy for children, PTSD in children, drug/alcohol use in adolescence, self regulation, coping with economic disadvantage.

Developmental: social and cognitive development in infant and early childhood, language use in development, gender nonconformity, prosocial behavior development, social group identity and inequity, perceptual development, visual development, emotional and social interactions, social/physical reasoning.

Cognition/Perception: visual perception biases, human color vision, human information processing, effects of long-term visual deprivation, unconscious and implicit cognition, subliminal priming, decision making with uncertain information, eyewitness testimony, confidence and accuracy in recognition, deductive and inductive inference, attention, functional neuroimaging, psycholinguistics, bilingualism, language development, abstract mental representations in complex tasks.

Behavioral Neurobiology: brain development, psychopharmacology, neural circuit processing, neurocognitive effects of stress, emotional plasticity, special learning and memory, organization of neural connections.

Social and Personality: stereotypes, identity, diversity, belonging, social group status, subliminal priming, social identity, social justice, social cognition, gender non-conformity.

Quantitative is an additional "minor" area of concentration. It includes statistics, experimental design, psychometrics and modeling.

Bachelors of Arts? Bachelor of Science? Some guidelines for making a decision

Undergraduates earn either a B.A. or a B.S. in psychology. Students can emphasize a sub-field by choosing electives from that area. While specializations are not recorded on the transcript, they can be noted on resumes, during job interviews, and on graduate school applications.

Students are asked which degree they are most interested in when they apply to the program, but they do not need to decide until they choose the psychology statistics sequence. Which option is best for you depends on your goals. Five of the most common goals of majors are below.

1. Graduate study in traditional Ph.D. psychology programs which have a strong research emphasis. This includes research clinical or counseling psychology.
2. Graduate study in a masters psychology or counseling program.
3. Graduate or professional study in law, social work, public affairs, medical school, education, allied health fields or business.
4. Career preparation with no plans for immediate graduate study.
5. Liberal arts education using psychology for personal growth.

If your goal is a Ph.D. in research psychology and you have strong math skills, we encourage you to complete a B.S. The primary purpose of a B.S. is preparation for research-oriented graduate study regardless of area of interest in psychology. The B.S. is designed to meet the minimum requirements of hundreds of psychology graduate programs across the country. Its research orientation intends to further understanding of the fundamental principles of psychology research findings and the methods by which psychological knowledge is acquired.

Students with goals 2 through 5 generally opt for the B.A. The flexibility of the B.A. program allows students to take courses in and out of psychology which provide the best preparation for their individual goals.

There are several suggestions for students using psychology as career preparation.

- Choose psychology electives which build a common core related to career goals.
- Complete courses from other departments relating to career interests
- Take basic skill and job-related skill courses such as writing, accounting, computers, or human resources.
- Complete a Psych 499 experience.
- Do an internship to get experience in your chosen field. Credit is available for students completing an internship through Psych 497 and General Studies 350.

How long does it take to complete a degree?

It takes a minimum of 180 credits to complete a degree in the College of Arts and Sciences. It generally takes 4-5 years, depending on the quarterly course load.

For transfer students who have an associates degree, it usually takes about 6 full time quarters to complete a degree in Psychology.

Our advisers can help you put together an academic plan which will meet your goals. We have many students who chose to minor, double major and double degree.

Graduation Applications

Students must file a graduation application during an advising appointment. By applying early (two quarters before graduating), a student will have graduating senior priority (GSP) for their final two registration periods. Applications can be submitted as late as the third week of the quarter in which you plan to graduate.

Major Application

You must first be enrolled at the University of Washington and have completed all departmental admissions requirements before you can apply to the major

Applications can be found at:

<https://psych.uw.edu/undergraduate/prospective-students/admissions>

Applications are accepted by the second Friday of the autumn, winter, spring and summer quarters.

Unofficial transcripts from each institution attended besides UW must be submitted with the application.

Admissions Requirements

Admission requirements for both the Bachelor of Arts and the Bachelor of Science majors.

- Psych 101 Introductory Psychology (5 credits)
- Psych 202 Biopsychology (5 credits)
- Psych 209 Fundamentals of Psych Research (5 credits)
- Math 111, 112, 120, 124, or higher, or placement into Math 124 (154 or higher on UW Advanced Math Placement test). Students interested in the BS program only need Math 120 to apply, but will need to complete Math 124 in order to register for Psych 317.
- Each course from above must be completed with a minimum 2.0 grade. Students interested in the B.S. program must have a 2.5 grade in Psych 209.
- Minimum 2.5 cumulative GPA for Psych 101, 202, and 209.
- Minimum 2.0 cumulative University of Washington GPA.

Please be aware that admission to the Psychology Department is competitive. Meeting the criteria listed above guarantees consideration, but not acceptance into the major. Check with a psychology adviser for more information.

Double Majors, Double Degrees, & Minors

Many of our students have interest in other academic subjects. We encourage you to think about and plan for a double major/degree or minor early. When a student is pursuing another major that is also in the College of Arts and Sciences and in a similar degree field (i.e. BA + BA), then they are doing a double major. When a student pursues another major in another college or in a different field (BA + BS), they are doing a double degree which requires 225 total credits. The UW offers over 140 different minors. Please meet with an adviser to talk about your various options. Depending on the path, most of our students will be complete their degree within a timely manner.

Departmental Honors Program

The Psychology Honors program offers a challenging educational experience with the opportunity for significant research and independent study. It requires a two year commitment and students generally join the honors program Autumn Quarter of their junior year. The emphasis of the program is intensive, sustained library and laboratory research supervised by a faculty advisor culminating in a senior thesis. Students who participate in the Psychology honors program graduate with a Bachelor of Science or a Bachelor of Arts with Distinction in Psychology. Students with a 3.50 UW GPA or higher and an interest in this program should contact Psychology Advising for more information.

Graduation Requirements

BACHELOR OF ARTS (53 credits)

- Psych 101 Introduction to Psychology
- Psych 202 Biopsychology
- Psych 209 Research Methods
- Psych 315 Statistics
- One Psych Lab from:
 - 330 Animal Behavior Lab,
 - 331 Human Performance Lab,
 - 332 Neurobehavioral Lab,
 - 334 Social Psychology Lab,
 - 419 Zoo Animal Behavior
- Three core courses
 - A. Psych 300 Animal Behavior,
302 Neuroscience of the Mind,
333 Sensory Perceptual Processes,
355 Cognitive Psychology,
357 Psychobiology of Women
 - B. Psych 303 Personality,
305 Abnormal Psychology,
306 Developmental Psychology,
345 Social Psychology
- Two additional psychology courses:
 - one at a 300- or 400-level*
 - one at a 400-level*
 - *3-5 credits, excludes 496-499
- Psych 494, 496, 497, 498, or 499 3 credits or an approved UW study abroad experience.
- Psych electives at any level, if needed to reach 53

- One Math course from: 111, 112, 120, 124, or higher or place into Math 124 on the UW Advanced Math Placement Test.
- One Biology course from: 118, 161, 162, 180, 200, or 220
- One Anthropology or Sociology class

Other requirements:

- Minimum 2.0 in each psychology and related fields course and a 2.5 cumulative psychology GPA.
- Minimum 2.0 cumulative UW GPA.
- Transfer students must complete at least 15 graded credits of 300 and 400 level psych courses at UW.
- Maximum of 18 credits of 496-499 can count toward the 180 credits required for graduation.

BACHELOR OF SCIENCE (66 credits)

- Psych 101 Introduction to Psychology
- Psych 202 Biopsychology
- Psych 209 Research Methods
- Psych 317 & 318 (calculus based statistics)
- One Psych Lab from:
 - 330 Animal Behavior Lab,
 - 331 Human Performance Lab,
 - 332 Neurobehavioral Lab,
 - 334 Social Psychology Lab,
 - 419 Zoo Animal Behavior
- Three core courses
 - A. Psych 300 Animal Behavior,
303 Neuroscience of the Mind,
333 Sensory Perceptual Processes,
355 Cognitive Psychology,
357 Psychobiology of the mind
 - B. Psych 303 Personality,
305 Abnormal Psychology,
306 Developmental Psychology,
345 Social Psychology
- Three additional psychology courses:
 - one at a 300- or 400-level*
 - two at a 400-level*
 - *3-5 credits, excludes 496-499
- Psych 499, 3 credits
- Psych 496, 497, 498, or 499, 3 credits
- Psych electives at any level, if needed to reach 66

- Math 120 & 124, or AP/IB test score for 124 or beyond
- One Biology course from: 118, 161, 162, 180, 200, or 220
- One Anthropology or Sociology class
- Philosophy 120 or 160

Study Abroad

Many students study abroad in one of these ways:

Exploration Seminars. This program is run by a UW faculty and occurs in late August to mid-September. Students usually study one class for 3-4 weeks

UW Programs . UW faculty offer a quarter long study abroad program with a set of 12-15 credits.

University Exchanges. UW has more than 70 student exchanges with universities around the world that are available for one or two semesters in most fields of study.

Affiliated Programs are approved study abroad opportunities administered at other schools.

Please contact the UW Study Abroad Office for more information.

Independent Study Experiences

All students are required to an independent study experience. Students who are pursuing the BA program must complete a minimum of 3 credits of one of the following or an approved Study Abroad experience (please see Psychology Advising for guidance). Students pursuing the BS must complete 3 credits of Psych 499 and three more credits of Psych 496-499.

PSYCH 496 - Undergraduate Teaching Experience, provides the opportunity for students to act as peer tutors or assistants in quiz sections and lab in psychology courses. Talk with your professors and TAs about teaching opportunities.

PSYCH 497 - Undergraduate Fieldwork/Internships, allows students to receive credit for volunteer work in the community. Students attend a weekly seminar class during their first quarter of receiving Psych 497 credit. Please see the Psych 497 website for more information:

<https://psych.uw.edu/undergraduate/psych-497>

PSYCH 498 - Directed Reading, is an opportunity for students to do advanced reading/library research in a particular area of psychology under the supervision of a psychology faculty member. Please contact faculty members directly if you are interested in this opportunity.

PSYCH 499 - Undergraduate Research, is for students who are interested in participating in ongoing psychology research. Responsibilities include data collection and analysis, library research, lab assessments, running experiments, administering questioners, etc. Please review the Psych 499 opportunities on the website at:

<https://psych.uw.edu/undergraduate/psych-499>

Number of Credits	496 & 499 Hours per Week	496 & 499 Total Hours per Qtr.	497 Class + Homework Hours per Week	497 Site Hours per Week	497 Total Site Hours per Qtr.
1	3	30	N/A	N/A	N/A
2	6	60	1.5 class+1.5 HW	3	30
3	9	90	1.5 class+1.5 HW	6	60
4	12	120	1.5 class+1.5 HW	9	90
5	15	150	1.5 class+1.5 HW	12	120

Life after the UW

It is a wise idea to think about your educational and career goals early on. Planning for and setting professional goals can be a daunting task, especially if you wait until your final quarter at the UW. But, with good time management and initiative, the process is quite manageable and fulfilling. The Advising Office is here to help. We can provide useful information on how best to attain your goals, as well as refer you to other resources on campus.

If a graduate degree is in your plans, talk with an adviser immediately. Because applications require extensive planning, you should begin the process at least one year prior to the quarter in which you are seeking admissions. In addition, the advising staff offers a course in the Autumn quarter for seniors who are applying to graduate school. Your TAs and professors can also offer helpful advice and assistance with the graduate school application process.

For those who are seeking employment, careful planning is also important. Talk with a Psychology Adviser, and/or counselor from the Career Center in 134 Mary Gates Hall. The Career Center offers workshops on various career-related topics, ranging from resume/interviewing tips to career fairs. Employment positions often require previous work experience. To be competitive job applicants, students should get involved in internship or volunteer activities related to their career interests. The Psychology Advising office can assist with finding internship resources.

Employers don't hire you for your major; they hire you for your **skills and experiences**. As a psychology major, you will be able to:

- Understand major concepts in human behavior
- Apply perspectives to various situations
- Explain behavior on several levels of analysis
- Utilize the scientific research methods
- Design and conduct studies
- Draw on and evaluate research evidence
- Utilize technology for data collection/analysis
- Evaluate information as a critical thinker
- Reflect on information and apply it to your life
- Be aware of multiculturalism and diversity
- Use scientific writing to convey a concept
- Communicate in a variety of settings including

Campus Resources

Career & Internship Center - 134 Mary Gates - careers.uw.edu

Student Counseling Center - 401 Schmitz

UW Study Abroad - 459 Schmitz - www.washington.edu/studyabroad

Odegaard Writing Center—Odegaard 326

Office of Minority Affairs & Diversity—171 Mary Gates Hall - www.washington.edu/omad

Psych Writing Center - 160 Chem Library psych.uw.edu/undergraduate/writing-center

Psych Under Grad Study Center, 036 Chem Library

Statistics & Methods Lab (SAM) - 036 Chem Library

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Make an appointment with an
adviser by giving us a call or
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