

## What is Psychology?

Psychology examines human behavior through environmental, genetic, physiological, and social determinants and correlates. The department strives to train students with a strong general background in Psychology and an ability to think clearly and critically in a wide variety of settings. Students must fulfill distribution requirements in a wide variety of psychological topics. Faculty and students work with related University units, including the Institute of Child Development, the Department of Computer Science and Engineering, the Carlson School of Management, the departments of Psychiatry and Educational Psychology, the Neuroscience Graduate Program, and affiliated research units within the department, such as the Center for Cognitive Science, the Center for Interest Measurement Research, and the Minnesota Center for Twin and Family Research. While a B.A. in Psychology has proved to be a valuable and useful background for a wide variety of careers, a professional career as a psychologist requires further training.

## What are the major requirements?

Go to [www.catalogs.umn.edu/programs.html](http://www.catalogs.umn.edu/programs.html) and select “Undergraduate majors.”

## How do I declare a Psychology major?

You will be required to declare a major by the time you have completed 60 credits.

1. Talk with someone from the department: an adviser, a professor, or a teaching assistant, to learn more about the major and its requirements. A visit to the departmental website at [www.psych.umn.edu/](http://www.psych.umn.edu/) may also be helpful.
2. When you decide upon a Psychology major, meet with a Psychology adviser to discuss requirements, academic and career goals, and departmental resources. Complete the Major Program form.
3. If you decide to change your major, inform the Department of Psychology of your decision. Contact your CLA student community to learn about your new major’s declaration process.

## What can I do with a major in Psychology?

### Skills

Psychology majors develop skills that are applicable to a wide variety of careers.

These skills include:

- Ability to formulate clear and persuasive messages
- Independent, self-motivated work ethic
- Listening, clarifying, questioning and responding skills
- Ability to work well with diverse groups
- Analytical thinking, problem solving, and quantitative skills

## For more information:

### About the Psychology major:

Psychology Undergraduate Advising  
275 Peik Hall  
(612) 625-8520  
<http://www.psych.umn.edu/psyadvise@umn.edu>

### About CLA requirements, graduation, and other information about majors:

CLA Psychological Sciences Student Community  
30 Johnston Hall  
(612) 626-7707  
<http://psysci.class.umn.edu/>

or

CLA Martin Luther King, Jr. Program  
19 Johnston Hall  
(612) 625-2300  
<http://class.umn.edu/mlk/mlk@class.cla.umn.edu>

### About careers, internships, and community learning opportunities in this major and others:

Career and Community Learning Center  
135 Johnston Hall  
(612) 624-7577  
<http://cclc.umn.edu/cclc@class.cla.umn.edu>

### About graduation with honors:

CLA Honors Division  
20 Nicholson  
(612) 624-5522  
<http://cla.umn.edu/honors/honors@class.cla.umn.edu>

### **Employment**

Common areas of employment for this major include but are not limited to:

- Social Services—social work, therapy, health care
- Education—teaching, research, admissions, advising, student affairs
- Nonprofit—fundraising, programming, management
- Business—marketing, human resources, sales, consulting, recruiting
- Government—public information, campaigns, research

Today's workplace requires individuals with interpersonal skills, the ability to communicate effectively, an ability to solve problems, and adaptability. CLA graduates find that they are well-prepared in all these areas and that their education—especially when combined with experience gained through internships, volunteer positions, past jobs, and other collegiate involvement—makes them competitive.

The **Career & Community Learning Center** provides students with the tools to identify and pursue potential careers. An extensive resource room, career courses and workshops, and a helpful staff are just some of the ways we can help.

### **Remember!**

You have not declared a major until you have completed a Major Program form with your major adviser.

Don't forget: keep a copy for yourself!