

Seattle Central College Transfer Major Planning Guide

PSYCHOLOGY

What can I do with a major in psychology?

Psychology is a popular and flexible undergraduate major. While careers that specifically require a bachelor's in psychology may be limited, students who choose to study psychology have a variety of options. Some will go on to work in business, particularly marketing, human resources, or sales. Others decide to use their psychology degree in the fields of social services, education, or health care.

Some students plan to work as a licensed social worker, a school counselor, a marriage and family therapist, or a clinical mental health counselor. These positions usually require a master's degree. Students who plan to work as a psychologist or teach psychology at the university level will need to earn a doctorate (PhD).

Many universities offer both a bachelor of arts and a bachelor of science in psychology. The bachelor of science degrees usually requires higher level math and have a greater focus on research. Students planning to study psychology at the graduate level or do research as a career may want to consider the bachelor of science degree; students planning to use their psychology degree in a social service or counseling setting may find the bachelor of arts best serves their needs.

How can I prepare at Seattle Central for a major in psychology?

Students planning to major in psychology at a baccalaureate institution usually take introductory courses in **psychology and math, as well as general education requirements**, to prepare to transfer. Most universities require **statistics and/or calculus; some may require biology, chemistry, physics, philosophy, computer science, research methods, or other social science classes**. Some psychology undergraduate departments require just a few classes as prerequisites, which can make psychology a good choice for a student who decided on a major when close to finishing the associate degree. Specific requirements vary according to the transfer university, so it is strongly recommended that students work with an advisor at Seattle Central as well as advisors at the universities where they are considering transferring to ensure they take the appropriate classes to be prepared to enter the major when they transfer.

Students planning to major in psychology often earn an Associate of Arts – DTA degree to prepare to transfer. Advisors can help students look at prerequisite requirements and choose the degree that will work best for them.

Consider an emphasis to your associate degree before you transfer, such as Equity and Social Justice or Global Studies or Global Health. This can enhance your resume, personal experience and be something you put into your personal statement. You may even already have completed it without knowing it! For questions on how to plan your emphasis, please contact your advisor.

Tips for Success as a Psychology Major

- Most psychology undergraduate programs will require statistics and/or calculus. If your math skills are weak or it has been some time since you took math, do not put off getting started! Depending on your placement scores, you may need to take math for several quarters before you are ready to start calculus.
- Check prerequisites, admission requirements, and GPA requirements at your intended transfer university early so you can be well-prepared to transfer.
- Check both university *admission* and *graduation* requirements at your preferred transfer university as a guide to choosing your classes. Some universities, for example, may require a year of foreign language as a graduation requirement. It may be much easier (and cheaper!) to meet that requirement at Seattle Central rather than waiting until later.

Where can I earn a bachelor's degree in psychology in Washington?

Many universities offer psychology as an undergraduate major. You can use the College Navigator search engine found at <http://nces.ed.gov/collegenavigator/> to find psychology programs in Washington State or around the country.

Next Steps:

- Research the universities you are interested in attending and the prerequisite classes they require for your major.
- Meet with an advisor to choose a transfer degree, discuss prerequisites, and plan what classes you need to take in the next quarter or two.
- Explore the professional organizations in your area of interest for more information about education and career options.