

UC San Diego

DEPARTMENT OF PSYCHOLOGY

FRESHMAN WELCOME | FALL 2019

We're so thrilled that you will be joining us in the Fall! You should have already received information from your college regarding the [New Student Site](#), setting up your e-mail, asking online advising questions, and college orientation.

As a Psychology major, we hope you'll take advantage of the resources we've compiled, starting by thoroughly reviewing our website. We recommend starting with the [Majors](#) and [New Students](#) areas, and moving on to [Experiential Learning, Programs and Events](#), [Courses](#), and [Resources](#). We also highly recommend that any students interested in [Research](#) explore our [Honors Program](#), for which you can apply during your Junior year.

There are no restrictions on the number of students who can earn degrees within the Psychology Department, and you may switch between our majors at any time beginning on the first day of classes in the Fall. We hope that you will find the major that best meets your needs and would be happy to discuss your options with you.

The Psychology advising team is here to support you during your transition to UC San Diego. In addition to the resources mentioned here, we encourage you to join us in September for a [Department Orientation](#) session.

We also encourage you to follow our department's [Facebook page](#) and brand new [Instagram account](#) (with more content coming this summer and fall) for announcements, events, exciting news, and resources. We look forward to meeting you at Orientation and helping you in the Fall and throughout your time as a Psychology student at UC San Diego!

Sincerely,
Kristi MacKenzie and Elisa Crossman
Psychology Academic Advisors



*King Triton at
Psychology Senior Send-off 2019
by Yang Lu*

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PSYCHOLOGY.UCSD.EDU

WALK-IN ADVISING HOURS M-TH 9-11 AM & 1-3 PM, MANDLER 1533

We want you to be successful as a UC San Diego Psychology student. Our goal is for you to find a supportive community here. We encourage students to take ownership over their academic careers and want to give you the tools to do so. We suggest that you:

- Be your own advocate and take responsibility for your education.
- Get to know the [Psychology website](#) and become familiar with [TritonLink](#).
- Review any completed major requirements (from previous AP or community college coursework).
- Get comfortable with your Academic Tools on TritonLink, including your Academic History and Degree Audit.
- Be proactive and ask informed questions.
- Get into the habit of checking your @UCSD e-mail and the [New Student Site](#).
- Go to Orientations for your college and your major.
- Review recommendations made by your college and your major's four-year plan, and enroll in appropriate classes during your enrollment time.
- Check in with yourself frequently to make sure that your workload meets your needs; don't be afraid to admit if you've taken on too much.
- Plan to stay proactive during Fall quarter (go to college and major advising and faculty/TA Office Hours, and make use of campus resources).
- Show up prepared and ready to learn.
- Explore your options and consider complementary minors and double majors.
- Locate opportunities, take risks, and find your community on campus.

You should be able to find answers to most of your questions on our website; if there are additional questions that you are unable to find answers to, you can always ask a question in the New Student Site and request that your college forward it to us.

First year students will begin their studies in Psychology by taking foundation-building Lower Division courses outside of the Psychology department. In your first year, you should work to complete the majority of your Lower Division requirements in Formal Skills (Mathematics/Logic), Natural Science (Biology, Chemistry, Physics, or Neuroanatomy) and Computer Programming. Next year, we recommend that you begin Psychology coursework starting with PSYC 60. You will not be taking Upper Division Psychology classes during your first quarter, but once you have completed at least 45 units and two quarters here at UC San Diego, you may be eligible for enrollment in Upper Division Core-level Psychology courses. Lower Division General Psychology classes will not count toward a Psychology degree, but may fulfill your college requirements.

STEPS TO SUCCESS IN THE PSYCHOLOGY DEPARTMENT



*Careers in Mind 2018
by Francesca Hummler*

NEW FRESHMAN SUMMER TIMELINE

LATE JUNE/ EARLY JULY

- Set up your New Student Site and review course recommendations made by your college advising staff
- Ask clarifying questions about your Fall course recommendations
- Register for the [Math Placement Exam](#)
- Register for Psychology Orientation

AUGUST 28-30

- Fall quarter Freshman enrollment

SEPT 23-27

- Welcome Week 2019
- Psychology Department Orientations

SEPTEMBER 26

- Fall quarter classes begin

ORIENTATION & ADVISING

All incoming freshmen are encouraged to take advantage of one of our three Department Orientation sessions. See below for more information and registration.

Freshmen have access to the New Student Site, where you can ask questions of your advising team. Once you register for classes, the New Student Site will transition into the Virtual Advising Center, and you'll be able to contact any advisor on campus individually. However, if you have a question about your major requirements or coursework that can't be answered by your college (or isn't found on our website), you can always send in a New Student Site message and ask that your college forward it on to us. The department does not perform any advising via e-mail.

New Freshmen are welcome at our Department Orientations, offered during Welcome Week. Department Orientations will cover what you need to know about your chosen major within our department, including major requirements, course equivalency, the schedule of classes, prerequisites, waitlists, and more.

DEPARTMENT ORIENTATION SESSIONS

(do NOT include one-on-one advising):

- Tuesday, September 24th (1-2:30pm), Mandeville B-150
- Wednesday, September 25th (9-10:30am), Mandeville B-150
- Friday, September 27th (9:30-11 am), McGill 1350

Additional Department Orientation Sessions may be added; we are unable to meet individually with new Freshmen until after the school year has started. **Please note that the Psychology Orientation Sessions are completely separate from any orientation your college may offer, so plan to attend both (just not on the same day!).**

Following your Department Orientation, we encourage you to use our website and your degree audit as a guide to create your personal academic plan. We will be happy to review it (and any other questions you might have about majors, minors, or careers) with you during walk-in advising hours throughout the year. We also encourage you to take advantage of the resources on campus, from tutoring to supporting your mental and physical health to learning more about educational and extracurricular opportunities.

The Psychology Department runs a series of [workshops](#) each quarter and administers a Career exploration certificate and symposium. Our [Psi Chi/ Psychology Club](#) offers additional opportunities to learn, explore, and give back to the community.

During Welcome Week, you'll receive a Newsletter and Resource Guide from our office (which includes as many community events as we can find) that we hope will be helpful to your educational journey. Throughout the quarter and the year, you'll be hearing from us.

Keep your eyes peeled for opportunities to participate in workshops and events in and outside of the department!

NEW STUDENT SITE

PSYCHOLOGY DEPARTMENT ORIENTATION

Register for Orientation on the Psychology Department website.

AFTER ORIENTATION



Psi Chi members pose with King Triton at Psychology Senior Send-Off 2019, by Yang Lu

FREQUENTLY ASKED QUESTIONS

To find answers to more frequently asked questions, visit the [Freshman FAQs](#) or general [FAQs](#) pages on the [Psychology Department website](#).



*King Triton gives advice at Psychology Senior Send-Off 2018
by Yucheng Jasmine Wu*

How do I choose the best major for me?

All 10 of our majors are available for you to consider; we do not have any limits on the number of students in our major at this time. Our B.S. degrees were created specifically for students intending to pursue graduate programs with heavy research emphases, but your choice of major will not limit your future graduate school or career options. We encourage students to explore coursework that is of interest and let that interest guide their major choice.

How easy is it to change from one Psychology major to another?

Students may change major tracks on TritonLink at any time, and because we do not have any limits on students in our major, we welcome you to make adjustments to your major as needed. Your major can be changed again in as little as two weeks following a major change.

Can I learn a double major?

Yes! We encourage you to carefully plan and consider your course load if you decide to do so. You will want to meet regularly with advisors at both majors and your college to ensure that you are on track. It is not possible to double major within the same department.

What classes should I take during my first quarter?

Your college will provide recommendations to you in the New Student Site, but generally you should consider completing coursework that meets your major requirements in Formal Skills and Natural Science. It is possible to use a single class to meet requirements for both major and GEs; we encourage you to review both sets of requirements to find courses that work best for you.

I'm trying to choose my Natural Science classes, but I'm lost. How do I choose?

How many do I choose from each department? Which courses are best for me?

Psychology BA and all Psychology BS majors may choose ANY three Natural Science courses listed on their major pages (keeping in mind the stated duplication of credit requirements). Cognitive & Behavioral Neuroscience majors must take COGS 17 and ANY two Natural Science courses listed on their major page. You DO NOT need to choose your classes all from the same department, or one class from each department; however, if applicable, we encourage you to consider choosing classes that meet the requirements for both major and GE.

Students who are not planning to double major in a science field or attend graduate or professional school related health or physical science should consider taking courses numbered 10 or above (or PSYC 2), as BILD 1-3, CHEM 4 and 6A-C, and PHYS 1A-C and 2A-C are intended for students majoring in the physical sciences or intending a healthcare career (ie: Medical school).

Which Math class should I take? Do I need to take Math at all?

Unless your college requires it, Psychology Bachelor of Arts students are not required to take any Calculus coursework for their major. Most Psychology Bachelor of Science students will find that the MATH 10 series will meet their needs; however, students who are especially interested in careers related to Computation or Neuroscience research may find the Math 20 series beneficial. Students considering taking Math at UC San Diego should sign up for the [Math Placement Exam](#).

Can I take Statistics during my first quarter? Does AP Statistics count?

We recommend that you focus on Formal Skills and Natural Science coursework during your first quarter. AP Statistics does not count for any of the majors within the Psychology Department.

Do I need to take Lower Division Psychology courses? Does AP Psychology count?

The only Lower Division Psychology courses that count toward our majors are PSYC 2 (Natural Science), PSYC 60 (Statistics), PSYC 70 (Research Methods), and PSYC 71, 81, and 99 (Research). PSYC 1, 3, 4, 5, 6, and 7 will not count toward major requirements and AP Psychology does not count toward any of our majors.

All the courses I want/need to take are full! What do I do?

Most departments are holding seats for new students and will release them in late August; there should be adequate room for new students in classes required for your first quarter.

Can I take any classes Pass/No Pass?

You may take any Lower Division courses for majors within the Psychology Department for P/NP except Statistics (LD MGT classes must be taken for a Letter Grade for Business Psychology majors). PSYC 195, PSYC (or MGT, or COGS) 199, and AIP 197 can only be taken for P/NP, but all other Upper Division courses taken for your major must be taken for a Letter grade. You may take up to 25% of your total coursework at UC San Diego for P/NP (this usually translates to around 4 total classes).

What happens if I decide to switch majors after finishing some Psychology work?

You can easily convert a Psychology major to a minor if you decide that there is a better-fitting major for you; our minors consist of 7 classes within the Psychology department (Math, Science, and Programming classes do not apply), at least 5 of which must be Upper Division.