

**HANDBOOK FOR  
PSYCHOLOGY MAJORS  
Ψ Ψ Ψ Ψ Ψ Ψ  
VIRGINIA POLYTECHNIC INSTITUTE AND  
STATE UNIVERSITY  
2009-2010**

Office of Undergraduate Advising: 109 Williams Hall

Undergraduate Advisor: Cindy Koziol

Phone # 231-5388

E-mail address: ckoziol@vt.edu

WWW address: <http://www.psyc.vt.edu/>

**Your Faculty Advisor:** \_\_\_\_\_

**Office #:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

*Updated June, 2009*

## PREFACE

Greetings from the Psychology Department! This Handbook for Psychology Majors will provide you with the most current information pertaining to the undergraduate psychology program at Virginia Tech, including University Curriculum for Liberal Education, College of Science, major requirements, special courses, and extra-curricular activities within the department. In addition, we strongly encourage you to meet with your advisor, as advisors are valuable sources of information about the department. Advisors have scheduled office hours during each semester, and most can be reached by phone or e-mail if you need to schedule an appointment for a time other than their posted office hours. However, the ultimate authority regarding academic policies, procedures, and graduation requirements is the current edition of the Undergraduate Course Catalog found online at <http://www.undergradcatalog.registrar.vt.edu/>.

Please stop by the Undergraduate Advising Office (109 Williams), which has regularly scheduled office hours. The advisor in the office is there to answer your questions (e.g., about Psychology and College of Science requirements, internships, career placement, etc.) or direct you to where to get your specific question answered.

The **College of Science and University Curriculum for Liberal Education** requirements are to be used by *all* College of Science students and can be found on pages 13-16 of this handbook. The **Psychology Major** requirements can be found on pages 17-18.

This handbook should provide most of the information you need as a Psychology major. **YOU ARE RESPONSIBLE FOR KNOWING THE CONTENTS OF THIS HANDBOOK AND WILL PROBABLY BE REFERRED TO IT IF YOU ASK A QUESTION THAT IS ANSWERED HERE.** However, if you cannot locate the information you are looking for or need clarification, *please ask us!* YOU are responsible for getting all the information you need to complete your degree successfully. Advisors can advise, but we can't command you to take certain courses. And we can't help you if you don't ask.

This handbook is revised annually, so if you have suggestions that might improve the next edition, please let us know. If you ask questions of your advisors, use this handbook, and take advantage of all the resources available to you on campus, you will have a very successful time here at Virginia Tech. Welcome to campus and to our department!

Undergraduate Advising Office  
109 Williams Hall  
Department of Psychology  
Virginia Tech  
Blacksburg, Virginia 24061-0436  
Telephone: (540) 231-5388  
E-mail: ckoziol@vt.edu

The Editor wishes to thank Jack Cranford, retired advisor extraordinaire in the Biology Department, for allowing me to lift information directly from an earlier edition of their Freshman Seminar course guide and plant it in our Handbook.

## TABLE OF CONTENTS

<u><i>Advising Information</i></u> .....	4
Core Course Guide/2009-2010 Academic Calendar.....	7
Faculty Offices and Phone Numbers .....	8
Important Offices and Phone Numbers.....	10
 <u><i>Requirements</i></u>	
University Curriculum for Liberal Education (“Core”) and College of Science.....	13
Psychology Major.....	17
Graduation Checklists for Majors.....	19
Requirements at a Glance.....	21
Sample Plan of Study.....	22
Double Major .....	24
Psychology Minor .....	25
Satisfactory Progress.....	25
Course Withdrawal Policy.....	26
Pre-Med, Pre-Dent, Pre-Vet .....	26
Study Abroad.....	27
Undergraduate Courses.....	28

**Special Courses**

Field Study (2964 & 4964) .....30  
Independent Study (2974 & 4974).....31  
Undergraduate Research (2994 & 4994) .....31  
Senior Seminars (4354, 4364).....32  
  
Undergraduate Honors .....34  
  
Cooperative Education.....35  
  
Your Resume.....35

**Psychology Department Activities**

Psychology Club.....36  
Psi Chi .....36  
Phi Beta Kappa .....37

**Commencement**

Applying for Your Degree.....39  
  
Degree Distinctions/Recognition.....39

**After Graduation**

Careers in Psychology .....40  
  
Graduate Study in Psychology .....40

**Frequently Asked Questions** .....41

**College is not compulsory. It's a hard-earned privilege.**

It IS indeed a privilege to be here; make the best use of your time here and work hard to succeed! We're here to help you do that; let us!

## ADVISING INFORMATION

Every psychology major is assigned a faculty advisor. The **Undergraduate Advising Office** (109 Williams, 231-5388) coordinates the assignment of psychology majors to advisors; maintains a master list of these assignments; and is available for advising, processing of forms, and all other advising activities. **If you do not have a faculty advisor, please contact the Undergraduate Advising Office.** Get to know your faculty advisor, but also feel free to seek advice from the UAO as needed. Psychology minors and those with Psychology as a second major should use the Undergraduate Advising Office as their advisor. Students vary greatly in the degree to which they need or desire academic advising. However, the following paragraphs from the **faculty handbook** describe the expected relationship between the student and their faculty advisor:

*The University believes that students must accept the responsibility for their own choices and, therefore, must personally make the many choices that are required during the undergraduate years. However, the University also believes that these choices should be informed choices, based on realistic evaluations of aptitudes, aspirations, interests, and needs. Formal programs of the University that provide students with information are Academic Advising, Career Advising, Counseling Services and Placement Services.*

*A faculty advisor is perhaps the most important person in this system of services. While every student has a faculty advisor, the value of the relationship depends upon the initiative of the student as well as the competence of the advisor. Students will vary widely in the amount of help they need, but each advisor should be prepared to offer each student:*

- *Accurate information about university, college and departmental rules and procedures (particularly in regard to graduation requirements), and about conditions under which exceptions to the rules may appropriately be made.*

- *Accurate information about and convenient access to the many services available to help in making wise choices.*
- *Informed judgments about alternatives realistically available.*
- *Appropriate psychological support.*

*A faculty advisor cannot make decisions for a student but can help to clarify alternatives and their consequences. For most students, the faculty advisor is a personal guide to all of the services provided by the University to help make wise choices.*

*As a part of their teaching responsibilities, faculty members are expected to provide regularly scheduled office hours each week for consultation with students. Their hours should be reasonably spaced over the week at times mutually convenient to the instructor and students.*

To supplement (not replace!) the services of academic advisors, the Psychology Department has an Undergraduate Advising Office (109 Williams, 231-5388). In addition to providing a readily available source of information about psychology and the Psychology Department, the Undergraduate Advising Office is also the place for undergraduate psychology majors to Force-Add psychology courses and to obtain copies of various forms.

Notices of interest to psychology majors regarding new courses being offered by outside departments, or internship/employment opportunities, are e-mailed or posted on the bulletin boards outside 109 Williams. We expect our majors to review the items on this bulletin board and to access the web site for current information as advisors can't be aware of every new course or experience opportunity currently available.



## How You and Your Advisor Can Work Together

(source: University of Houston College of Business Administration)

### You Should See Your Advisor:

- To discuss any problems that affect academic performance
- To select courses for the upcoming semester
- To seek advice about adding or dropping courses, taking an overload, taking a special problems course, etc.
- To discuss waiver or transfer credit requests
- To discuss academic progress
- To discuss possible majors and the selection of an area of concentration
- To confirm completion of all degree requirements for graduation
- To discuss general career considerations
- To discuss academic status (probation, suspension, etc.)
- To have forms signed for VA certification, verification of enrollment for employers or insurance, applications for internships, etc.

### How to See Your Advisor:

- Know your advisor's office location and office hours.
- Call or e-mail your advisor for an appointment.
- Because the weeks before and during course request are unusually busy for advisors, please try to schedule appointments at other times so neither of you will be rushed.

### What You and Your Advisor Should Do:

- You should – make and keep appointments or call if it's necessary to change or cancel an appointment.
  - Your advisor should – keep appointments or call if it is necessary to change or cancel an appointment.
- You should – arrive with specific questions in mind.
  - Your advisor should – provide accurate and specific information.
- You should – arrive with necessary materials (pencil/pen, class schedule, completed forms for signature if necessary)
  - Your advisor should – have additional resource material on hand (catalogs, audits, etc.)
- You should – ask about other sources of information.
  - Your advisor should – suggest other sources of information.
- You should – be open concerning school work, study habits, academic progress, work schedules, time management, etc.
  - Your advisor should – listen and help you solve your problems.
- You should – build a schedule free of time conflicts.
  - Your advisor should – check your schedule for appropriate selection of courses.
- You should – make decisions concerning your choices: career, major, minor, courses.
  - Your advisor should – suggest options concerning your choices.

## University Curriculum for Liberal Education Approved Courses

The University Curriculum for Liberal Education approved courses are listed on the Timetable under “Core Curriculum” where you can choose by Core area or Writing Intensive areas. The core course lists are also included in the University Core Guide **on the Virginia Tech web page** ([http://www.provost.vt.edu/documents/cc\\_student\\_2009-10.pdf](http://www.provost.vt.edu/documents/cc_student_2009-10.pdf)).

### 2009-2010 Academic Year Calendar

#### **Fall**

Mon., Aug. 24 - classes begin  
Fri., Aug 28 - last day to add classes  
Mon., Sept. 7 - Labor Day (classes meet)  
Fri., Oct. 2 - last day to drop classes  
Fri., Oct. 9 - Fall Break (no classes)  
Mon., Oct. 19 - last day to resign without grade penalty  
Tues., Oct. 20 - Web course request for spring begins  
Tues., Oct. 27 - Web course request for spring ends  
Sat., Nov. 21 - Thanksgiving Break begins  
Sun., Nov. 29 - Thanksgiving Break ends  
Mon., Nov. 30 - Web drop/add for spring begins  
Wed., Dec. 9 - classes end  
Thurs., Dec. 10 - Reading Day  
Fri., Dec. 11 - exams begin  
Thurs., Dec. 17 - exams end  
Fri., Dec. 18 - Fall Commencement Ceremonies

#### **Spring**

Mon., Jan. 18 - MLK Holiday (no classes)  
Tues., Jan. 19 - classes begin  
Mon., Jan. 23 - last day to add classes  
Fri., Febr. 12 - Web course request for summer begins  
Fri., Febr. 19 - Web course request for summer ends  
Sat., March 6 - Spring Break begins  
Sun., March 14 - Spring Break ends  
Fri., March 19 - last day to resign without grade penalty  
Tues., March 23 - Web course request for fall begins  
Tues., March 30 - Web course request for summer and fall ends  
Fri., April 16 - University Remembrance; no classes  
Mon., April 26 - Web drop/add for fall begins  
Wed., May 5- classes end  
Thurs., May 6- Reading Day  
Fri., May 7- exams begin  
Wed., May 12- exams end  
Fri., May 14- University & Graduate Commencement Ceremonies  
Sat., May 15- Spring Commencement (College/Department) Ceremonies

## DEPARTMENT OF PSYCHOLOGY FACULTY

<u>Name</u>	<u>Office</u>	<u>Telephone</u>	<u>email</u>
AXSOM, Danny K.	313	231-6495	axsom@vt.edu
BELL, Martha Ann	333	231-2546	mabell@vt.edu
CLUM, George A.	317	231-5701	glcum@vt.edu
COOPER, Lee	PSC	231-7709	ldcooper@vt.edu
DEATER-DECKARD, Kirby	235	231-0973	kirbydd@vt.edu
DUNSMORE, Julie	323	231-4201	jdunsmor@vt.edu
FINNEY, Jack W.	CSAB	231-5144	finney@vt.edu
FOTI, Roseanne J.	219	231-5814	rfoti@vt.edu
FRIEDMAN, Bruce	221	231-9611	bhfriedm@vt.edu
FRITZ, Matthew	215	231-6342	matt.fritz@vt.edu
GELLER, E. Scott	213	231-6223	esgeller@vt.edu
GERMANA, Joseph	117	231-8146	----
HARRISON, David W.	231	231-4422	dwh@vt.edu
HARVEY, Robert J.	121	231-7030	harveyrj@vt.edu
HAUENSTEIN, Neil M. A.	315	231-5716	nhauen@vt.edu
HOFFMAN, Kurt	123	231-4005	khoffma@vt.edu
JONES, Russell T.	127	231-5934	rtjones@vt.edu
KIM, Jungmeen	233	231-0951	jungmeen@vt.edu
OLLENDICK, Thomas H.	CSC	231-6451	tho@vt.edu
PANNETON, Robin P.	319	231-5938	panneton@vt.edu
SCARPA, Angela	331	231-2615	ascarpa@vt.edu
STEPHENS, Robert S.	109	231-6304	stephens@vt.edu
WHITE, Bradley A.	135	231-1382	whiteba@vt.edu
WHITE, Susan W.	223	231-6174	sww@vt.edu
WINETT, Richard A.	CRHB	231-8746	rswinett@vt.edu

Advising Office.....109 Williams.....	231-5388
Faculty and Graduate Student Mailboxes.....	102 Williams Hall
Psychological Services Center .....	231-6914
Child Study Center.....	231-8276
Honors Program in Psychology.....Dr. Danny K. Axsom.....	231-6495
Psi Chi Advisor.....Dr. Bruce H. Friedman.....	231- 9611
Psychology Department Main Office, 109 Williams	
Dr. Bob Stephens, Chair .....	231-6581
Susan Anderson, Executive Secretary.....	231-9627

a Positive outlook on being here

Making the most of it  
"Scirene Vultis?", Summer 1996, Vol VII, Number 1  
Dr. Charles J. Dudley  
Reprinted with permission of the author

Most students go to college – which is a mistake. Students who excel *do* college – which means they gain all that is possible from the experience. If you wish to make the most of college, come prepared to *do*. Do what, you might ask. The answer is easy: plan to study as you have never studied in your life. The opportunity given you will not last long, and the record you compile will mark you forever. Let me explain.

College is about you and what you wish to do with your life. I say this with great care. The focus is on you and what you do. You are beginning your adult life and are privileged enough to start with several years of additional preparation. How valuable they are to you depends entirely on how you approach your education and how hard you are willing to work. Based on years of observing students graduate, I offer the following advice: Regardless of all else, place academics first.

Many wonderful things happen to a person in the course of a college education – many of them have little to do with academics. New friends, close relationships, new clubs and other organizations, and being totally on your own only begin to list the possibilities. Let's face it, the college environment is exciting – and fun. More significantly, all these things are important parts of life and should not be ignored. However, the central reason for college is study. Study is the first thing to do – it is doing college.

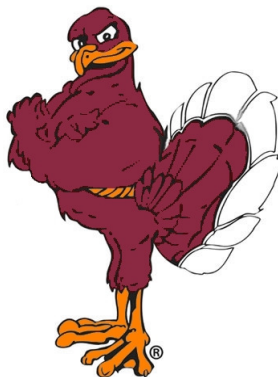
A few more years from now there will be an accounting of your efforts. When you graduate, employers, graduate schools, professional schools, and other interested parties seek virtually no data on how much fun you had in college. Nor will they ask how many friends you made, or close relationships you enjoyed. They will want to know your grade point average, whether or not you did undergraduate research, how many faculty did you get to know well professionally, what positions of responsibility you held, the development of your leadership skills, and your potential ability to get things done, make things happen. For those who do college, the answers to their questions will yield wonderful results; for those who went to college, things will be good, but there will always be the nagging thoughts about "if only I had".

Students in the University Honors Program and others tell me I sometimes intimidate students (particularly first-year students) when I discuss the significance of college. Strangely enough, I agree with them. For those of you beginning college this fall, you begin the development of your life's work on an adult level. The record of accomplishment you begin this year provides the foundation for all you might wish for yourself in the future. Measure yourself carefully and arrive here in the fall with your goals intact, your plans made, and be ready to go to work.

This is a great university; make the most of it.

## CONTACT INFORMATION FOR CAMPUS OFFICES YOU MAY NEED

University Registrar .....250 Student Services Bldg...[www.registrar.vt.edu](http://www.registrar.vt.edu).....231-6252  
 University Bursar.....150 Student Services Bldg... [www.bursar.vt.edu](http://www.bursar.vt.edu).....231-6277  
 Associate Dean of Science.....100 Science Admin Bldg...[www.cos.vt.edu](http://www.cos.vt.edu).....231-5144  
 Student Life Office (Dean of Students)..201 W. Roanoke St..[www.dos.vt.edu](http://www.dos.vt.edu).....231-3787  
 Schiffert Health Center Medical Clinic....McComas Hall.....[www.healthcenter.vt.edu](http://www.healthcenter.vt.edu)...  
 .....231-7642 or 5996  
 Thomas E. Cook Counseling Center...240 McComas Hall...[www.ucc.vt.edu](http://www.ucc.vt.edu).....231-6557  
 Career Services.....Career Services Building.....[www.career.vt.edu](http://www.career.vt.edu).....231-6241  
 Center for Academic Enrichment and Excellence.....110 Femoyer Hall.....  
 .....[www.caee.vt.edu](http://www.caee.vt.edu).... ..231-5499  
 Hokie Passport ID Office.....100 Student Services Bldg...[hokiepassport.vt.edu](http://hokiepassport.vt.edu) .231-5121  
 Honors Program/Pre-Med, Dent, Vet Advising.....1<sup>st</sup> Floor Hillcrest Hall.....  
 .....[www.univhonors.vt.edu](http://www.univhonors.vt.edu).....231-4591  
 Judicial Affairs.....108 Dietrick Hall.....[www.judicial.vt.edu](http://www.judicial.vt.edu).....231-3790  
 Parking Services.....455 Tech Center Drive.....[www.parking.vt.edu](http://www.parking.vt.edu).....231-3027  
 RAFT 24-hour Crisis Hotline..... 961-8400  
 Scholarships and Financial Aid.....200 Student Services Building...[www.finaid.vt.edu](http://www.finaid.vt.edu)..  
 .....231-5179  
 Services for Students with Disabilities.....250 S. Main, Suite 300.....  
 .....[www.ssd.vt.edu](http://www.ssd.vt.edu).....231-3788  
 Student Legal Services.....143 Squires.....[www.legal.sga.vt.edu](http://www.legal.sga.vt.edu).....231-4720  
 Education Abroad Office.....526 Prices Fork Road.....[www.oired.vt.edu](http://www.oired.vt.edu)..... ..231-5888  
 Ticket Offices  
     Athletic Events..... 231-6731  
     University Unions and Student Activities.....231-5615  
 University Bookstore...(on campus) .....[www.bookstore.vt.edu](http://www.bookstore.vt.edu)..... 231-5991  
 Undergrad Honor System.....333 Squires.....[www.honorsystem.vt.edu](http://www.honorsystem.vt.edu)..... 231-9876  
 University Libraries Information.....[www.lib.vt.edu](http://www.lib.vt.edu)..... 231-6170  
 Volume II Bookstore... University Mall.....[www.bookstore.vt.edu](http://www.bookstore.vt.edu)..... 231-9674  
 Writing Center.....340 Shanks Hall..... 231-8469



Some good advice.

Freshman Year is right time to start job search  
“Working It Out”, by Camille Wright Miller  
Reprinted with permission of *The Roanoke Times*

Q: Our daughter looked for 10 months after college before finding her first job. That was too stressful; we'd like to spare our other children. Our son is a college junior. Other than declaring his major, he hasn't even started thinking about a job search. Can you provide guidelines so he (and we) can avoid a situation similar to his sister's?

A: Most successful students begin career efforts during their freshman year. Although he's behind, you son can make up for lost time.

First-semester freshmen should make appointments with counselors in the college's career center. They should request an overview of services offered. A follow-up appointment should be made for assessment tests. These assessments will identify interests, preferences, possible majors, and possible careers.

During the second freshman semester, students should research summer internships. Every summer during college should find students exploring careers through internships in the chosen career. For those who need college funds, there are paid internships available. Internships provide an honest inside-the-career look and are tremendous resume builders.

The junior year is the time to develop a resume and cover letter, and continue researching careers. Juniors should talk with their advisor, their professors, and career counselors about possible opportunities. They should also attend college job fairs and continue with informational interviews.

First-semester seniors should be “on the market”. They should be sending resumes to every possibility. They should be setting appointments with campus recruiters. Seniors should work to meet the goal of having desirable job offers by March.

The following page offers a “quiz” to give yourself if you're not sure what direction you might want to take your education in. There are, of course, no right or wrong answers, no grade, and you don't have to show it to anyone. It's just for you.

To find your passion, ask yourself these questions:

What do you love to do? (Name 10 things you love to do.)

What are your gifts? (List 3 skills that come naturally to you.)

What are your career dreams? (Name 5 careers you would enjoy doing.)

What energizes you? (List 3 areas where you get your energy.)

What are you aware of? (List 1 thing you are sensitive to – like taste, sound, color, design, etc.)

What have you always been interested in? (Name 2 areas of commitment.)

What do you know about? (List 3 areas you have workable knowledge in.)

# UNIVERSITY CURRICULUM FOR LIBERAL EDUCATION

## AND COLLEGE OF SCIENCE REQUIREMENTS

To graduate with a major in psychology, students must complete the following requirements for the University Curriculum for Liberal Education and the College of Science.

- ❑ **AREA 1 - Writing and Discourse** - successfully complete **6 credit hours** of freshmen writing courses (English 1105 and 1106).
- ❑ **AREA 2 - Ideas, Cultural Traditions and Values (Humanities)** - successfully complete **6 credit hours** of humanities from the University approved core list (see appendix). Students are strongly urged to select courses from areas other than Art, Art History, Music, and Theater Arts since these courses are used to satisfy the requirements of Area 6 (or from Philosophy that can be used for a Psyc requirement instead).
- ❑ **AREA 3 - Society and Human Behavior (Social Sciences)** - successfully complete **6 credit hours** of social sciences from the University approved core list (see appendix). Psychology majors meet this requirement with psychology courses required for the major.
- ❑ **AREA 4 - Scientific Reasoning and Discovery (Natural Sciences)** - successfully complete **8 credit hours (6 lecture + 2 lab)** of natural sciences from a sequence listed below (all 8 hours from same discipline).

Biology

1005-1006, 1015-1016

1105-1106, 1115-1116

Chemistry

1015-1016, 1025-1026

1035-1036, 1045-1046

Geological Science

1004, 1104 +

1014 [4 hrs] or (1024, 1124)

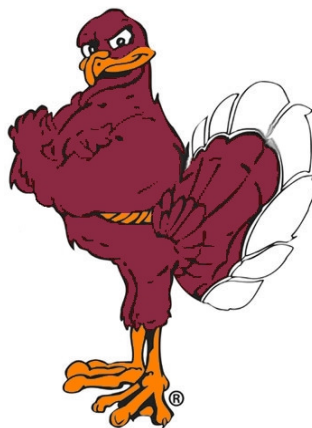
Physics

2175-2176, 2215-2216

2205-2206, 2215-2216

2305-2306 (lab included)

- ❑ **AREA 5 - Quantitative and Symbolic Reasoning** (Mathematical Sciences) - successfully complete **6 credit hours** of mathematical sciences from a sequence or cluster listed below:
  - MATH 1015-1016 or 2015-2016 (choose 2 consecutive; the great majority of students take 1015-1016)
  - MATH 1205 + (1206 or 2524)
  - Acceptable substitution: 1205 for 1016
  - PHIL 1504 + 3505 or 3505 + 3506 (Taking these for this area will NOT also fulfill Area 2 or the Psych requirements of 6 hours in Comp Sci/Phil/Stats. These are also FAR harder than the Math courses.)
  
- ❑ **AREA 6 - Creativity and Aesthetic Experience** (Visual and Performing Arts) - successfully complete 1 **3-credit course** of visual and performing arts from University approved core list (see appendix). Some other colleges accept a 1-hour course; COS requires a 3-hour course.)
  
- ❑ **AREA 7 - Critical Issues in a Global Context** - successfully complete **3 credit hours** from the University approved core list (see appendix). Courses taken to satisfy this University Core requirement may overlap or “double count” with other areas of the core.



## Additional Requirements and Notes:

- Students must complete a MINIMUM of **120 hours** with a **QCA of 2.00** or above. It is very strongly urged that students plan for more than 120 hours for a variety of reasons. Do not plan to graduate right at 120 hours!
- Students who have completed less than two years of a single **foreign language** (3 years for the College of Science) in High School must complete 6 semester hours of one foreign language at the college level, and these credits **do not count** toward the 120 hours required to graduate. Students who have completed two years of a single foreign language in High School are required to successfully complete the second semester (1106) of a foreign language at the college level, and these credits **do count** toward the 120 hours required to graduate. For students who have completed two (three in the College of Science) or more years of a single foreign language in High School and take 1105 in a different language, those 3 credits will count toward graduation. Students who have completed three years of a single foreign language in high school are not required to take additional foreign language courses for graduation.
- **No course used to fulfill major, minor, or University/Liberal Education curriculum requirements may be taken pass/fail.**
- Only students with QCAs of 2.5 or above and who have completed at least 30 credit hours at VA Tech may take elective courses pass/fail (unless the course is only offered P/F). Students may take no more than 10% of the hours taken at VA Tech on a pass/fail basis, with a maximum of 12 hours. The 10% limit includes courses only offered P/F. More than the 12-hour maximum P/F hours may be taken, but they WILL NOT count toward the 120 minimum for graduation.
  - **NOTE** about pass/fail credits: Only Virginia Tech credits are used to calculate the 10%. If you have transfer hours for classes taken at other colleges and universities or AP credits, you must subtract these credits from 120 to calculate the number of pass/fail credits you may take and count toward graduation.
- Of the 120 minimum hours required for graduation in the College of Science, a student may count no more than 2 hours of Physical Education activity credit, 8 hours of Music Ensemble (MUS 3314 and 3414), and 8 hours of Independent Study and/or Undergraduate Research (2974, 2994, 4974, 4994) toward those 120. More hours of those courses may be taken but will not count toward the minimum 120.

- No single course may be used to satisfy more than one of the requirements for areas 1 through 6 and the foreign language requirement. A course used to fulfill Area 7 may also count as a requirement for Areas 1 through 6 or for a Psych Major requirement. Area 3 will be fulfilled with Intro Psych and Psychology of Learning, two required courses for Psychology majors.

THESE REQUIREMENTS ARE FOR STUDENTS ENTERING VIRGINIA TECH DURING THE 2009-2010 ACADEMIC YEAR. IF A REQUIREMENT CHANGES FOR A CLASS AFTER YOURS, IT WILL NOT CHANGE FOR YOU. IF AN UPPERCLASSMAN HAS A DIFFERENT REQUIREMENT IN AN AREA, YOUR REQUIREMENT IN THAT AREA IS WHAT IS PRINTED IN THIS HANDBOOK.



## **PSYCHOLOGY MAJOR REQUIREMENTS**

To graduate with a major in Psychology, a student must successfully complete:

- ❑ **The following 3 specific Psychology courses:**
  - PSYC 2004 (Introductory Psychology)
  - PSYC 2044 (Psychology of Learning)
  - PSYC 2094 (Principles of Psychological Research)
  
- ❑ **3 Elective courses in Psychology** at the 2000 or 3000 level (more are encouraged; only 3 are required)
  
- ❑ **3 Psychology courses at the 4000-level, including 1 with a lab and 1 senior seminar.**
  - PSYC 4964, 4974, and/or 4994 may NOT be used to satisfy this requirement.
  
- ❑ **One 3-hour statistics course from the following:**
  - STAT 2004 (Introductory Statistics) (see Caution below)
  - STAT 3005 or 3006 (Statistical Methods)
  - STAT 3604 (Statistics for the Social Sciences)
  - STAT 3615 or 3616 (Biological Statistics)

If you have taken a higher level statistics course, please go to 109 Williams to request a Course Substitution.

Caution: You WILL NOT receive credit for STAT 2004 if you take it after having completed a higher level statistics course. Also, STAT 3104 will **not** satisfy this requirement.

### **□ 6 Hours of Natural Science in Biology, Physics or Chemistry**

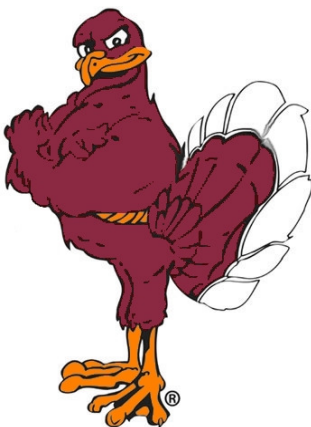
These courses are **in addition** to the College Core Requirements for Area 4 (Scientific Reasoning and Discovery). Must be two 3-hour courses in a single discipline (2 Bio classes, or 2 Physics, or 2 Chemistry, or 2 EnvSci). They can be additional courses from the discipline used in Area 4 (except Geosciences) or can be two courses from a different discipline than that in Area 4.

### **□ 6 Hours from Computer Science, Statistics or Philosophy**

These courses are **in addition** to fulfilled College Core Requirements for Areas 2 or 5 if you take Philosophy courses in either or both of those areas, and to the 3-hour Stat requirement listed above.

Note: You may combine courses from these three areas (e.g., 3 credit hours of CS and 3 credit hours of PHIL) or take two 3-hour courses in the same area, however you wish to fulfill the requirement.

THESE REQUIREMENTS ARE FOR STUDENTS ENTERING VIRGINIA TECH DURING THE 2009-2010 ACADEMIC YEAR. IF A REQUIREMENT CHANGES FOR A CLASS AFTER YOURS, IT WILL NOT CHANGE FOR YOU. IF AN UPPERCLASSMAN HAS A DIFFERENT REQUIREMENT IN AN AREA, YOUR REQUIREMENT IN THAT AREA IS WHAT IS PRINTED IN THIS HANDBOOK.



## GRADUATION CHECKLIST FOR PSYCHOLOGY MAJORS

- 120 semester hours minimum (plan to take more!) \_\_\_\_
- 2.00 GPA \_\_\_\_
- Foreign Language requirement (choose one):
  - 3 years of a single language in high school \_\_\_\_
  - 2 years of a language in high school, plus 1106 \_\_\_\_
  - 1 year of a language in high school, plus 1105 & 1106 \_\_\_\_
- No more than 10% of Virginia Tech hours taken pass/fail \_\_\_\_

### *Curriculum for Liberal Education Requirements:*

- AREA 1- Writing and Discourse requirement (6 hours) \_\_\_\_\_
- AREA 2- Ideas, Cultural Traditions and Values requirement  
(6 hours) \_\_\_\_\_
- AREA 3- Society and Human Behavior requirement (met by Psych classes)
- AREA 4- Scientific Reasoning and Discovery requirement (8 Hours)  
\_\_\_\_\_Course \_\_\_\_\_Lab          \_\_\_\_\_Course \_\_\_\_\_Lab
- AREA 5- Quantitative and Symbolic Reasoning requirement (6 hours)  
\_\_\_\_\_ (must be a Math sequence or Phil sequence)
- AREA 6- Creativity and Aesthetic Experience requirement (3 hours) \_\_\_\_\_
- AREA 7- Critical Issues in a Global Context (3 hours) \_\_\_\_\_

## ***Psychology Major Requirements:***

- A GPA of at least 2.0 in psychology courses \_\_\_\_\_
- **No more than 8 hours independent study & undergraduate research** \_\_\_\_\_  
(more than 8 hours may be taken but will not count toward graduation hours; strongly suggested, but not required to be taken)
- PSYC 2004 (Introductory Psychology) \_\_\_\_\_
- PSYC 2044 (Psychology of Learning) \_\_\_\_\_
- PSYC 2094 (Principles of Psychological Research) \_\_\_\_\_
- Three Psychology Elective courses at the 2000 or 3000 levels  
\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
- Three Psychology courses at the 4000-level (1 with a lab; 1 Senior Seminar; 1 more) \_\_\_\_\_ Seminar; \_\_\_\_\_ & \_\_\_\_\_ (course with lab); \_\_\_\_\_<sup>3rd</sup> 4000
- Statistics Requirement (one 3-hour course) \_\_\_\_\_
- 6-hours of Science in Biology, Chemistry, or Physics IN ADDITION TO AREA 4 (all six required hours must be within the same discipline)  
\_\_\_\_\_ \_\_\_\_\_
- 6-hours in Computer Science, Philosophy or Statistics (the six hours can come from a combination of two disciplines or be in the same discipline) IN ADDITION TO THE ABOVE STAT REQUIREMENT AND ANY PHIL COURSE THAT MIGHT BE TAKEN FOR AREA 2 \_\_\_\_\_ \_\_\_\_\_

Advisors are happy to help with specific course selections; however, using these checklists, the Plan of Study on page 20, and your Pathways Planner should eliminate your needing to ask “What should I take next semester?” every semester.

Summarizing:

Psychology majors are required to complete all the following hours:

University Liberal Education “Core” requirements (total of 32 hours, not including Area 3 which is automatically met by Psych required courses)

Area 1 - Freshman English 1105 and 1106

Area 2 - two 3-hour courses of their choice

Area 3 - two courses (met by 2 required Psych courses)

Area 4 - a sequence of two 3-hour science courses with 1-hour labs

Area 5 - a sequence of two 3-hour math courses

Area 6 - one 3-hour course of their choice

Area 7 - one 3-hour course of their choice

PLUS Psych Major requirements (total of 43 hours)

Psychology 2004 (Intro), 2044 (Learning), and 2094 (Psych Research)

3 Psychology classes of their choice at the 2000 or 3000 level

3 4000-level Psych classes of their choice - 1 will be a senior seminar;  
1 will have a 1-hour lab attached to it; 1 more 4000 of your choice

1 Statistics course

2 additional Science courses in a single discipline, no labs required

2 courses in any combination from Computer Science, Statistics,  
or Philosophy depts.

PLUS Free Electives

an additional 45-48 credit hours in courses of your choice to reach the 120 hours minimum required to graduate from Virginia Tech (may be more courses in major or courses toward a minor or 2<sup>nd</sup> major, or just courses of interest). IT IS STRONGLY SUGGESTED THAT YOU PLAN FOR AND TAKE MORE THAN 120 HOURS TO ALLOW FOR COURSE WITHDRAWALS AND OTHER THINGS THAT MAY COME UP THAT COULD LOWER THE NUMBER OF CREDITS YOU HAVE.

On the following page is a suggested Plan of Study for completing your degree in a balanced, timely manner. Finishing CLE classes by the end of the second year is very strongly suggested. The timing of the 4000-level Psyc courses is set in that they cannot be taken until 60 semester hours have been completed (i.e., you can register your 1<sup>st</sup> semester of junior year to take one in the 2<sup>nd</sup> semester of junior year if you have 60 hours done at the end of your sophomore year).

Year One

Fall

Intro Psychology (major & Area 3)  
Bio, Chem, Geos, Phys (Area 4)  
Freshman English I (Area 1)  
Math (usually 1015 or 1205) (Area 5)  
Area 2, 6, or 7 course of your choice

Spring

Psych 2044 (major & Area 3)  
Bio, Chem, Geos, Phys (Area 4)  
Freshman English II (Area 1)  
Math (usually 1016 or 1206) (Area 5)  
Psych 2094 (major)

Year Two

Fall

Area 2, 6, or 7 course of their choice  
Area 2, 6, or 7 course of their choice  
Psych elective of their choice  
Science course for Major requirement  
Free elective for graduation hours

Spring

Area 2, 6, or 7 course of their choice  
Psych elective of their choice  
Science course for Major requirement  
Stats course for Major requirement  
Free elective for graduation hours

Year Three

Fall

Psych elective of your choice  
Comp Sci/Stat/Philosophy choice  
Free elective  
Free elective  
Free elective

Spring

4000-level Psych course with lab<sup>1</sup>  
Comp Sci/Stat/Philosophy choice  
Free elective  
Free elective  
Free elective

Year Four

Fall

4000-level Psych writing-intensive  
Free elective  
Free elective  
Free elective  
Free elective

Spring

4000-level Psych course  
Free elective  
Free elective  
Free elective  
Free elective

<sup>1</sup>4000-level Psych courses are only available after the 1<sup>st</sup> semester of the junior year (or after completion of 60 hours). Due to time overlaps of many courses, it is strongly recommended that students not attempt to take 2 or 3 of these courses in a single semester.

Note: Taking 15 hours each academic-year semester yields 120 hours (the minimum necessary for graduation) after 4 years of enrollment. It also gives students the required number of hours at the end of each year to move to the next academic level and be able to register for the next level of courses (30 hours complete = sophomore standing; 60 hours = junior; 90 hours = senior). See earlier references to taking more than 120 hours.

## AN EXPLANATION OF COURSE RESTRICTIONS FOR COURSE REQUEST:

If a course is restricted to Juniors and Seniors, you must have 60 hours COMPLETED in order to register. If you're trying to register during your sophomore year, you don't have 60 hours complete yet and will not be able to register for those courses.

If trying to register for a course in another department and there are multiple sections of the course, check the CRN for each section to find a non-major-restricted section you can register for. Don't assume if you try one and it's restricted that the entire course is restricted. (Tell your non-Psyc-major friends this tip for Psyc courses as well!)

More helpful advice.

### A Philosophy for Learning

Faculty and students have a JOINT responsibility for the learning process.

Faculty members are responsible for guiding inquiry so as to develop in students the ability to think critically, communicate effectively, and become contributing citizens to a democratic society.

Students are responsible for making themselves available to the learning process, for actively engaging in the learning dialogue, and for availing themselves to the many opportunities in an institution where ideas, exploration, and free expression are so highly valued.

In summary, students are responsible for developing a positive attitude about self-education and self-worth. Learning goes beyond simply taking tests and receiving a grade. Learning is a participatory, active process of inquiry, questioning, and intellectual exploration. For the university-educated student, the love of learning should be a lifelong activity.

## POSSIBLY YOUR MOST IMPORTANT STUDY TIP

(according to the Undergrad Advising Office):

**USE YOUR PATHWAYS PLANNER AS WELL AS A DAY PLANNER!!** The importance of planners cannot be stressed enough. Use the Pathways Planner for course planning and a day planner big enough to actually enter information into. At the beginning of each semester, collect all course syllabi and enter every deadline and final exam time for every course into your day planner. Keep the planner with you in all classes so you can make changes/additions when you find out about them in class. Look at the coming week each week so you know what you have to do and how much free time you might have. Poor time management is the single most frequent cause of poor grades, academic probation/suspension, and overall discouragement in college. Dedicated use of a day planner does more to establish good time management habits than just about anything else you could think of. Purchase a good day planner, use it faithfully and correctly, and you will be amazed at how much easier college life will be because of it!

## PSYCHOLOGY AS PART OF A DOUBLE MAJOR

### *If you declare Psychology as your FIRST Major:*

Individuals with Psychology as the first OR second major are permitted to pre-register for "Majors Only" courses. First Majors will be assigned a faculty advisor in the Psychology Department and may also use the Office of Undergraduate Advising (109 Williams) for advising. Second Majors will keep a faculty advisor in their first major and use the OUA for Psyc advising.

### *If you declare Psychology as your SECOND Major or as a DUAL DEGREE:*

If you decide on Psychology as a second major or dual degree, **AND you have already requested a DARS report**, you must declare your double major/ dual degree with the Registrar's Office (250 Student Services) as well as with the Psychology Department (109 Williams).

It is important for you to understand that only the first major is printed on your diploma. The SECOND major is acknowledged on your grade transcript, but is NOT printed on the diploma. **Students who want Psychology switched from second major to first must see an advisor in 109 Williams. You must request a new application for degree and graduation analysis at the Registrar *at least one semester prior to graduation.***

If you register for DUAL DEGREE, you will complete an extra 30 hours of coursework in any area you wish and will receive a diploma in each major.



## SATISFACTORY PROGRESS

*For Psychology Majors, satisfactory progress toward the BS in Psychology requires that:*

1. Upon having attempted **30 semester hours** (including transfer, advanced placement, advanced standing, credit by examination), students must have an **overall QCA of 2.00** and have completed the following courses: Psyc 2004: Introductory Psychology; and two other Psychology courses (preferably 2004: Learning; and 2094: Research).
2. Upon having attempted **75 semester hours**, students must have an **overall QCA of 2.00** and have completed the following courses in addition to 2004, 2044, and 2094:
  - \* A statistics course approved to fulfill the Psychology Department requirement (see p. 11)
  - \* Three additional three-credit Psychology courses
3. Upon having attempted **90 semester hours**, students retain **overall and in-major QCAs of 2.00 or above**.

## PSYCHOLOGY MINOR REQUIREMENTS

If you switch majors but want to add Psychology as a minor, **AND you have already requested a DARS report**, you must declare your minor with the Registrar's Office (250 Student Services Building) as well as with the Psychology Department (109 Williams).

*To graduate with a minor in psychology, a student must:*

successfully complete 18 semester hours in psychology, including:

successfully completing these specific psychology courses:

PSYC 2004 (Introductory Psychology);

PSYC 2094 (Principles of Psychological Research);

AND

successfully completing three Psych electives of your choice;  
AND  
successfully completing one three-hour psychology course at the 4000-level which will need to be force-added since all are major-restricted. PSYC 4964 may not be used to satisfy this requirement.

**NO MAJOR OR MINOR CAN BE ADDED AFTER 90 HOURS ARE COMPLETE!!**

### **THE COURSE WITHDRAWAL POLICY**

The Course Withdrawal Policy allows currently enrolled students to designate a course status of Course Withdrawn (CW) for up to a maximum of 6 credit hours during your 4 years at Virginia Tech. The request must be submitted to your undergraduate academic dean's office no later than the Friday before the last day of regular classes (does not include Reading Day) of the term enrolled for the course(s). Course(s) with a status of CW will appear on Hokie Spa after final grades and will appear on your transcript with a W grade, but will not count in your GPA hours nor in any GPA calculations. **DO NOT USE THESE TOO EARLY OR FOR CLASSES JUST BECAUSE THEY'RE "HARD" OR YOU DON'T LIKE THEM.** You may really need this option for something serious, but when the hours are gone they're gone.

### **PRE-MED, PRE-DENT, PRE-VET, and PRE-LAW ADVISING**

Advising for students with these interests is done through the Honors Program office on the 1<sup>st</sup> floor of Hillcrest Hall. Information about the advising and making appointments can be found at <http://www.univhonors.vt.edu/premed/faq.htm>. Basic courses are: first year biology, first year chemistry, organic chemistry, and physics, all with their respective labs; first year math; and English. However, most Pre-Med advisors would certainly recommend additional courses in such areas as microbiology, genetics, cell and molecular biology, physiology, biochemistry and immunology.

## STUDY ABROAD OPPORTUNITIES

Students interested in studying abroad should go to the following website - [www.oired.vt.edu/Education/Home.htm](http://www.oired.vt.edu/Education/Home.htm) - for information on available opportunities and how to begin the process. You can also visit the Education Abroad Office; their contact information is listed on page 10.

### GRADES, GRADES, GRADES!!!!!!

Sometimes students feel that all anyone wants to know about them is their grades. Parents want to know, your advisor wants to know, and a potential employer or admissions committee to medical school, dental school, law school, or graduate school wants to know. Why so much emphasis on grades?

Grades, or your Grade Point Average (GPA), tell an individual quite a lot about you as a student. Your GPA in many cases reflects your overall native intellectual ability, and it certainly says something about your maturity, seriousness of purpose, study habit skills, work ethic, and your ability to stay focused – all attributes that postgraduate schools or employers are looking for. Many potential employers on campus do not want to see students whose GPA is below a certain minimum. Graduate schools generally will not consider students whose GPA is below 3.0. Admission to professional schools usually requires a much higher GPA.

Our goal in the Psychology Department is to help you succeed at Virginia Tech, if not in Psychology, then in some other academic area where your talents might be more productive. Please use our resources if you need help keeping your grades up where you know they are capable of being!

## PSYCHOLOGY UNDERGRADUATE COURSES

Course #	Course Name	Credit Hrs	Prereqs
PSYC 2004	Introductory Psychology (must register for course <u>and</u> zero-hour recitation section)	3	none
PSYC 2034	Developmental Psych	3	2004
PSYC 2044	Psychology of Learning	3	2004
PSYC 2054	Psychology of Personality	3	2004
PSYC 2064	Nervous Systems & Behavior	3	2004
PSYC 2074	Animal Behavior	3	2004
PSYC 2084	Social Psychology	3	2004
PSYC 2094	Principles of Psych Research	3	2004
PSYC 2964	Undergrad Field Study (Soph.)	variable	Consent
PSYC 2974	Independent Study (Soph.)	3	
PSYC 2994	Undergraduate Research	variable	Consent
PSYC 3014	Abnormal Psychology	3	2004
PSYC 3034	Psych Disorders of Children	3	2004, 3014
PSYC 3054	Health Psychology (WI)	3	2004
PSYC 3154	Psych Foundations of Education	3	2004
PSYC 4014	History & Systems in Psych	3	
PSYC 4024	Industrial & Organizational Psyc	3	2004; Stat
PSYC 4034	Advanced Developmental Psyc	3	2004, 2034
PSYC 4234	Advanced Developmental Lab	1	Co-req: 4034
PSYC 4044	Advanced Learning	3	2004, 2044, 2094
PSYC 4244	Advanced Learning Lab	1	Co-req: 4044
PSYC 4054	Personality Research*	3	2004, 2054, 2094, Stat
PSYC 4254	Personality Psych Lab*	1	Co-req: 4054
PSYC 4064	Physiological Psychology	3	2004, 2064, 2094
PSYC 4264	Physiological Psych Lab	1	Co-req: 4064
PSYC 4074	Sensation & Perception*	3	2004, 2064, 2094
PSYC 4274	Sensation & Perception Lab*	1	Co-req: 4074
PSYC 4084	Advanced Social Psychology	3	2004, 2084
PSYC 4284	Advanced Social Psych Lab	1	Co-req: 4084
PSYC 4094	Theory of Psych Measurement	3	2004, 2094, Stat
PSYC 4294	Psych Measurement Lab	1	Co-req: 4094

PSYC 4114	Cognitive Psychology	3	2004, 2044, 2094
PSYC 4214	Cognitive Psych Lab	1	Co-req: 4114
PSYC 4124	Psych Foundations of Education (EDCI MAJORS ONLY)		
PSYC 4354	Senior Seminar (summer #) (various topics each session; writing intensive)	3	Consent
PSYC 4364	Senior Seminar (fall/spring) (various topics each semester; writing intensive)	3	Consent
PSYC 4964	Undergrad Field Study (Jr/Sr)	variable	Consent
PSYC 4974	Independent Study (Jr/Sr)	3	
PSYC 4994	Undergraduate Research	variable	Consent

\*hasn't been taught for past several years and not anticipated in near future

For courses listing a "Co-Req" lab, the class can be taken without the lab, but the lab cannot be taken without the course.



## SPECIAL COURSES

Undergraduate students have available to them special courses and programs that go beyond the lecture and discussion format of most University courses. We place special emphasis on providing research and field experiences that will enrich students' education and career development.

### *FIELD STUDY (PSYC 2964 and PSYC 4964)*

Undergraduate Field Study provides the opportunity for hands-on experience with psychology. Students electing this course may work with psychologists in applied settings, or they may assist a faculty member or graduate student with his or her research. It is for variable credit on a pass/fail basis and counts in the 10% of total hours taken at Virginia Tech that can be taken pass/fail. **YOU MUST BE REGISTERED FOR FIELD STUDY HOURS BEFORE COMPLETING THE WORK.** If doing Field Study work during the summer, you'll have to pay tuition and fees as for any other course if you sign up for Field Study hours. In most cases, it's more important to have the experience on your resume than to have the hours on your transcript.

Undergraduate Field Study is a work experience approved by the Psychology Department to augment traditional classroom activities. It can provide the basis for students to later conduct their own research under the guidance of a faculty member. Prior to being registering for PSYC 2964 (sophomores) or PSYC 4964 (juniors and seniors), the student should enlist a field supervisor (if working in a community setting) who will oversee and direct the work, and a faculty supervisor who will evaluate the work at the end of the term and assign a grade. If working on a faculty member's research team, the field study supervisor and faculty supervisor will be the same person.

Registration for this course may only occur through the faculty supervisor who will complete a FORCE-ADD form that you must submit to the Undergraduate Advising Office (109 Williams). It is a good idea for the student and the supervisor(s) to put into writing their understanding of the individual responsibilities and obligations of student and supervisor.

### ***INDEPENDENT STUDY (PSYC 2974 and PSYC 4974)***

Independent Study allows in-depth reading and discussion of a topic in a course being taken or of a topic not covered in regular courses offered by the Psychology Department. PSYC 2974 (sophomores) or PSYC 4974 (juniors and seniors) usually require tutorial sessions with a faculty supervisor and written work. *To elect this option, the student must be at least a sophomore and have a QCA of 2.50 or above.* It is for variable credit and may be taken pass/fail or for a grade.

Prior to registering for Independent Study, the student should define a topic of interest and enlist a faculty supervisor. Together they should complete a request form that is available in the Undergraduate Advising Office (109 Williams). The request form should specify the question of interest, a preliminary reading list, the manner of evaluation, and the schedule of tutorial meetings with the faculty supervisor. To be approved, the request form should make it clear that the project has originated with the student; also, the project must begin and end during the sixteen-week term. The request form requires signatures from the professor supervising the Independent Study, the student's advisor, and Dr. Stephens, the Chair of the Department of Psychology. **This form should be submitted to the Dean's office in 100 College of Science Administration Building approximately two weeks before the end of the preceding semester or, at the latest, during the first week of classes during the semester of the Independent Study.**

### ***UNDERGRADUATE RESEARCH (PSYC 2994 and PSYC 4994)***

Undergraduate Research includes independent research projects in psychology proposed and conducted by a student under the supervision of a faculty member. They usually involve empirical work that is presented in a written report. In addition, many undergraduates present their research at regional and national meetings. *To elect this option, the student must be at least a sophomore and have a QCA of 2.50 or above.* It is for variable credit and may be taken pass/fail or for a grade. Prior to registering for Undergraduate Research, the student should propose an area of interest and

obtain a faculty supervisor. Together they should complete a request form that is available in the Undergraduate Advising Office (109 Williams). The request form requires signatures from the professor supervising the Independent Study, the student's advisor, and Dr. Stephens, the Chair of the Department of Psychology.

The request form should specify the question of interest, a preliminary reading list, the manner of evaluation, and schedule of tutorial meetings with the faculty supervisor. To be approved, the request form should make it clear that the project has originated with the student; also, the project must begin and end during the sixteen-week term. **This form should be submitted to the Dean's office in 100 Science Administration Building approximately two weeks before the end of the preceding semester, or at latest, during the first week of classes during the semester of the research.**

*Only 8 hours of Independent Study and Undergraduate Research combined will count toward the 120 hours needed for graduation. More may be taken, but only the first 8 hours will count toward graduation.*

### **SENIOR SEMINARS (PSYC 4354 [Summer] & 4364 [academic year])**

Senior Seminars are writing-intensive and also allow in-depth discussion of a selected topic in seminar format. Different topics are offered each semester, and class enrollment is limited. Senior Seminars are only open to seniors (and 2<sup>nd</sup>-semester juniors on a space-available basis), and you will get a memo before course request about getting into one for the following semester. **THEY CANNOT BE REQUESTED ON COURSE REQUEST.** Topics have included Leadership in Organizations, Introduction to Clinical Psychology, Pediatric Psychology, Transpersonal Psychology, Developmental Psychobiology, Clinical Neuropsychology, Psychology of Evil, Critical Perceptions of Psychology, and Psychology of Substance Use. **This class is one of the three required 4000-level courses.** Writing Intensive courses are designed to pay special attention to the particular approaches to written as well as verbal communication that are used regularly in the disciplines, professions, and businesses which students are preparing to enter.

Really good advice.

A former student says. . ."Success"

### Goal Setting

This step takes a good bit of introspection. The student must be absolutely certain that the academic path they plan to undertake is that of their own making and not of outside sources. If the desire is there and is genuine, then the foundations have been laid for success. The next step is to define (on paper) long-term goals, perhaps grades achieved over a semester or longer. To accompany those long-term goals, short-term objectives (again on paper, get used to recording everything) on a weekly and daily basis are critical. At the end of the day, you should ask yourself what you've accomplished. Make sure the answer is a positive one.

### Success Gravitates Toward Success

The people you associate yourself with are a reflection of you. Additionally, these people act as a strong influence on you; therefore, make certain your peers have ambitious goals that coincide with yours. Furthermore, it is most advantageous to establish a rapport with a faculty member who can be a source of guidance, especially during difficult periods.

### Turn Failures into Victories

A poor performance on a test should be used to improve rather than hinder performance on following tests. Understand why you did not do as well as you wanted to and change it. Preparation is the key to tackling any difficult exam; if you find it isn't working in a particular circumstance, then modify it with the consultation of the professor or teaching assistant.

These are general guidelines that have served me well over the last few years. I do not believe in getting too detailed in methodology because that is best suited for the individual to construct based on preferences. Getting bogged down by absolute imitation should be avoided.



## ***UNDERGRADUATE HONORS PROGRAM IN PSYCHOLOGY***

For students who wish to pursue a more challenging undergraduate education, the University Honors Program provides the following opportunities: priority registration, special Honors colloquia and Honors sections of core classes; the development of an amplified curriculum; credit for undergraduate research; access to and assistance in application to major national scholarship programs for advanced undergraduate and graduate education; small group interaction with faculty; and other academic benefits.

Freshmen are accepted into the Honors Program out of high school if they have at least 1200 SATs (with no less than 550 on the verbal and math sections), have a 3.7 QCA (sophomores 3.6), and are in the top 10% of their graduating classes. Highly motivated students who do not meet one of these requirements may apply to the program. Continued participation requires a 3.4 overall QCA. Students may join the Program upon achieving a 3.5.

The Honors Program in Psychology offers several participation options. An Advanced Diploma in Health Studies requires 15 hours of pre-med or pre-dent courses as part of the student's curriculum. Commonwealth Scholar designation requires 12 hours of Honors courses. Honors Scholar designation requires 18 hours of Honors courses. To graduate In Honors requires the student to take 12 hours of Honors courses, complete 6 hours of Undergraduate Research, and the successful completion and oral defense of an Honors thesis. An Honors Baccalaureate is received upon completion of 2 majors, 12 hours of Honors courses, 12 hours of Undergraduate Research, and the successful completion and oral defense of an Honors Thesis.

Further information can be obtained from the Psychology Department's Honors Director, Dr. Danny Axsom (313 Williams; 231-6495), or from the University Honors Program Director, Dr. Terry Papillon (first floor Hillcrest; 231-4591).

## *COOPERATIVE EDUCATION*

Cooperative Education formally integrates academic study with related work experience in a five-year program. For students involved in Cooperative Education, academic study is integrated with related work experience over a five-year period. This program involves alternating periods of study and work during the sophomore and junior years; the freshman and senior years are spent on campus. The academic semesters and work periods are structured so that students are able to complete all scheduled work assignments as well as all graduation requirements.

Students are selected for employment in appropriate fields, depending on their academic majors and career goals. It should be mentioned that the placement process is competitive and entrance into the Co-Op program is not guaranteed. Interested students should contact Debbie Wilson in Career Services, 231-8131.

## *YOUR RESUME*

At any given time, an opportunity may present itself and you will be asked to supply information about yourself. This is the importance of the resume. As a freshman, you may think that developing a resume this soon is very silly and useless, but don't forget you should be thinking about summer internships, co-op opportunities, or undergraduate research opportunities. A resume is the professional way to leave something about you in the hands of a potential employer. Keep a list of anything you've done that would help a potential employer learn about your capabilities and skills. Begin building your resume now! Career Services can be a wonderful resource for this. Check out their web page.

## PSYCHOLOGY DEPARTMENT ACTIVITIES

In addition to the undergraduate program, the department offers graduate programs leading to M.S. and Ph.D. degrees in clinical psychology, industrial/organizational psychology, and psychological sciences (with concentrations in developmental psychology and cognitive neuroscience). Approximately 80 graduate students are enrolled in these programs.

The Psychology Department sponsors a regular colloquium series that brings distinguished psychologists to Virginia Tech to speak to the University Community. **Undergraduate students are welcomed and encouraged to attend these activities.** Look for information posted around Williams Hall for announcements of times, places, and specific topics.

## *UNDERGRADUATE ORGANIZATIONS*

### Psychology Club

The Psychology Department sponsors the undergraduate Psychology Club. Membership is open to all that are interested. The Psychology Club meets once a month and sponsors various activities related to psychology: lectures, discussions, and field trips. Watch the bulletin boards in Williams Hall for posted announcements of the times, places, and topics of these meetings. The Psychology Club has a mailbox in 102 Williams, and you are invited to contribute suggestions for the club's success.

### Psi Chi

Psi Chi is the National Honorary in Psychology. Sophomore, junior, and senior psychology majors and minors are eligible for membership if they have successfully completed at least twelve quarter hours or nine semester hours in psychology, have a QCA that places them among the top 30% of the majors in their class (the approximate cut-off is above 3.2) and have outstanding grades in their psychology courses (3.4 or better). Psi Chi provides members the opportunity to attend regional and national meetings and encourages members to present their own research at these meetings. It is appropriate that Psi Chi members be active participants in the Psychology Club.

During the Spring Semester, eligible students are invited to join Psi Chi. It is not always possible to identify every student who is eligible, so please do not wait for an invitation if you believe that you qualify. Please contact Dr. Friedman, the Psi Chi advisor for application information (231-9611; bhfriedm@vt.edu)

### Phi Beta Kappa

In order to be considered for Phi Beta Kappa as a junior a student must have completed at least 73 semester hours overall with at least 70 hours in liberal arts and must have a QCA of at least 3.80. For consideration for Phi Beta Kappa as a senior, a student must have completed at least 99 semester hours with at least 90 semester hours in liberal arts and must have a QCA of at least 3.60. In either case a student must have completed at least 45 semester hours at Virginia Tech and be registered for at least 15 more in order to be considered for Phi Beta Kappa. Because no more than 10 percent of the graduating class in the College of Science can be elected in any year, meeting the minimum qualifications does not guarantee membership in Phi Beta Kappa. Also, a student may be rejected if his or her moral character falls short of the members' expectations (i.e., an honor code violation).

## Another Former VT Student Says. . . "Fraternity"

I came from high school with a 3.7 GPA, didn't have to work a second to even get it. I arrived at college and have that attitude still a little. I got wrapped up with pledging a fraternity, and thought that I could pull myself up again after slipping far below my usual standards. Little did I know it was too late. Now I am paying the price this summer. Being on academic probation, having to work double the amount I would have had to if I even put a little effort forth last semester, and having no room for screw-ups. I cannot overemphasize the importance of not getting behind. Don't find out the hard way like I did.

(speaking of a freshman seminar he took) On a side note, I did find the class very helpful. I just wish I would have had the common sense at the time to use some of the help and resources that were spoken about during the class.



## **UNDERGRADUATE COMMENCEMENT**

### Applying for Your Degree

Upon completion of 60 hours (attaining Junior standing), students should go to the Registrar's home page and apply for their degree. This tells the Registrar's office your major and when you anticipate graduating. Any of the information can be updated or changed but should be initially entered at this time. With that information in the system, a Degree Audit Report can be generated which will tell you what requirements you've met, which you still need to meet, and what classes you've taken are being counted toward which requirement. The report's accuracy depends on how quickly changes are encoded by the Registrar's Office and can be confusing to interpret, but the UAO is always happy to assist with interpretation or with moving classes to different areas when applicable and desired.

### Degree Distinctions

A student who has completed at least 60 credit hours at Virginia Tech may be graduated with distinction under the following conditions: students with a cumulative QCA of 3.8 or greater are graduated *Summa Cum Laude*; students with a cumulative QCA of 3.6-3.7999 are graduated *Magna Cum Laude*; students with a cumulative QCA of 3.4-3.5999 are graduated *Cum Laude*.

### Recognition at Commencement

Many honors and distinctions are recognized at the spring commencement ceremony each May. Prior to commencement, students are responsible for filling out a form in the Undergraduate Advising Office regarding their membership in the different areas and organizations. Recognition of academic honors or distinction is made only for students who have completed all degree requirements; students who are walking in the ceremony and will complete their degree requirements during the immediate summer session cannot be included in these honors and distinctions but will have organizational memberships recognized.

## AFTER GRADUATION

### *Careers in Psychology*

Many students graduating with a Bachelor's degree in psychology use their academic experiences to obtain employment in other fields (e.g., managerial, social services, academics). The Undergraduate Advising Office (109 Williams) has books entitled "Career Paths in Psychology" and "Great Jobs for Psychology Majors" available for check-out and multiple copies of a booklet entitled "Career Opportunities for Psychology Majors: A Preparation Guide" to help with employment decisions. More resources are being obtained as they come to our attention. And an excellent website through Career Services is <http://www.career.vt.edu/gtm/> (the gtm is "Guide to Majors"). You'll find a lot of good information there.

### *Graduate Study in Psychology*

For those students who do wish to work in the field of psychology (e.g., researchers, professors, clinicians, and consultants) graduate work is required. As a resource for students considering applying to graduate school, a booklet entitled "Graduate Study in Psychology: A Guide to the Application Process" is available in the Undergraduate Advising Office (109 Williams). This booklet contains detailed instructions on the application process -- from requesting application materials all the way through accepting and declining offers. It includes information on taking the GRE exams, obtaining letters of recommendation and official transcripts, and constructing a statement of purpose. The booklet also provides estimated timetables of progress and estimated costs of applying, and lists several other references to assist in the application process.

Remember that your faculty advisor is also an excellent source of information on issues pertaining to graduate school. He or she can be very helpful to you in the decision-making process by providing realistic guidance in choosing the path best suited to your goals.

## FREQUENTLY ASKED QUESTIONS

### *Curriculum and Requirements*

Q: What are the **College of Science graduation requirements**?

A: See pages 13-16 in this Handbook.

Q: What does **DARS** stand for?

A: DARS stands for Degree Audit Reporting System and provides you and your advisor with an official analysis of course work, completed and in progress. It provides you with the ability to monitor your progress and plan your future course work. DARS has replaced graduation analysis, and either your advisor or the undergraduate advisor in 109 Williams can provide you with an unofficial copy of your DARS report.

Q: What is a **course sequence**?

A: Two courses in the same department with consecutive numbers (e.g., MATH 1015, MATH 1016).

Q: Can I **use courses to satisfy both** the College of Science core requirement and the Psychology major requirement?

A: Yes, but with some limitations. For example, if you choose the 6-hour Philosophy option to fulfill the Psychology requirement to enhance critical thinking, those courses must be **in addition to** any Philosophy courses used to satisfy the Humanities requirement for the College of Science. Cases where courses are not allowed to double-count are clearly noted in this Handbook.

Q: What are the **requirements for a major** in psychology?

A: See pages 17-18 of this Handbook.

Q: What is the **difference between a "double major" and the "dual-degrees"** plan?

A: Many students choose to have more than one major. This can be done as a double major to include a **FIRST** major, recognized on the student's diploma, and the **SECOND** major, listed only on the student's transcript. Some students choose to pursue two bachelor's degrees - "dual degrees." This is different from a double major in that it requires an additional 30 hours of coursework and a separate diploma is awarded for each degree. More information about both options can be found on page 24 of this Handbook.

Q: What are the **two critical requirements for graduation**?

A: You are required to have completed a minimum of 120 hours of course work and have an overall and in-major QCA of 2.00 or better.

Q: **How many 4000-level psychology classes with co-requisite laboratories** do I need to take?

A: Only one. Three 4000-level classes are required for graduation with a major in Psychology; only **one** of those courses must be taken with its co-requisite lab.

Q: Do the **lab courses in psychology have to be taken in conjunction with the lecture**?

A: Yes. The appropriate lab must be taken at the same time you take the lecture. If your lab and lecture courses don't match up, you have not met the graduation requirement.

- Q: How do I find **out if a course I took at another institution will transfer** to Virginia Tech?
- A: Check the Transfer Equivalency Guide on the Registrar's web page ([https://banweb.banner.vt.edu/ssb/prod/hzsctgid.P\\_DisTranGuide](https://banweb.banner.vt.edu/ssb/prod/hzsctgid.P_DisTranGuide)). If the course you took is not listed, contact the Associate Dean of Science (**231-5144**) or the Undergraduate Advising Office (231-5388) for steps that can be taken to have the course considered for transfer credit.
- Q: I **just transferred to psychology** from another major. I took some **courses that are similar** to the ones required by psychology, but they're not identical. What do I do?
- A: If the courses in question are psychology requirements, contact the Undergraduate Advising Office (109 Williams) to have the course judged for equivalence. If the courses are judged to be equivalent, a course substitution will be processed.
- Q: I **just transferred to the College of Science** from another college on campus. I **took some courses that are similar** to the ones required by the College of Science, but they're not identical. What do I do?
- A: If the courses in question are College of Science requirements, you should Dr. Hoffman or the OUA. . If the courses are judged to be equivalent, a course substitution request will be completed and forwarded to the College of Science for final approval or disapproval. If approved, the substitution will be made on your degree audit report.
- Q: How do I **deal with the Foreign Language Requirement** of the College of Science that is listed on page 19 of this Handbook?
- A: If you have had three years of a specific foreign language in high school, you will need to take the second semester of a language at Virginia Tech to complete your foreign language requirement. If you had two or less years of a foreign language in high school, you will need to take both 1105 and 1106 of a language at Virginia Tech to complete the requirement.
- Q: I have heard that some departments offer two or three courses that are equivalent and therefore if I **take one course, I will not get credit if I take the others**. How do I find out about these courses?
- A: Departments such as statistics, mathematics, computer science, Bio, and Chem have courses that are judged to be equivalent to each other. You can find this information in the *University Undergraduate Catalog* under the course description sections for each department. Please read the *University Catalog*. **YOU ARE RESPONSIBLE FOR BEING CERTAIN THAT COURSES YOU TAKE ARE NOT DUPLICATES.**
- Q: I think I may have a **learning disability**. What can I do?
- A: Virginia Tech implements special services for students with learning disabilities. Please contact the Office of Services for Students with Disabilities on S. Main, at 231-3787, for more information.
- Q: I am approaching my senior year and am **worried that I left out a course that is required** for graduation. What should I do?
- A: Go on Hokie Spa and Apply for Degree if you have not already done that. An official DARS report will then be available to you and also to your advisor on Hokie Spa. It will list what courses need to be taken. Whether you are worried or not, you should register for your degree and request a copy of your DARS report during your junior year. It is the only official means of assessing what you will need to graduate, as well as the official application for your B.S. in Psychology.

Q: How do I **get into a class that is filled?**

A: For courses outside Psychology, you must obtain the signed permission of the instructor of the course on a FORCE-ADD form (available in the **Undergraduate Advising Office, 109 Williams**). Only the instructor may sign this form for you, and in most cases FORCE-ADDING is not possible since classes fill when the number of students equals the number of seats in the room (and the number of textbooks ordered by the University Bookstore). FORCE-ADD forms must be processed in the Academic Department offering the course. For Psychology courses, FORCE-ADD forms are not necessary; courses will be added on a space-available basis in 109 Williams.

Q: How do I **change my major?**

A: **If you are changing into Psychology**, go to the Undergraduate Advising Office in 109 Williams to begin the necessary paper work. You will be assigned a faculty advisor at that time and sent to the Dean's Office in 100 Science Administration Building for a signed approval into the College of Science. You will next be sent to your previous advisor in your old Major to have her/him sign you out. The Dean of your previous major must sign the form, and it finally must be returned to the Dean of Science for final processing.

**If you are changing your major out of Psychology**, first go to the department you wish to change into. They will give you the appropriate forms and will assign you an advisor. You will need to have this form signed by the OUA office for your advisor in Psychology to be signed out of this major, and by the Dean of Science's office.

**Majors cannot be changed after 90 hours have been completed.**

Q: How do I **find out about a minor** in a specific department?

A: Requirements for a minor are described in the University Catalog (see the section for the specific department). And can be found on the web page for the department of interest. Information on a psychology minor may be found on page 25 of this Handbook. Please remember to complete a major/minor change form in the department of the minor you're adding.

**Minors cannot be added after 90 hours have been completed.**

Q: **Where are my records and papers** kept at Virginia Tech?

A: The records and papers that count are the ones kept by the Registrar. The Registrar calculates your official GPA, certifies that you have completed requirements for graduation, sends out your transcript, and so on. The College of Science has a copy of your records, as does the Psychology department, but the ones that count are the ones kept by the Registrar. So, if you want to check on your status at the University, please check with the Registrar. Also, it is to your benefit to keep your receipts when you add/drop or force-add classes just in case you need proof of a transaction.

### *Advising and Special Courses*

Q: **Who is my advisor?**

A: Your advisor is listed on Hokie Spa and on the front cover of your Majors Handbook, or you can call the Undergraduate Advising Office (109 Williams) at 231-5388.

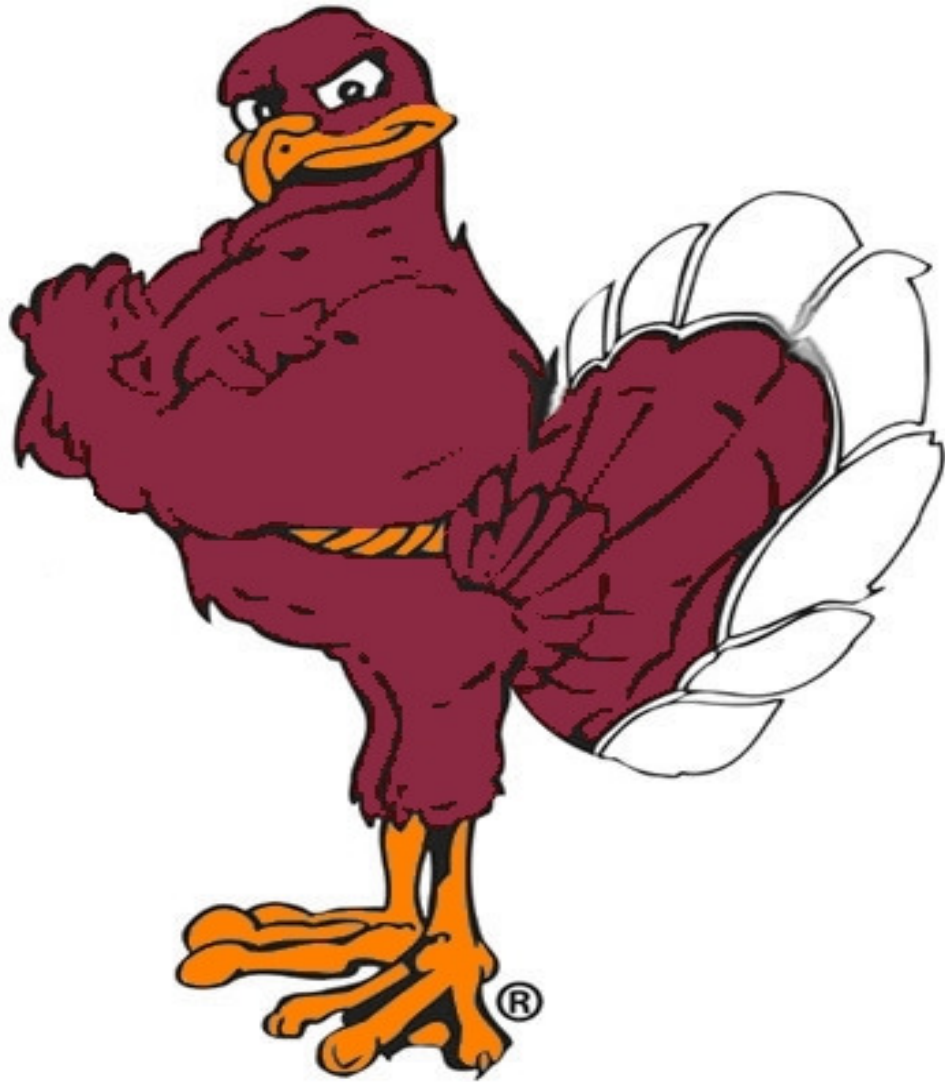
Q: What is the **best way to contact my advisor?**

A: Each advisor should have office hours posted. If you cannot visit or call during these hours, you should e-mail your advisor, leave a phone message, or leave a note in their mailbox (102 Williams) asking that he/she get in touch with you to schedule an appointment. (Please don't forget to tell your advisor how to get in touch with you!)

- Q: **My advisor seems too busy to talk to me** for more than a minute at a time. What do I do?  
A: First, explain to your advisor exactly what it is that you need. Is it a recommendation regarding course selection, advice about graduate school, clarification of university requirements? Second, ask when a good time to discuss the specific matter might be, and make an appointment! The Undergraduate Advising Office in 109 Williams is also a good place to meet with an advisor to discuss this information.
- Q: **How can I get involved in research?**  
A: Talk to faculty members or graduate students in whose work you may be interested. In most cases, researchers will be pleased to speak to you about their research, and they may be able to suggest how you might get some hands-on experience with it. A suggestion: ask a faculty member when a good time to talk might be. A second suggestion: try to find out something about their research before you meet with them. Ask them for copies of some of their articles to read before your meeting.
- Q: **How can I get involved in volunteer work?**  
A: Many service groups and agencies (e.g., hospitals, correctional units) have a coordinator of volunteers. Speak with this person. The Office of Undergraduate Advising can also give you some leads in this area.
- Q: **What is involved in Field Study, Independent Study, and Undergraduate Research?**  
A: See pages 30-31 of this Handbook.
- Q: **Can I get Field Study credit for some volunteer work** I did last summer?  
A: Not after the fact. In some cases, volunteer work may qualify as the field setting for PSYC 2964 or 4964. However, arrangements must be made with a faculty supervisor prior to the volunteer work in order to sign up for Field Study through the Psychology Department. Also, volunteer work per se does not automatically qualify as Field Study; it must be done in such a way that it augments your studies. Speak to your advisor about volunteer experience which might further your education in psychology.
- Q: I think I'm eligible for **Psi Chi**. What should I do?  
A: See page 36 of this Handbook.
- Q: How do I find out about the **Psychology Club**?  
A: See page 36 of this Handbook.

### *After Graduation*

- Q: What are the steps to take to **get into graduate school**?  
A: See page 40 of this Handbook.
- Q: **What can I do with a degree in psychology?**  
A: See page 40 of this Handbook.
- Q: **What do I do if I don't know what to do about a problem?**  
A: Go by or call the Undergraduate Advising Office (109 Williams, 231-5388). They will find the answer or send you to the place where you can get an answer.



It's all up to you!!