HANDBOOK FOR
PSYCHOLOGY MAJORS
Ψ Ψ Ψ Ψ Ψ Ψ
VIRGINIA POLYTECHNIC INSTITUTE AND
STATE UNIVERSITY
2010-2011

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Updated June, 2010
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.
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 you can get your specific question answered. If the office is closed, you may also go to 123 Williams and talk to Dr. Hoffman if he is available.

The College of Science and the 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!

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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.
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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 student with psychology as their first 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.

The website for general advising questions university-wide, which has a lot of excellent information, is www.advising.vt.edu. Refer to it frequently!
How You and Your Advisor Can Work Together
(source: University of Houston College of Business Administration; modified for VT)

You Should See Your Advisor:
- To discuss any problems that affect academic performance
- To seek advise regarding 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 studying abroad, taking courses elsewhere, 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, degree audits or transcripts)
  - Your advisor should – have additional resource material on hand (catalogs, 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.
2010-2011 Academic Year Calendar

**Fall 2010**

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<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday</td>
<td>Aug 23</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>Friday</td>
<td>Aug 27</td>
<td>Last Day to Add Classes, Field Study hours, UR or IS hours</td>
</tr>
<tr>
<td>Monday</td>
<td>Sep 6</td>
<td>Labor Day, Classes DO Meet</td>
</tr>
<tr>
<td>Friday</td>
<td>Oct 1</td>
<td>Last Day to Drop Classes w/o grade penalty or Change Course to P/F</td>
</tr>
<tr>
<td>Friday</td>
<td>Oct 8</td>
<td>Fall Break Begins (No Classes; university offices open)</td>
</tr>
<tr>
<td>Sunday</td>
<td>Oct 10</td>
<td>Fall Break Ends</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Oct 19</td>
<td>Web Course Request opens for spring semester</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Oct 26</td>
<td>Web Course Request closes for spring semester</td>
</tr>
<tr>
<td>Friday</td>
<td>Nov 19</td>
<td>Last Day to Change Final Exam Time if 3 or 4 scheduled in 24-hour period</td>
</tr>
<tr>
<td>Saturday</td>
<td>Nov 20</td>
<td>Thanksgiving Holiday Begins</td>
</tr>
<tr>
<td>Sunday</td>
<td>Nov 28</td>
<td>Thanksgiving Holiday Ends</td>
</tr>
<tr>
<td>Monday</td>
<td>Nov 29</td>
<td>Web Drop/Add opens for spring semester</td>
</tr>
<tr>
<td>Friday</td>
<td>Dec 3</td>
<td>Last Day to Apply for Course Withdraw</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Dec 8</td>
<td>Classes End</td>
</tr>
<tr>
<td>Thursday</td>
<td>Dec 9</td>
<td>Reading Day</td>
</tr>
<tr>
<td>Friday</td>
<td>Dec 10</td>
<td>Exams Begin</td>
</tr>
<tr>
<td>Thursday</td>
<td>Dec 16</td>
<td>Exams End</td>
</tr>
<tr>
<td>Friday</td>
<td>Dec 17</td>
<td>Fall Commencement Ceremonies (University and Graduate)</td>
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**Spring 2011**

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<tr>
<td>Monday</td>
<td>Jan 17</td>
<td>Martin Luther King Holiday (No Classes; university offices closed)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Jan 18</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>Monday</td>
<td>Jan 24</td>
<td>Last Day to Add Classes, Field Study hours, UR or IS hours</td>
</tr>
<tr>
<td>Friday</td>
<td>Febr 5</td>
<td>Web Course Request opens for summer sessions</td>
</tr>
<tr>
<td>Friday</td>
<td>Febr 12</td>
<td>Web Course Request closes for summer sessions</td>
</tr>
<tr>
<td>Monday</td>
<td>Febr 28</td>
<td>Last Day to Drop Classes w/o grade penalty or Change Course to P/F</td>
</tr>
<tr>
<td>Saturday</td>
<td>Mar 5</td>
<td>Spring Break Begins</td>
</tr>
<tr>
<td>Day</td>
<td>Date</td>
<td>Event</td>
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</tr>
<tr>
<td>Sunday</td>
<td>Mar 13</td>
<td>Spring Break Ends</td>
</tr>
<tr>
<td>Monday</td>
<td>Mar 14</td>
<td>Web Drop/Add opens for summer sessions</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Mar 22</td>
<td>Web Course Request opens for fall semester</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Mar 29</td>
<td>Web Course Request closes for fall semester</td>
</tr>
<tr>
<td>Monday</td>
<td>April 18</td>
<td>Last Day to Change Final Exam Time if 3 or 4 scheduled in 24-hour period</td>
</tr>
<tr>
<td>Monday</td>
<td>April 25</td>
<td>Web Drop/Add opens for fall semester</td>
</tr>
<tr>
<td>Friday</td>
<td>Apr 29</td>
<td>Last Day to Apply for Course Withdrawal</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 4</td>
<td>Classes End</td>
</tr>
<tr>
<td>Thursday</td>
<td>May 5</td>
<td>Reading Day</td>
</tr>
<tr>
<td>Friday</td>
<td>May 6</td>
<td>Exams Begin</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 11</td>
<td>Exams End</td>
</tr>
<tr>
<td>Thursday</td>
<td>May 12</td>
<td>Senior Day</td>
</tr>
<tr>
<td>Friday</td>
<td>May 13</td>
<td>University and Graduate Commencement Ceremonies</td>
</tr>
<tr>
<td>Saturday</td>
<td>May 14</td>
<td>Spring Commencement (College Ceremonies)</td>
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**Summer I 2011**

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<td>May 23</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 25</td>
<td>Last Day to Add Classes for Summer I</td>
</tr>
<tr>
<td>Monday</td>
<td>May 30</td>
<td>Memorial Day Holiday, No Classes</td>
</tr>
<tr>
<td>Monday</td>
<td>June 6</td>
<td>Last Day to Drop Classes w/o grade penalty or Change Course to P/F</td>
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<tr>
<td>Friday</td>
<td>Jun 24</td>
<td>Last Day to Apply for Course Withdrawal</td>
</tr>
<tr>
<td>Thursday</td>
<td>Jun 30</td>
<td>Classes End</td>
</tr>
<tr>
<td>Friday</td>
<td>Jul 1</td>
<td>Exams Begin</td>
</tr>
<tr>
<td>Saturday</td>
<td>Jul 2</td>
<td>Exams End</td>
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**Summer II 2011**

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<td>Jul 5</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>Thursday</td>
<td>Jul 7</td>
<td>Last Day to Add Classes for Summer II</td>
</tr>
<tr>
<td>Monday</td>
<td>Jul 18</td>
<td>Last Day to Drop Classes w/o grade penalty or Change Course to P/F</td>
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<td>Friday</td>
<td>Aug 5</td>
<td>Last Day to Apply for Course Withdrawal</td>
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<tr>
<td>Thursday</td>
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<td>Classes End</td>
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<tr>
<td>Friday</td>
<td>Aug 12</td>
<td>Exams Begin</td>
</tr>
<tr>
<td>Saturday</td>
<td>Aug 13</td>
<td>Exams End</td>
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# DEPARTMENT OF PSYCHOLOGY FACULTY

Links to their research interests can be found at [http://www.psyc.vt.edu/people/](http://www.psyc.vt.edu/people/).

<table>
<thead>
<tr>
<th>Name</th>
<th>Office</th>
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<tbody>
<tr>
<td>AXSOM, Danny K.</td>
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<td>231-6495</td>
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<td>BELL, Martha Ann</td>
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<td>BRAY, Bethany</td>
<td>119</td>
<td>231-4287</td>
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<td>CLUM, George A.</td>
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<td>231-5701</td>
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<td>DEATER-DECKARD, Kirby</td>
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<td>DUNSMORE, Julie</td>
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<td>FINNEY, Jack W.</td>
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<td>FOTI, Roseanne J.</td>
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<td>231-5814</td>
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<td>FRIEDMAN, Bruce</td>
<td>221</td>
<td>231-9611</td>
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<tr>
<td>FRITZ, Matthew</td>
<td>215</td>
<td>231-6342</td>
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<td>GELLER, E. Scott</td>
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<td>231-6223</td>
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</tr>
<tr>
<td>GERMANA, Joseph</td>
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<td>231-8146</td>
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<tr>
<td>HARRISON, David W.</td>
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<td>231-7030</td>
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<td>HAUENSTEIN, Neil M. A.</td>
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<td>PANNETON, Robin P.</td>
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<tr>
<td>SCARPA, Angela</td>
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<td>231-2615</td>
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<tr>
<td>STEPHENS, Robert S.</td>
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</tr>
<tr>
<td>WHITE, Bradley A.</td>
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</tr>
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<td>WHITE, Susan W.</td>
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<td>231-6174</td>
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</tr>
</tbody>
</table>

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Psi Chi Advisor.....Dr. Bruce H. Friedman..............................231-9611
Psychology Department Main Office, 109 Williams
   Dr. Robert Stephens, Chair .................................................................231-6581
   Susan Anderson, Executive Secretary...........................................231-9627
CONTACT INFORMATION FOR CAMPUS OFFICES YOU MAY NEED

University Registrar …..250 Student Services Bldg…www.registrar.vt.edu……231-6252
University Bursar………150 Student Services Bldg… www.bursar.vt.edu……231-6277
Associate Dean of Science….100 Science Admin Bldg…www.cos.vt.edu…………231-5144
Student Life Office (Dean of Students)…201 W. Roanoke St..www.dos.vt.edu….231-3787
Schiffert Health Center Medical Clinic….McComas Hall…..www.healthcenter.vt.edu…
………………231-7642 or 5996
Thomas E. Cook Counseling Center…240 McComas Hall…www.ucc.vt.edu……231-6557
Career Services…..Career Services Building……www.career.vt.edu……………231-6241
Center for Academic Enrichment and Excellence…..110 Femoyer Hall…………….
……………….www.caee.vt.edu…. …231-5499
Hokie Passport ID Office…..100 Student Services Bldg…hokiepassport.vt.edu .231-5121
Honors Program/Pre-Med, Dent, Vet Advising….1st Floor Hillcrest Hall…….
………………www.univhonors.vt.edu………….231-4591
Judicial Affairs……108 Dietrick Hall…..www.judicial.vt.edu……………………..231-3790
Parking Services…..455 Tech Center Drive……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..
………………231-5179
Services for Students with Disabilities…..250 S. Main, Suite 300………………….
……………….www.ssd.vt.edu………….231-3788
Student Legal Services…..143 Squires…..www.legal.sga.vt.edu…………………….231-4720
Education Abroad Office…..526 Prices Fork Road…..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………………….231-5991
Undergrad Honor System…..333 Squires…..www.honorsystem.vt.edu………….231-9876
University Libraries Information…….www.lib.vt.edu……………………………231-6170
Volume II Bookstore… University Mall…..www.bookstore.vt.edu………………..231-9674
Writing Center…..340 Shanks Hall………………………………………………….231-8469
The following offers a “quiz” to give yourself if you’re not sure what direction you might want your education to take. 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. If you have a second major in another College, you need to complete requirements for both or seek possible course substitutions. Do NOT assume meeting requirements for one will satisfy both.

The University Curriculum for Liberal Education approved courses are listed on the Timetable under “Curriculum for Liberal Education” where you can find courses for each of the 7 areas listed below. The core course lists are also included in the University Core Guide on the Virginia Tech web page (http://www.cle.prov.vt.edu/guides/).

- **AREA 1** - Writing and Discourse - successfully complete 6 credit hours of freshmen writing courses (English 1105 and 1106) (Comm 1015-1016 satisfies this area for students transferring into Psyc from majors requiring this sequence).

- **AREA 2** - Ideas, Cultural Traditions and Values (Humanities) - successfully complete 6 credit hours of humanities from the University approved core list (see CLE Guide). 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 CLE Guide). 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
1105-1115 AND 1106-1116 (Principles)
*1005-1015 and 1006-1016 (General)
*ONLY if taken here before adding

Geological Science
1004-1104 AND EITHER
1014 [4 hrs] OR 1024-1124

NOTE: 1024 also covers Area 7

Psyc, or hours are transferring in

Chemistry
1015-1025 and 1016-1026 OR
1035-1045 and 1036-1046

Physics
2205-2215 and 2206-2216 OR
2305-2306 (labs included)

AREA 5 - Quantitative and Symbolic Reasoning (Mathematical Sciences) - successfully complete 6 credit hours of mathematical sciences from a sequence or cluster listed below: ONE MATH AND ONE STAT WILL NOT FULFILL THIS AREA FOR PSYC MAJORS.

MATH 1015-1016 or 2015-2016 (choose 2 consecutive; the great majority of students take 1015-1016)
Acceptable substitution: 1205 for 1016

MATH 1205 + (1206 or 2524)

PHIL 1504 + 3505 or 3505 + 3506 (Taking these for this area will NOT also fulfill Area 2 or the Psych requirement 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 CLE Guide). Some other colleges accept a 1-hour course; COS requires a 3-hour course. Take a 3-hour course and you’ll be covered for any college.

AREA 7 - Critical Issues in a Global Context - successfully complete 3 credit hours from the University approved core list (see CLE Guide). Courses taken to satisfy this University Core requirement that are also listed as satisfying another area will fulfill both area requirements.
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 three years of a single **foreign language** in High School must complete 1106 of a foreign language (including any prerequisites) at the college level, and these credits do **not count** toward the 120 hours required to graduate. 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 (AP credits do NOT apply here), 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, the foreign language requirement, and Psychology major requirements (the exception being Psyc courses in Area 3 will satisfy that area and major requirements). A course used to fulfill Area 7 may also count as a requirement for Areas 1 through 6 OR for a Psych Major requirement if listed as fulfilling both areas.

THESE REQUIREMENTS ARE FOR STUDENTS ENTERING VIRGINIA TECH DURING THE 2010-2011 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 2 specific Psychology courses:**
  - PSYC 2004 (Introductory Psychology)
  - PSYC 2094 (Principles of Psychological Research)

- **4 Elective courses in Psychology** at the 2000 or 3000 level (more are encouraged; only 4 are required)

- **3 Psychology courses at the 4000-level (1 with its lab and 1 more of your choice based on prereqs met, and 1 Sr 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 ANY Stat course if taken after already completing a higher-level Stat course. Also, STAT 3104 will **not** satisfy the Stat requirement for Psyc majors.

- **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). They can be additional courses from the discipline used in Area 4 (except Geoscience) 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 2010-2011 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 Intro Psych plus 2034, 2044, 2054, 2064, 2084, or 3014 classes)
- **AREA 4**- Scientific Reasoning and Discovery requirement (8 Hours)
  _____ Course _____ Lab _____ Course _____ Lab
- **AREA 5**- Quantitative and Symbolic Reasoning requirement (6 hours)
  _____ _____
- **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 2094 (Principles of Psychological Research) _____
- Four Psychology Elective courses at the 2000/3000 levels
  _____  _____  _____  _____
- Three Psychology courses at the 4000-level (1 with a lab; 1 Senior Seminar; 1
  more) _____Seminar; _____ & _____ (course with lab); _____3rd 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 PHI
  COURSE THAT MIGHT BE TAKEN FOR AREA 2 OR 5  _____  _____

Advisors are happy to help with specific course selections; however, using these checklists, the Plan of Study on page 22, and your Planners 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 met by Psych courses)
- Area 1 - Freshman English 1105 and 1106
- Area 2 – two 3-hour courses of their choice
- Area 3 – two courses (met by 2 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) and 2094 (Psych Research)
- 4 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 additional 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 2nd 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 1st semester of junior year to take one in the 2nd semester of junior year if you have 60 hours done at the end of your sophomore year).
### Year One

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro Psychology (major &amp; Area 3)</td>
<td>Psych 2094 (major &amp; Area 3)</td>
</tr>
<tr>
<td>Bio, Chem, Geos, Phys (with lab) (Area 4)</td>
<td>Bio, Chem, Geos, Phys (with lab) (Area 4)</td>
</tr>
<tr>
<td>Freshman English I (Area 1)</td>
<td>Freshman English II (Area 1)</td>
</tr>
<tr>
<td>Math (usually 1015 or 1205) (Area 5)</td>
<td>Math (usually 1016 or 1206) (Area 5)</td>
</tr>
<tr>
<td>Area 2, 6, or 7 course of your choice</td>
<td>Area 2, 6, or 7 course of your choice</td>
</tr>
</tbody>
</table>

### Year Two

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area 2, 6, or 7 course of your choice</td>
<td>Area 2, 6, or 7 course of your choice</td>
</tr>
<tr>
<td>Psych elective of your choice</td>
<td>Psych elective of your choice</td>
</tr>
<tr>
<td>Psych elective of your choice</td>
<td>Bio, Chem, Phys (Major requirement)</td>
</tr>
<tr>
<td>Bio, Chem, Phys (Major requirement)</td>
<td>Stats course for Major requirement</td>
</tr>
<tr>
<td>Free elective for graduation hours</td>
<td>Free elective for graduation hours</td>
</tr>
</tbody>
</table>

### Year Three

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psych elective of your choice</td>
<td>4000-level Psych course(^1)</td>
</tr>
<tr>
<td>Comp Sci/Stat/Philosophy choice</td>
<td>Comp Sci/Stat/Philosophy choice</td>
</tr>
<tr>
<td>Free elective</td>
<td>Free elective</td>
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<tr>
<td>Free elective</td>
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<td>Free elective</td>
<td>Free elective</td>
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</tbody>
</table>

### Year Four

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>4000-level Psych course(^1)</td>
<td>4000-level Psych course(^1)</td>
</tr>
<tr>
<td>Free elective</td>
<td>Free elective</td>
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<td>Free elective</td>
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</tbody>
</table>

\(^1\)4000-level Psych courses can only be registered for and taken after completion of 60 hours. Due to high demand for these 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.
COURSE REQUEST

Each semester you will be required to do Course Request for the following semester. This is course REQUEST, NOT course demand, or course registration! You should have a good idea of what you want to request well before the system opens. This is an extremely busy time for advisors; do not wait until the last minute to ask questions.

Good Question: “This is my plan for next semester. What do you think?”
Bad Question: “What should I take next semester?”

A few weeks after you’ve completed Course Request, you’ll be able to see your Class Ticket and find out what classes you received or did not get into, along with all the information about them. If you got the classes you requested, REGARDLESS of the time or professor you requested, and are not able to change them yourself during the drop-add periods, do NOT request a force-add into a full section because it will be more convenient for you or you like a different professor or your friend is in a different section or you can’t get up that early or don’t want to stay on campus that late or don’t want that much time between classes. Those reasons will not fly!! There are FAR more requests for every seat in every section of every class than can possibly be accommodated. Be flexible – take the times you get for classes you wanted, and be willing to make other choices of electives rather than expecting to be put into your first choice of every class.

ONE MORE IMPORTANT POINT REGARDING COURSE REQUEST:
Do NOT request and hold onto more hours than you know you will take so you can go to all the classes and see what you’ll like best or will be the easiest. By the time you drop what you don’t want, it will be too late for someone who really needed the class to add it. The first time you can’t get into a class you want, realize there is probably someone in there doing this; don’t ever be that student doing that to other students!

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 you try and register for a course for which you have not met the prereqs, you will not be allowed to register for the course. Prereqs are there for a reason and must be taken BEFORE the course they are prereqs for. To try and do otherwise is to set yourself up for failure.

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 Psych courses as well!)

ONCE YOU HAVE YOUR CLASS SCHEDULE AND CLASSES START, GO TO CLASS ON THE FIRST DAY!! Many departments drop students who don’t attend their classes on the first day. You should assume all departments do this and attend all classes you’re registered for on the first day they meet!
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 of 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 AND A DAY PLANNER!!  The importance of planners cannot be stressed enough. Learn about the electronic Pathways Planner (link to the Excel file: http://www.uaac.vt.edu/planner/ExcelTemplate.xls) for planning your years here, and carry a day planner with you that is 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!

IF YOU MUST WORK WHILE TAKING CLASSES:
Do not accept a job and promise your employer certain hours! Be sure you can bring in your schedule each semester and set your hours around your classes – not the other way around. See note above about classes being over-requested and the impossibility of setting up a “convenient” schedule.
PSYCHOLOGY AS PART OF A DOUBLE MAJOR OR DUAL DEGREE

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 Psych 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, will receive a diploma in each major, and will graduate with two separate degrees, as opposed to a single degree and acknowledgement of completion of requirements for the second 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: Psych 2004: Introductory Psychology; and two other Psychology courses (preferably 2094: Research as one of those).

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 those listed in 1. above:
   * 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, and have taken 1 4000-level Psych course in addition to the above requirements.

PSYCHOLOGY MINOR REQUIREMENTS

If you switch majors but want to keep 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 complete three Psych electives of your choice; AND
   successfully complete 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, in Psychology or any other department on campus!! You cannot begin a new program that late in the game and expect to do well in it or graduate on time.

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) in the term in which the student is 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-PROFESSIONAL ADVISING

Advising for students with interests in pre-med, pre-dent, pre-vet, pre-physical therapy, other health-related fields, or pre-law is coordinated through the Pre-Professional Advising program in Career Services. A link to information about advisors in the various areas, finding programs, clubs on campus, etc.: http://www.career.vt.edu/GradProfessionalSchool/PreProfessionalSchoolAdvisors.html#med And an excellent web page specific to pre-med planning is: http://www.biol.vt.edu/undergraduate/premedplanning.html.

STUDY ABROAD OPPORTUNITIES

Students interested in studying abroad should go to the following website - 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 on Prices Fork Road; their contact information is listed on page 11.
UNIVERSITY FINAL EXAMS POLICY

If you have 3 final exams scheduled in a 24-hour period, one of the exams can be moved. If you have 4 exams in a 24-hour period, two can be moved. But the form to do this must be submitted to the Dean’s Office NO LATER THAN the Friday before Thanksgiving break for Fall Semester or April 18th for Spring Semester.

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!
<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Credit Hrs</th>
<th>Prereqs</th>
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<tr>
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*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.

Don’t let this ever be you here at VT!!
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. When you discover a faculty member or graduate student working in an area of your interest, contact that person and meet to discuss pursuing one of these options.

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 BEGINNING 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 research, 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, how the research will be conducted, and a schedule of 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 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 2nd-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.** These Senior Seminar 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 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 successfully complete and orally defend 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. 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.

**INTERNSHIPS**

Students can find summer or academic-year internship placements almost anywhere by working with the Internship Program in Career Services. Contact Carolyn Rader at 231-6241 for an appointment to find out everything they offer and what your options might be. You should also check their web page at [www.career.vt.edu/coop-intern](http://www.career.vt.edu/coop-intern).

**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.
UNDERGRADUATE ORGANIZATIONS

Psychology Club

The Psychology Department sponsors the undergraduate Psychology Club. Membership is open to all who are interested. The Psychology Club meets once a month and sponsors various activities related to psychology: lectures, discussions, field trips, and community service. 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 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 you qualify. Please contact Dr. Friedman, the Psi Chi advisor (231-9611; bhfriedm@vt.edu), or the Advising office in 109, for application information.
PROFESSIONAL ORGANIZATION

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).

SPECIAL UNIVERSITY PROJECT

VTEngage was set up after the April 2007 tragedy to help the Virginia Tech students, faculty, and staff give back to the community as so many of those we lost were doing. It’s an excellent way to live out the University motto, Ut Prosim, and all students are strongly encouraged to go to this link and participate. http://www.engage.vt.edu/
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.
Applying for Your Degree

Upon completion of 60 hours (attaining Junior standing), students should go onto Hokie Spa 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.
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 letter¹, 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.

¹Virginia Tech advocates that this begin during freshman year.
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 Career Services webpage has several excellent links to sites with helpful information. Talk to faculty who specialize in areas that match your interests. Go to as many Job/Internship/Career Fairs as you possibly can. Go to the Career Services main page, check out all their information, and register with Hokie4Hire.

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. The web link listed above is also excellent for this area as well.

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?

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: Only in a couple cases. Area 3 will be fulfilled with Psych classes that also count toward your major. Philosophy 2304 will fulfill Area 7 and half the Psychology requirement of two additional courses in CS or Stat or Philosophy. It is also listed as an Area 2 course but cannot fulfill Area 2 and the Psychology requirement.

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: For a double major, the FIRST major is recognized on the student’s diploma, and the student receives a Certificate of Completion for the SECOND major. The dual degree requires an additional 30 hours of coursework, and a second diploma is awarded. More information about both options can be found on page 25 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: Does the lab 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 (http://www.registrar.vt.edu/tranguide/). 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: Take the syllabus for the course you took to the Director of Undergraduate Studies in 123 Williams. If he determines the course could substitute for a psych requirement, 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: Take the syllabus for the course you took to the Director of Undergraduate Studies in 123 Williams. If he determines the course might substitute for a College requirement, a course substitution request will be completed and forwarded to the College of Science for final approval or disapproval. If approved, a course substitution will be processed.

Q: How do I deal with the Foreign Language Requirement of the College of Science?
A: If you believe you've met the requirements as listed on page 15, but it's not showing up on your academic record, you need to talk to someone in the Department of Foreign Languages & Literature in Major Williams Hall.

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 (see link in this Handbook, or see Hokie Spa/University Catalog Page) 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 South Main in the Kent Square Building, 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 to the Degree Menu/Undergraduate Students and apply for your 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 as all seats for lower-level courses are on the timetable and 4000-level 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 the major you’re leaving (if outside the College of Science) must sign the form last, 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 26 of this Handbook. A major/minor change form must be completed 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 some 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.

**Q:** How do I find out my gpa overall and in-major and my class ranking?

**A:** Go to Hokie Spa and find Grade Menu.

**Q:** There’s a hold on my account. How do I find out what that’s about?

**A:** Go to Hokie Spa and find Student Account Information Menu.

**Q:** I need a letter certifying my student status (for insurance or other purposes). How do I get one?

**A:** Go to Hokie Spa and find Transcript and Certifications Menu.

**Advising and Special Courses**

**Q:** Who is my advisor?

**A:** Your advisor is listed on Hokie Spa under General Student Information and on the front cover of your Majors Handbook (this book!).

**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 whose work you may be interested. Find out something about their work and try to read one or two articles they’ve written before you request a meeting with them. When you meet, find out how you could get hands-on experience with them.

Q: How can I get involved in volunteer work?
A: Talk to students who are volunteering in various places around the community. Watch your e-mail for volunteer opportunities. And check out service organizations on campus.

Q: What is involved in Field Study, Independent Study, and Undergraduate Research?
A: See pages 31-32 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 37 of this Handbook.

Q: How do I find out about the Psychology Club?
A: See page 37 of this Handbook.

After Graduation

Q: What are the steps to take to get into graduate school?
A: See page 42 of this Handbook.

Q: What can I do with a degree in psychology?
A: See page 42 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.
REMEMBER:

It’s all up to you!!