PSYCHOLOGY MAJOR ADVISING HANDBOOK

Bachelor of Arts Degree Requirements & Bachelor of Science Degree Requirements

Department of Psychological Sciences University of Missouri
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UNIVERSITY OF MISSOURI
COLLEGE OF ARTS & SCIENCE
UNDERGRADUATE PSYCHOLOGY MAJOR INFORMATION
Ψ
Bachelor of Arts in Psychology
Bachelor of Science in Psychology

WELCOME TO THE DEPARTMENT OF PSYCHOLOGICAL SCIENCES
Welcome! Our department was established at the University of Missouri in 1900. It is one of the departments (e.g., Biological Sciences, English, History, Philosophy, Political Science, Sociology) in the College of Arts & Science (A&S). A&S is one of the academic divisions—also called colleges (e.g., College of Business, College of Education, College of Human Environmental Sciences) on campus. Our department consists of approximately 40 full-time regular faculty members, 15 non-regular faculty, 15 adjunct faculty, 10 post-doctoral fellows, 3 research associates, and 7 emeritus faculty members. Our department has around 100 research-oriented graduate students studying for doctoral degrees in the areas of clinical, developmental, cognition/neuroscience, quantitative, and social psychology. More than 1300 students are currently pursuing the undergraduate psychology major. There are two psychology degree options available: the Bachelor of Arts in Psychology and the Bachelor of Science in Psychology. Both the BA and BS psychology major requirements are described in this information packet.

DIRECTIONS TO ADVISING OFFICE (100 McAlester Hall, 573-884-3811)
The main office of the department and most faculty offices are located in McAlester Hall. Our street address is 320 South 6th Street, Columbia MO 65211. McAlester Hall is on 6th Street, just south of Peace Park on the MU campus. Shakespeare’s Pizza is at 9th & Elm, and McAlester Hall sits just south of Peace Park at 6th & Elm. The Advising Office is located in room 100 McAlester Hall. (Note -- McAlester Hall is not the same as the Psychology Building -- the Psychology Building is on 7th Street across the street from the Heinkel Building.)

ADVISING OFFICE ADMINISTRATIVE ASSISTANT: Melanie Irish
100 McAlester Hall
Phone: (573) 884-3811 to schedule an advising appointment or to find out office walk-in hours
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DEPARTMENT WEBSITE: http://psychology.missouri.edu
FACEBOOK: Mizzou Department of Psychological Sciences
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OUR GOALS FOR THE UNDERGRADUATE PSYCHOLOGY BA/BS DEGREES
The faculty and staff of the Department of Psychological Sciences are committed to providing students with a high quality, broadly-based undergraduate education. We understand that undergraduate students use the psychology major as preparation for a variety of post-baccalaureate experiences. While most psychology majors plan to find employment upon graduation with the undergraduate psychology degree, some psychology majors plan to pursue further study in psychology-related graduate or professional programs. Psychology majors work in diverse fields such as community and social services, human resources, management and business, health care, student affairs and services, law enforcement, education, and scientific research. Because psychology is such a diverse field, we strongly encourage students to explore their career interests by visiting the Career Center (located in the Student Success Center on Lowry Mall) and by utilizing the resources available in the Advising Office. Regardless of a student’s ultimate goals, our faculty members believe that students will be best served by completing a rigorous research-oriented program of study. Therefore, students should expect their instructors to take a scientific approach to the particular psychological content of each course.

We offer the Bachelor of Arts in Psychology (BA) degree to students interested in studying human behavior in preparation for either employment after completion of the undergraduate psychology degree, or in preparation for applied psychology and other related graduate programs (e.g., counseling, social work, management).

We offer the Bachelor of Science in Psychology (BS) degree to students interested in a more science-oriented curriculum to better prepare them for further study in science-oriented psychology graduate programs (e.g., neuroscience, quantitative psychology), or medical school (e.g., Doctor of Medicine/MD, psychiatry), or other health-related graduate programs (e.g., pharmacy, physical therapy). The required science track is not noted on the BS diploma or transcripts, but students can indicate the science track on resumes and/or graduate school application forms.

The BA and BS psychology degree requirements are similar in that both require the following coursework (detailed information about these requirements may be found later in this information packet):
- Psych 1000,
- A required statistics course (=Stat 1200 for BA, Stat 2500 for BS),
- A research methods sequence (Psych 3010/3020/Capstone),
- Four psychology distribution courses (covering 4 of 5 subject areas), and
- Two elective psychology courses
- Both degrees require a 12-to-13 hour single foreign language sequence

There are two main differences between the Psychology BA and the Psychology BS degree:
- The Psychology BA requires completion of Statistics 1200 (Introductory Statistical Reasoning), while the Psychology BS requires completion of Statistics 2500 (Introduction to Probability & Statistics I).
- The Psychology BS requires an approved 12- to 13-hour science track of coursework in one of the following subjects: Biological Sciences, Chemistry, Computer Science, Mathematics, or Statistics. The Psychology BA does not include a required science track.

REQUIREMENTS FOR THE BACHELOR OF ARTS AND THE BACHELOR OF SCIENCE IN PSYCHOLOGY

USE YOUR DEGREE AUDIT TO KEEP TRACK OF YOUR REQUIREMENTS!
You can request a psychology major degree audit at this link: http://registrar.missouri.edu/degree-audits/index.php
The degree audit is an automated report on your academic progress toward completion of the psychology major requirements. You can use it to check your course progress in the major as well as general education requirements. It also has a “What If?” report if you would like to consider other majors. Please keep in mind that there could be errors in your degree audit, so check with your academic advisor before stressing out about what might be an error in the audit. For example, sometimes transfer credit will cause an error in the audit. Also, non-A&S courses taken to meet general education requirements may sometimes be missed by the audit (e.g., Food Science, Nutritional Sciences). If you notice that one of your courses is not counting in the way you expect, please email your academic advisor to have your degree audit corrected.

I. PSYCHOLOGY MAJOR REQUIREMENTS: IMPORTANT REMINDERS

- All courses that count toward the psychology major requirements must be completed with a grade of “C” or better. Grades of “C-“ or below will not be accepted. This includes all psychology courses counting toward the major requirements, the required statistics course (i.e., Statistics 1200 for BA majors or Stat 2500 for BS majors), and for BS majors, the approved science track coursework.
- Students must complete at least two psychology courses numbered 4000-level or above. The capstone lab will count as one of the two.
- Students must complete at least one 3000-level or above psychology course that is Writing Intensive. All capstone labs are Writing Intensive during semesters, but not during the summer sessions. Students planning to take their capstone during a fall or spring semester (not in summer) will meet one of the two WI course requirements with the capstone.

A) REQUIRED COURSES FOR PSYCH MAJORS (BA and BS)

PSYCHOLOGY 1000 (GENERAL PSYCHOLOGY) (BA and BS)
All students are required to take Psych 1000: General Psychology. (Note: An AP score of 4 or better earns credit for Psych 1000.) We encourage students to consider the diverse content of this introductory course as they begin the career exploration process. Questions to ask yourself include: What subjects within psychology appeal to me the most? What kinds of careers are available within those areas? What options are available in my field of interest if I enter the field with a bachelor’s degree? Will I need a master’s (MA) or doctoral (PhD) degree in order to work in this particular field, and if so, how competitive is the graduate school application process?

RESEARCH METHODS SEQUENCE (Required Statistics Course/Psy 3010/Psy 3020) (BA and BS)
The undergraduate psychology major curriculum reflects our strongly-held belief that psychology is a science. Understanding the nature of science, as well as the methods of research in the psychological sciences, is a major focus of both of our undergraduate degrees. Just as majors in chemistry and physics learn about the research methods that apply to those disciplines, psychology majors must learn about the methods that are used in psychology research. First, psychology majors must complete a required statistics course:

- **BA** psychology majors must complete Statistics 1200: Introductory Statistical Reasoning (or its equivalent). At MU, Stat 1200 has the prerequisite of either Math 1100 (College Algebra) or 1160 (Pre-Calculus Math).
- **BS** psychology majors must complete Statistic 2500: Introduction to Probability & Statistics I (or its equivalent, e.g., Stat 1200 and Stat 2200). At MU, Stat 2500 has the prerequisite of either Math 1300 (Finite Math), 1320 (Elements of Calculus) or 1400 (Calculus for Social and Life Sciences), or 1500 (Analytic Geometry & Calculus I).
  - **NOTE:** Students that have already completed Stat 1200 or 1300 may also complete Stat 2200: Introductory Statistical Methods (1 hour) to meet the statistics requirement for the BS. Students that complete Stat 1200 and 2200 are **not** required to complete the prerequisite math courses that would have been required to complete Stat 2500 at MU.
  - **NOTE:** Students that transfer in the equivalent of Stat 2500 are **not** required to complete any of the prerequisite math courses that would have been required if the courses was completed at MU.

The remaining research methods requirements are the same for the BA and the BS psychology degree. Both require a two-semester research methods course sequence (i.e., Psych 3010: Research Methods I, followed by Psych 3020: Research Methods II). Students can choose to take the required statistics course (=Stat 1200 for BA, Stat 2500 or 1200 &
2200 for BS) and Psych 3010 during the same semester, but the required statistics course and Psych 3010 must be completed before taking Psych 3020.

The psychology research methods sequence takes at least three semesters (if the statistics course and Psych 3010 are completed during the same semester) or four semesters (if the statistics course is completed before Psych 3010) to complete. We make ZERO exceptions to the research methods sequence prerequisites regardless of circumstances, so students should plan accordingly to meet their intended graduation date.

- Note: We guarantee to offer Psych 3010, 3020 and capstones during the fall and spring semesters and during the summer session. We often offer, but do not guarantee we will offer, Psych 3020 during the January and May intersession. (The January intersession courses meet for several hours each day in the two weeks before the spring semester begins, and the May intersession courses run in the two-to-three weeks after the spring semester ends. January intersession courses can be found on the spring class schedule, and May intersession courses can be found on the summer class schedule.)

Note: Psych 3010 is offered via Mizzou Online as a self-paced 9-month online course. We strongly discourage procrastinators from taking this course online – the course must be finished with grade posted before the first day of Psych 3020. Of the 17 students we dropped from Psych 3020 last semester, 16 were dropped because they did not finish the online Psych 3010 in time. If you choose to take Psych 3010 online, you do so at your own peril!

**CAPSTONE COURSE (PSYCHOLOGY CAPSTONE LAB COURSE) (BA and BS)**

In the last or second-to-last semester before they graduate, all BA and BS psychology majors must complete a capstone psychology lab course. If taken during a semester (not during the summer), the capstone lab will also meet one of the two Writing Intensive course requirements (WI courses are described later in this packet). The goal of the capstone course is to provide an opportunity for students to synthesize the knowledge gained from their coursework, and to use that knowledge in the process of data collection. Currently, the capstone courses include the Developmental (Psych 4971), Animal Learning (Psych 4972), Human Cognition (Psych 4973), Social/Personality (Psych 4975), Independent Research Capstone (Psych 4976 & 4977), Honors Capstone Lab (Psych 4976H & 4977H), Clinical Psychology (Psych 4978), Judgment & Decision-Making (Psych 4979), Human Relationships (Psych 4980), Advanced Developmental (Psych 4981/4982), and the Consumer Psychology Capstone (Psych 4983).

Note: The Independent Research Lab, the Honors Lab and the Advanced Developmental are two-semester capstones. All other capstones are one-semester capstones. Students must have a 3.5 cumulative MU GPA in order to participate in the Honors Lab and graduate with departmental honors.

**B) REQUIRED DISTRIBUTION AREAS (BA and BS)**

BA and BS psychology majors are required to take ONE course in each of FOUR of the FIVE distribution areas: Learning/Cognition, Biological/Neuroscience, Social/Personality, Developmental, and Clinical/Abnormal. This ensures that students will have exposure to a wide range of psychological theory and research. In addition, students choose TWO psychology courses (at least 6 hours) numbered 2000 or above to receive additional education according to their interests. Students may not count research or internship hours (2950/4940/4950/4960) or capstone labs to meet this requirement.

Although the distribution areas are presented below as distinct areas of study, a great deal of overlap exists between them. We hope that students will develop an understanding of the ways that the various areas complement one another, and gain the ability to integrate information learned in the different areas. Thus, we encourage students to look for links and relations between the material learned in all their courses, and to wonder how information learned in one class can be understood in terms of the information learned in another.

Keep in mind that not every single psychology course is offered every single semester (with the exception of Psych 1000/3010/3020/Capstones). This is true of all courses offered at MU. In college, courses are often connected to the faculty members that teach them. If a faculty member leaves the university, sometimes they take their courses with them, so a course might never be offered again. A faculty member might receive a research grant and might not teach for a few semesters. Some courses are only offered only during certain semesters (e.g., every spring). Also, new courses are born all the time! Students hoping to take certain courses can check past semester schedules on MyZou to see if the course has been offered recently.
The five distribution areas are as follows:

1) LEARNING/COGNITION
This distribution area studies the mechanisms of the mind and how they are altered by experience, as inferred through psychological experimentation in which carefully-planned stimuli are administered to subjects and behavioral responses, as well as physiological responses in some instances, are recorded, analyzed, and considered. Such processes include memory, perception, problem-solving, comprehension, and thought.
Research questions related to this distribution area include:
• What are the processes underlying the acquisition, storage, and retrieval of information?
• How do we infer mental concepts from behavior?
Courses related to this distribution area include Psych of Learning, Memory & Cognition (Psych 2110), Theories of Learning (3110), Decisions, Values & Choice (3130), Cognitive Psychology (3140), Human Memory (3150), and Perception & Thought (3160). Complete course descriptions can be found on the psychology department’s website and/or in the MU Undergraduate Course Catalog (http://catalog.missouri.edu/).

2) BIOLOGICAL/NEUROSCIENCE
This distribution area studies the biological basis of the behavior of humans and other animals. Higher brain processes such as learning, memory, perception, and cognition are examined from the perspectives of neuroscience, evolution, and contemporary psychological theory. Other courses examine the behavior of animals, including learning, mate selection, predator-prey relationships and foraging.
Research questions related to this distribution area include:
• How is information conveyed within and among neurons?
• What parts of the brain are involved in perception, action, language, and memory?
• How do learning and behavior by animals serve to maximize fitness?
Courses related to this distribution area include Mind, Brain & Behavior (Psych 2210), Drugs & Behavior (2220), Human Sexuality (2810), Health Psychology (3830), Physiological Psychology (4210) and Cognitive Neuroscience (4240).

3) SOCIAL/PERSOANLITY PSYCHOLOGY
This distribution area employs scientific methods to understand the nature and causes of individuals’ thoughts, feelings, and behavior in social situations. Personality psychology focuses on individual differences (e.g., traits, motives) in patterns of thought, emotion and behavior, as they relate to and unfold in the context of social, developmental, and biological contexts.
Research questions related to this area include:
• How do elements of social situations interact with personality traits to influence goal striving and risky behavior?
• How do processes of group relations influence outcomes from prejudice to health and well-being?
Courses related to this distribution area include Social Psychology (Psych 2310), Introduction to Personality (2320), Consumer Psychology (2330), Positive Psychology (3350), Automatic Social Judgements (3360), Science of Mindfulness (3370, pre- or co-requisite of Psy 3010), and Cross-Cultural Psychology (4815). Note: Due to the overlap in course content, a student may NOT receive credit for both Psy 3350 Positive Psychology and ESCP 4200 Positive Psychology.

4) DEVELOPMENTAL PSYCHOLOGY
This distribution area studies the cultural and biological influences on age-related changes in cognition, emotion, and social behavior that take place throughout an individual’s lifespan.
Research questions related to this area include:
• How are early sex differences in play patterns and social behaviors related to sex differences in cognitive and social competencies in adulthood?
• What are the cognitive and brain mechanisms that contribute to children’s ability to learn language and other forms of social communication?
• How does a child’s ability to regulate their emotional reactions influence the development of personality, social competencies and their relationships with peers?
Courses related to this distribution area include Developmental Psychology (Psych 2410), Cognitive Development in Childhood (3420), Social Development in Childhood (3430), and Sex Differences (4440). Note: Due to the overlap in
course content, a student may receive credit for only one of the following three courses: Psych 2410: Developmental Psychology, HDFS 3420: Early & Middle Childhood, or E&CP 2500: Child Development.

5) CLINICAL/ABNORMAL PSYCHOLOGY
This distribution area focuses on scientific study of the causes of mental disorders as well as methods for assessing and alleviating mental health problems and related types of maladjustment. It also is concerned with the study of positive mental health and wellness, including strategies for preventing the development of mental disorders. Research questions related to this area include:
• What factors lead to the development of different types of personality disorders?
• What types of treatment are most effective for alleviating depression?
• What are the essential attributes of positive mental health?
• What types of intervention programs are effective in preventing school violence?
Courses related to this area include Abnormal Psychology (Psych 2510), Human Companion Animal Interaction (2830), Intro to Clinical Psychology (3510), Behavior Genetics (4520, pre-req Psych 3010 and Stat 1200), Research in Psychopathology (4530), Emotional Disorders of Childhood and Adolescence (4540), Schizophrenia (4560), and Pediatric Neuropsychology (4570).

C) TWO 2000-LEVEL (or above) PSYCHOLOGY ELECTIVE COURSES (minimum of six hours) (BA and BS)
Students must complete two psychology courses numbered 2000-level or above, excluding Special Problems, Internships, Readings courses, and Capstone Labs (i.e., Psych 2950, 4940, 4950, 4960, and all capstone labs). The coursework must add up to at least six hours. Based on personal interests, students may opt to complete additional courses from the distribution areas, or they may choose non-distribution courses. Some popular courses that are not a part of the distribution areas include: Law & Psychological Sciences (Psych 3860), Sleep & Sleep Disorders (3870), African-American Psychology (3880), Psychology at the Movies (4825), Psychology of Women (4830), and History of Psychology (4840).

D) FOR BS STUDENTS ONLY: REQUIRED SCIENCE TRACK OF APPROVED COURSEWORK:
Psychology majors pursuing the BS degree are required to complete 12 to 13 credit hours of approved science coursework in one of the following five tracks: Biological Sciences, Chemistry, Computer Science, Mathematics, or Statistics. See Table of Contents at the front of this information packet to find page number for a list of the approved science track coursework.

✓ Course grades must be “C or better” to count in the approved science track of the Psych BS – grades of “C- or below” are not accepted. Even if C- grades are accepted for a Biology, Chemistry, Math, Statistics or Computer Science major/minor, they will not be accepted toward the required BS science track. This might not cause a problem if you will take other courses on the approved list with grades of C or better (no C- or below), so check with your advisor before repeating a science track course.
✓ Most of the courses in the science tracks have prerequisites, so be careful when planning to ensure you will meet your intended graduation date.
✓ There is no limit to the number of transfer credit hours that can count toward the science track.
✓ Any course substitutions must be approved by a Psychology Academic Advisor.

E) OPTIONAL: ADDITIONAL PSYCH COURSES (including RESEARCH and INTERNSHIP credit hours) (BA and BS)
Students are not required to complete additional psychology courses, but they can choose to do so. BA psychology majors should keep in mind that no more than 43 hours of psychology courses can count toward the credit hours needed for graduation. Since the psychology degree requires 30 hours of coursework, BA students can take up to 13 hours of additional psychology courses.
BS psychology majors have no limit in the number of psychology credit hours that can count toward graduation other than the 9 hour limit of Psych 2950/4950 and 6 hour limit of Psych 4940 described below.
Psych 2950 and 4950 (Special Problems) provides students with a variety of opportunities to gain research experience working in faculty members’ research labs while earning graded academic credit. For every one credit hour received, a student must work in the lab for three hours each week during a 16-week semester. Most students enroll in 3 credit
hours and spend 9-10 hours each week assisting in the lab. A student can take up to nine credit hours of research -- they can either take 6 hours of Psych 2950 and 3 hours of Psych 4950, or they can take 3 hours of Psych 2950 and 6 hours of Psych 4950.  

**Psych 4940 (Internship in Psychology)** offers students the opportunity to serve a local organization for graded academic credit. A 3-credit hour Psych 4940 internship time commitment is an 8 hour per week commitment and a 6-credit hour Psych 4940 internship would be 16 hours per week. Internships are available during the summer as well and the time commitment would be doubled due to the shortened length of the summer semester. Only internships sponsored by the Office of Service Learning are eligible for Psych 4940 credit – we do not offer academic credit for outside internships. Psychology majors must have sophomore-standing and 2.5 GPA to be eligible. More information about internships here: [https://muserves.missouri.edu/internships](https://muserves.missouri.edu/internships) 

**Psych 4960 (Special Readings)** provides students with the opportunity to complete selected readings and write research papers with guidance from a psychology faculty member. This course is utilized when a psychology major is guided by a faculty member to study a psychology subject not covered in any currently offered psychology course. The faculty member will assign readings and research paper/project(s) and meet regularly with the student to review progress.

**OPTIONAL FOR BA/BS MAJORS: MINOR AND/OR CERTIFICATE AND/OR ADDITIONAL MAJOR**

**Link to all major, minor, and certificate requirements:** [http://catalog.missouri.edu/degreesanddegreeprograms/](http://catalog.missouri.edu/degreesanddegreeprograms/)  

BA and BS majors can choose to add a minor and/or certificate and/or additional major to the psychology major, but it is NOT a requirement. We encourage students to consider adding a minor and/or certificate and/or additional major to the psychology major. It is sometimes possible to add a minor, certificate, or even another A&S major to the psychology major and still graduate with the minimum number of hours required for graduation. Check with your advisor to see how much time a specific major/minor/certificate may add to your psychology degree.

**OPTIONAL FOR BA/BS MAJORS: MINORS**

The minor gives students the opportunity to focus on a subject other than psychology. MU offers around 75 different minors. The minor is listed on the transcript for a student, but it is not listed on the diploma. Most minors require at least 15 hours of coursework. Some minors have very specific requirements (e.g., Business, Human Development and Family Studies), and some minors offer more flexibility in terms of course choices (e.g., History, English). A student can check the online undergraduate catalog and/or the minor department website to find out the requirements for the minor. Popular minors for psychology majors include: Biological Sciences, Business, English, Human Development & Family Studies, Social Justice, Sociology, and Spanish. Students can count their minor courses toward their general education foundation requirements where applicable. Students who wish to complete a minor should contact the minor department for information about minor requirements.

**OPTIONAL FOR BA/BS MAJORS: CERTIFICATES**

Certificates are similar to minors with one big difference – students may count courses completed in the major toward the certificate. Many psychology majors earn a Multicultural Certificate (MCC) by completing approved coursework about race, gender, class, religion, and other cultural topics. Study abroad, designated service-learning courses, and some upper-level foreign language coursework beyond the foreign language requirement also counts toward the MCC. Psychology courses approved toward this certificate include Psych 2310, 2510, 2810, 3310, 3360, 3410, 3510, 3830, 3880, 4350, 4440, 4540, 4815/4815H, 4825, 4830, 4940, and 4978.  

Honors College students completing 20 hours of honors coursework earn the Honors Certificate.

**OPTIONAL FOR BA/BS MAJORS: ADDITIONAL MAJORS**

Some students plan to receive two undergraduate degrees; these students are referred to as “double” or “dual” majors. **Double majors** plan to receive two degrees within the same College (e.g., Psychology and Communication, or Sociology, or English, or History...), and must complete at least 120 hours of coursework to earn both degrees. Double majors only need to meet the A&S foundation requirements for one of the degrees. For example, a student with Psychology and English degrees can choose to meet the general education requirements for Psychology, which means that the student can count English courses toward the Humanities foundation requirements. Or, if the student chooses to meet the A&S foundation requirements for English, then the student can count Psychology courses toward the Behavioral Sciences foundation requirements.
Dual majors plan to receive degrees from two different Colleges (e.g., A&S and Business, A&S and Journalism, A&S and Human Environmental Sciences). Dual majors must have at least 132 hours of coursework to earn both degrees, and must meet all requirements for both degrees. Students who wish to complete an additional major should contact the major department for information about major requirements.

**F) ELECTIVE COURSES**

Since students must have at least 120 hours when they graduate (132 for dual majors), students might need to complete elective courses in order to reach the minimum number of credit hours they need to graduate. For example, a Psych BA major with a 15-hour minor would have around 10 to 20 hours of electives to take to reach the required 120 hours at graduation. Psych BS majors will usually have less or no elective hours depending on their science track and other factors (e.g., necessary prerequisite or required pre-med courses). Based on their educational interests, students can decide which courses they wish to take to count in the electives. Some common elective choices for psychology majors are Educational, School & Counseling Psychology (ES&CP), Human Development & Family Studies (HDFS), Social Work, and Sociology courses.

Note: If a psychology major earns a grade of “C-“ or below in a non-required psychology course (but not an “F”), the course can count as an elective. However, Psych BA majors should keep in mind that psychology majors can only count a total of 43 hours of psychology courses toward the hours they need for graduation. All “C-” or below psychology courses will count in those 43 hours, even though they will not count to meet the psychology major requirements. Psych BS majors have no limit to the number of psychology hours that can count toward graduation.

**II. COLLEGE OF ARTS & SCIENCE FOUNDATION (BASIC SKILLS), UNIVERSITY GENERAL EDUCATION AND GRADUATION REQUIREMENTS FOR PSYCHOLOGY MAJORS (BA and BS)**

**A) ENGLISH 1000: Exposition & Argumentation**

Students must complete English 1000 or its equivalent with a grade of “C-“ or better.

**B) TWO WRITING INTENSIVE (WI) COURSES**

After completing English 1000 or its equivalent, students must complete TWO Writing Intensive courses with a grade of “C-“ or better; one of the two courses must be a 3000-level or above psychology course with a grade of “C“ or better. Writing Intensive courses are designated as “WI” on the Campus Writing Program website (http://cwp.missouri.edu/), and may only be completed at MU. All psychology capstone labs offered during the fall and spring semesters (not summer sessions) will be Writing Intensive.

**C) AMERICAN GOVERNMENT OR HISTORY COURSE**

Missouri state law requires that all college students complete a course in American History or American Government. Courses approved to meet this requirement are listed below:

**HISTORY:**
- 1100: American History to 1865 (3 hours)
- 1200: American History Since 1865 (3)
- 1400: American History (5)
- 2210: Twentieth Century America/1900 to present (3)
- 2440: History of Missouri (3)
- 4000: Age of Jefferson (3) (*not offered every semester*)
- 4220: U.S. Society Between the Wars (1918-1945) (3) (*not offered every semester*)
- 4230: Our Times: U.S. Since 1945 (3) (*not offered every semester*)

**POLITICAL SCIENCE:**
- 1100 (American Gov't) or 1700 (Intro to Political Science) (3)
- 2100: State Government (3)

**D) MATH 1100 (College Algebra) or 1160 (Pre-Calculus Math)**

Students must complete (or be exempt from completing) either Math 1100 (College Algebra) or Math 1160 (Pre-Calculus). The grade in the course must be “C-“ or better. In order for students to take math courses at MU, they must take the ALEKS math placement exam offered by MU Testing Services. Students must earn a score of 46% of above to
place into a 5-day Math 1100 course, and score 51% or higher to place in to a 3-day Math 1100 course. Students with ACT sub score of 28 or above (or 640 math score on SAT) will be exempt from the math requirement. Exempt students can choose to take the proctored ALEKS Exam to earn back credit for Math 1100 – a score of 55% or better on the proctored ALEKS will earn free back credit for Math 1100. Check the Math Department website for more information about placement: http://www.math.missouri.edu/ and click on "Undergraduate Course Placement".

E) MATH REASONING PROFICIENCY (MRP) COURSE
After completing College Algebra or its equivalent, students must complete at least one Math Reasoning Proficiency (MRP) course. MRP courses build on the skills that students acquire in College Algebra. If a student completes Stat 1200, 2200, or 2500 at MU, the course will meet the MRP requirement.
For a list of MP courses, check the General Education Program’s webpage: http://generaleducation.missouri.edu/index.php
IMPORTANT NOTE: Students who are planning to take a Math Reasoning Proficiency course at another college should check with their advisor to confirm that the course will be considered an MRP course in transfer (the transfer course must have College Algebra as a prerequisite).

F) CAPSTONE LAB COURSE
During their last or second-to-last semester at MU, all psychology majors must complete a capstone lab course. This requirement is described in the psychology major requirements section of this information packet. Psychology capstones are Writing Intensive during semesters (not summer sessions).

G) FOREIGN LANGUAGE
Students must complete 12-13 hours of a single foreign language. (Foreign Language is required for both the Psych BA and the BS degree.) Students that completed four full years (through Level 4) of a single foreign language in high school are exempt from the foreign language requirement. Students with a background in French, German, Spanish, or Latin may take the Foreign Language Placement Test to find out if they can “test in” to a higher level of a language at MU (contact Testing Services, 205 Parker Hall, 573-882-4801 for information about the FLPT). Students with a background in another language (including verbal and written fluency) should contact their advisor for more information on placement in foreign language. The 12 hour sequences take two semesters (6 hours, 6 hours) and include Arabic, Chinese, Hebrew, Italian, Japanese, Korean, Portuguese, and Russian. The 13 hour sequences take three semesters (5 hours, 5 hours, and 3 hours) and include American Sign Language (found on MyZou under Communication Science Disorders), French, German, Greek, Latin, and Spanish.
Only two of the colleges at MU (= Arts & Science, and Journalism) require completion of a foreign language sequence. The other colleges (e.g., Business, Education, Health Professions, Human Environmental Sciences, and Social Work) do not require a foreign language sequence.

H) COLLEGE OF ARTS & SCIENCE "BREADTH OF STUDY" AND "DEPTH OF STUDY" FOUNDATION REQUIREMENTS
Students must complete coursework in each of the four foundation areas. This comprises Page Two of the Grad Plan. The courses you take MUST be approved to meet the A&S foundation requirements. Please refer to the list of approved foundation courses on the General Education Program website: http://generaleducation.missouri.edu/index.php. You can also pick up a list of typical choices in each of the categories from 100 McAlester Hall, just keep in mind that it is not the entire list of every course that counts -- that list is online. BE CAREFUL when checking the list. Many departments (e.g., Black Studies, Peace Studies, Women & Gender Studies/WGST) have courses that count in different areas (e.g., WGST 1360 is a Behavioral Science, WGST 1120 is a Social Science, and WGST 2180 is a Humanities & Fine Arts course). Also, keep in mind that you can only have one non-A&S course count in each of the following 4 foundation areas. NOTE: You can find a list of the A&S and non-A&S Departments under "General Education Foundation Requirements" in the "Helpful Websites and Contact Info" section at the end of this info packet.

I. BREADTH OF STUDY (COURSEWORK REQUIRED IN EACH OF THE 4 AREAS BELOW):

AREA 1) BIOLOGICAL, PHYSICAL & MATHEMATICAL SCIENCES (BPM)
Students must complete at least 9 hours of coursework covering at least 2 of the following categories: biological sciences (e.g., biology, anthropology), physical sciences (e.g., astronomy, chemistry, geology, physics), and mathematical sciences (e.g., mathematics, statistics, and computer science).

At least one course must be a science lab course (unless the science lab requirement is met in a minor or additional major).

**BA majors** are required to take Stat 1200, and **BS majors** must take Stat 2500 (or Stat 1200 and 2200), if the course is taken at MU (or taken as a transfer course with College Algebra as a prerequisite), the course counts toward this foundation area (in the Mathematical Science category). In order for Stat 1200 or 2500 to count in the category, it must have College Algebra as a prerequisite. Here at MU, Stat 1200, 2200, and 2500 have College Algebra as a prerequisite so it can count in the B/P/M category. Check with your advisor if you plan to take the statistics course at another college or university in order to determine if the course is an approved Math Proficiency course.

**Note:** Students who already completed ES&CP 4170 (Intro to Educational Statistics) before becoming psychology majors must also complete Stat 2200 (Introductory Statistical Methods) in order to meet the statistics requirement for the psychology major.

Note: Psychology Bachelor of Science majors can count the approved general education courses they complete for the required BS major science track. For example, BS majors with the Biological Sciences track can count Bio 1500 toward both the approved science track AND the “Biological/Physical/Math Science” general education category requirement. BS majors with the Mathematics track can count Math 1500/1700/2300 toward the B/P/M category, but note that they must complete a science lab course to finish the B/P/M requirement.

**AREA 2) BEHAVIORAL SCIENCES (BEH)**

Students must complete at least 5 hours covering at least 1 of the subject areas. Check the approved foundation course list for details -- the subject areas include certain courses in anthropology, HDFS, and sociology, among others. For psychology majors, psychology courses cannot count in this category -- they count toward major requirements only.

**AREA 3) SOCIAL SCIENCES (SSC)**

Students must complete at least 9 hours covering at least 2 subject areas. At least 1 course should also meet the American Government or History course requirement (unless this requirement is met in a minor or additional major). Check the approved foundation course list for details -- the subject areas include certain courses in economics, geography, history, and political science, among others.

**AREA 4) HUMANITIES & FINE ARTS (HUM)**

Students must complete at least 12 hours covering at least 3 subject areas. Check the approved foundation course list for details -- the subject areas include certain courses in art or music appreciation, art history, classical civilizations, foreign civilizations, English literature, philosophy, and religious studies, among others.

**II: DEPTH OF STUDY (THREE 2000-LEVEL A&S APPROVED COURSES COVERING AT LEAST 2 AREAS):**

Among the four foundation areas listed above (i.e., biological/physical/math sciences, behavioral sciences, social sciences, and humanities & fine arts), students must complete at least 3 Arts and Science (A&S) courses (coursework must add up to a minimum of nine hours) that are numbered 2000-level or above, and the three courses must cover at least 2 of the 4 foundation areas. One of the three courses must be completed at MU. Please ask your advisor if you are unsure about whether a course will count to meet this requirement, especially if you are planning to transfer a 2000-level depth of study course from another college to MU.

Note to Psych BS Majors: You may not count coursework from your approved science track used to meet general education requirements toward the “2000-level A&S Course” general education requirement. For example, if you have Bio track and complete Bio 2200, that course will not count as one of the three 2000+ A&S general education courses you need to graduate. You will take other general education courses to meet the 2000+ A&S requirement, for example you might take two Social Sciences and one Humanities course that are 2000-level A&S approved general education courses.

This rule can be confusing, so please check with your advisor to confirm that you have met this requirement.

**NOTE:** You can find a list of the A&S and non-A&S Departments under "General Education Foundation Requirements" in the "Helpful Websites and Contact Info" section at the end of this info packet.
J) COURSES THAT DO NOT COUNT TOWARD GRADUATION/LIMITS ON CREDIT
Some courses will not count toward the 120 (or 132 for dual major) hours needed for graduation, or they may have hours “cut” toward graduation. Obviously, if a student fails a course (grade of “F”), that course will not count toward graduation. If a student repeats a course, the hours do not count twice for graduation (e.g., if a student takes Stat 1200 and receives a “C-”, and repeats the course, the student will receive 3 hours of credit toward graduation, not 6 hours). Course numbers with "0" as the first digit, such as Math 0110 (Intermediate Algebra), do not count toward graduation. Transfer students may count a maximum of 2 credit hours of physical education (activity) coursework. Students may have a maximum of six hours of orientation coursework count toward graduation (e.g., INT DISC 1001 (FIG), ISLT 1111, SSC 1150, SSC 2100, Mgmt 1010, etc.). Students may have a maximum of 10 hours of introductory biology (and chemistry) coursework. Students may have a maximum of 12 hours in applied art coursework. Students may have a maximum of 6 hours of ensemble music. This can be confusing, so check with your advisor if you have questions about how a course counts toward your graduation hours!

K) REVIEW OF OVERALL REQUIREMENTS FOR GRADUATION:
AT LEAST 30 OF YOUR LAST 36 HOURS MUST BE IN MU COURSEWORK:
You can take up to 6 hours of non-MU coursework in your last 36 hours before graduation. Be sure to check with your advisor BEFORE taking any outside coursework in your last year to confirm it counts and that you will not extend your graduation date.

COMPLETE AT LEAST 30 HOURS OF 3000-LEVEL OR ABOVE COURSEWORK:
In order to graduate from MU, students must have at least 30 hours of coursework numbered 3000-level or above. The coursework can come from the psychology major, a minor or an additional major or BS science track, the College of Arts & Science foundation requirements, basics skills requirements, university general education requirements, and/or elective hours. Students who transfer courses from other colleges should check with their advisor to determine if any of their transfer coursework is considered “3000-level or above” at MU -- MU honors the level of the course where the course was taken.
Note: Some 2000-level MU courses have been approved to count as 3000-level, including Biological Sciences 2200/2300, Chem 2100/2110/2130/2160H/2170H, Math 2300, and Music 2220/2221/2230/2231/2307/2308.

COMPLETE AT LEAST 120 HOURS TO GRADUATE (132 HOURS IF DUAL MAJOR):
In order to graduate with a “Bachelor of Arts” or “Bachelor of Science” in Psychology, a student must complete 120 hours (or 132 if a dual major) of coursework. The student must complete all major requirements, requirements for a minor, science track, or additional major (if applicable), the College of Arts & Science foundation (basic skills), University general education and graduation requirements, and elective hours (if necessary) to reach the required number of hours to graduate.

EARN A GRADE POINT AVERAGE (GPA) OF AT LEAST 2.0: At graduation, the student must have a 2.0 MU cumulative GPA, a 2.0 GPA in the major, a 2.0 GPA in the final 30 hours, and a 2.0 GPA in the final 60 hours. GPA Calculator: http://registrar.missouri.edu/grades-calculators/gpa-calculator.php

GO TO CLASS! This is the #1 piece of advice that graduating seniors give to incoming students who ask how they can be academically successful at MU. Students who have trouble attending class need to figure out the factors causing the problem (e.g., course difficulty, demanding work schedule, mental or physical problems, too many outside activities, lack of motivation, family/friend issues) and address those factors right away (e.g., finding a tutor, working less hours, seeing a doctor at the Student Health Center, seeing a counselor at the Counseling Center, attending MU as a part-time student, decreasing amount of involvement in other activities, asking others for their support in making class attendance a top priority). The psychology academic advisors are available to help students make the necessary changes so that they can be academically successful and eventually GRADUATE FROM MU!
HELPFUL WEBSITES & CONTACT INFO:
You can find a lot of information from the MU website: http://www.missouri.edu

Academic Exploration & Advising Services (for undeclared majors):
M110 Student Success Center: 573-884-9700, http://aeas.missouri.edu/
Facebook: Mizzou Academic Exploration and Advising Services
Explore all MU majors and minors here: http://majors.missouri.edu/
If you would like to change your major from psychology to "undeclared" or "pre-Journalism", or meet with an academic advisor, contact AE&AS for assistance.

Advising Office for Psych Majors (100 McAlester Hall): 573-884-3811
http://psychology.missouri.edu/undergrad
Please call 573-884-3811 to find out advisor walk-in hours or go to Blackboard and click on MU Connect to make an appointment with your advisor (Jill Edwards or Adrienne Vaughn).

A&S Advisement Center (107 Lowry Hall): 573-882-6411
http://coas.missouri.edu/
Fax Number: 573-882-4424
107 Lowry Hall is the place to go to change your major to or from psychology, to appeal academic deadlines or adding courses late, and to obtain the dean’s stamp. A dean’s stamp is needed to add courses after the add deadline, take more than 18 hours in a semester (or 9 hours in summer) or to switch a course from letter grading to pass/fail grading.
NOTE: As a psychology major, you are a student in the College of Arts & Science, and the A&S Advisement Center in 107 Lowry Hall (573-882-6411) is your Dean’s Office/Academic Unit. A&S college website: http://coas.missouri.edu/
Other colleges on campus are:
• Agriculture/Food and Natural Resources (2-64 Ag. Bldg., 573-882-4459) http://cafnr.missouri.edu/
• Business (111 Cornell Hall, 573-882-7073) http://business.missouri.edu/
• Education (101 Hill Hall, 573-882-5659) http://education.missouri.edu/
• Engineering (W1025 Lafferre Hall, 573-882-4377) http://engineering.missouri.edu/
• Health Professions (101 Lewis Hall, 573-882-8011) http://healthprofessions.missouri.edu/
• Human Environmental Sciences (includes School of Social Work) (106 Gwynn Hall, (573) 882-0673) http://hes.missouri.edu/
• Journalism (76 Gannett Hall, 573-882-4821) http://journalism.missouri.edu/
• Nursing (S235 Nursing, (573) 882-0277) http://nursing.missouri.edu/

Admissions (230 Jesse Hall): 573-882-7786
http://www.missouri.edu/admissions/
If you have college coursework from another college or university other than MU, remember to have an official transcript sent from your college directly to MU Admissions, 230 Jesse Hall, Columbia, MO 65211 so that they can post the coursework on your MU transcript. If you received dual credit for a course you completed in high school, you need to have an official transcript sent to MU from the college or university where you completed the course -- a high school transcript will not suffice to transfer the course credit. If you plan to take courses at another college/university and need to find out how the coursework will transfer to MU, check the Transfer Course Equivalency Information link on the left side of the MyZou log-in screen or go to 230 Jesse Hall to request this information. It is always a good idea to double-check with your advisor before enrolling in a course at another college, especially if the course is foreign language or math (e.g., a course called “Spanish 2” at another college may transfer to MU as “Spanish 1100”).

Career Center (lower level of Student Success Center): 573-882-6801
http://career.missouri.edu
Facebook: MU CareerCenter
You can "walk-in" to the Career Center anytime to check out the resources and services they provide. They have career counselors and career coaches available by appointment, and you can take a variety of computer-based career tests to help you figure out your
next adventure after graduation. The Career Center sponsors an outstanding online resource for MU students: www.HireMizzouTigers.com. You can find resources to help with resumes/interviewing, have your resume reviewed by a career counselor, and find out about upcoming job fairs and events sponsored by the Career Center. If you are not sure about what you want to do after graduation and you do not utilize the services offered by the Career Center, you are missing out BIG TIME! Check it out!

**Cashier’s Office (15 Jesse Hall): 573-882-3097**
http://cashiers.missouri.edu/ to find payment deadlines and refund schedules.
The psychology advisors only know the major, not the money! Because individual student’s financial circumstances can vary widely, we are not able to answer questions about billing, payments, or refunds – we refer you to the Cashier’s Office with any questions about billing.

**Computer Help: Mizzou IT: 573-882-5000**
http://doit.missouri.edu/

**Counseling Center (119 Parker Hall, just south of McAlester Hall): 573-882-6601**
http://counseling.missouri.edu/

**Course Repeat Policy**
http://registrar.missouri.edu/policies-procedures/course-repeat.php
MU has a course repeat policy – students may repeat up to 15 credit hours of MU coursework with grades of C- or below. Courses must be repeated AT MU to be eligible for CRP. **Check with your advisor before you turn in any course repeat forms to make sure it’s a good idea!** For more info about the CRP, email your advisor to request the Course Repeat Info Email.

**Degree Audits:**
You can request your psychology major degree audit at this link: http://registrar.missouri.edu/degree-audits/index.php. See the Table of Contents to find more information about Degree Audits.

**Disability Center (S-5 Memorial Union): 573-882-4696**
http://disabilitycenter.missouri.edu/
Facebook: MU Disability Center
We strongly encourage all students with documented disabilities to register with this office right away to find out how the office can make accommodations to help you succeed at MU. (They can also refer you to obtain the necessary documentation.)

**Enrollment Certification (Proof of Enrollment as a student at MU):**
If you need to provide proof of your MU enrollment to your car or health insurance or some other reason, you can request it online and MU will send them certification of your enrollment. http://registrar.missouri.edu/transcripts-records/certification-enrollment-degree-verifications.php

**Financial Aid/Scholarships (11 Jesse): 573-882-7506**
http://sfa.missouri.edu/
Check with 11 Jesse Hall if you have questions about how your student status (e.g., if you fall under full-time status as a student) will affect your eligibility for financial aid/scholarships. You can find contact information for the Financial Aid rep assigned to you here: http://financialaid.missouri.edu/contact/index.php
**Please Note:** Academic advisors are not able to answer any questions regarding financial aid status, including how dropping or withdrawing from classes might affect your financial aid or scholarships. Please check with the Financial Aid/Scholarship Office for ALL questions about money.

**Foreign Language Placement**
French/German/Spanish/Latin Placement Test available via Testing Services (http://testing.missouri.edu/). For placement in other languages, or if you have written and verbal fluency in a language other than English, contact your psychology advisor.

**Freshman Interest Groups (FIGs) (0780 Defoe-Graham Hall): 573-882-3447**
http://reslife.missouri.edu/lc-fig
General Education/Foundation Requirements:
Students must complete coursework in each of the four foundation areas. This comprises Page Two of the Grad Plan. You can find a list of approved foundation courses here: http://generaleducation.missouri.edu/requirements/distribution.php
Remember you can have ONE non-A&S course in each of your foundation categories.

A&S Departments include Anthropology, Art, Art History & Archaeology, Biology, Chemistry, Classics, Communication, Computer Science, Economics, English, Film Studies, French, Geography, Geology, German, History, Interdisciplinary Studies (Black Studies, Environmental Studies, Peace Studies, Women's and Gender Studies), International Studies, Linguistics, Mathematics, Music, Philosophy, Physics, Political Science, Religious Studies, some Rural Sociology courses are considered A&S, Russian, Sociology, Spanish, Statistics, & Theatre.


This can all be confusing, so remember it is okay for you to check with your advisor to be sure the course you have chosen is an approved foundation course.

GPA Calculator:
http://registrar.missouri.edu/grades-calculators/gpa-calculator.php
Your “term GPA” is the GPA received in a certain semester (e.g., Fall Semester 2015).
Your “cum GPA” is your overall cumulative GPA.
Transfer coursework: Only transfer work from the UM-System is included in the GPA – the UM-System includes MO-S&T (Rolla MO), UMKC, and UMSL. All other transfer work grades are not included in the GPA at MU.

Grade Policies in the College of Arts & Science:
In order to remain in good academic standing in the College of A&S, a student needs to maintain a 2.0 GPA. In general, students who earn between a 1.0 and 2.0 GPA are placed on academic probation, and need to earn a 2.0 GPA in the next semester in order to be removed from probation. Students who earn under a 1.0 GPA are subject to automatic dismissal from A&S. A&S students who maintain a cumulative GPA of 3.0 or better AND who earn a 3.0 or better GPA in the most recent full-time semester (12 credit hours) are placed on the Dean’s List for that semester. "Term GPA" refers to the semester GPA, and "cum GPA" refers to the overall GPA.
Transfer course grades from the UM system (UMKC, UMSL, and MO S&T) are a part of your MU GPA, but transfer course grades from non-UM-system schools are NOT a part of your MU GPA, which is your "GPA of Record".
If you believe you were unfairly graded in a psychology course, we encourage you to meet with your professor first to determine if the grade was given in error. If you have clear, convincing, and unequivocal evidence that you were given a grade as a direct result of arbitrary and capricious conduct by the professor, you may contact Dr. Dennis K. Miller, Director of Undergraduate Studies (MillerDen@missouri.edu).

Graduation Information (Commencement)
For more information about graduation, go to: http://commencement.missouri.edu/ (e.g., graduation announcements, cap & gowns, ceremony times, A&S tassel color = white, FAQs). After you register for your final semester of coursework, you will need to contact the A&S Advisement Center (107 Lowry Hall, 573-882-6411) and make a final graduation check appointment. At that appointment, you will complete an application for graduation and your schedule will be cleared for graduation by A&S. Your degree is called a "Bachelor of Arts in Psychology" or a "Bachelor of Science in Psychology" and our tassels are white.

Graduate School (210 Jesse Hall): 573-882-6311
http://gradschool.missouri.edu/
If you are considering attending graduate school after you finish your undergraduate degree, email your Academic Advisor to request the "Grad School Info" email. Master's degrees typically take 2-3 years to complete, and doctoral degrees (e.g., PhDs) take 4-6 years to complete. If you are planning to attend graduate school, the two most important things for you to know right now: 1) Earn outstanding grades (e.g., some grad schools have cut-off GPA's of 3.0 or higher), and 2) Get involved in research (email your advisor to request the "Psych 2950/4950 Info" email for more information). If you are looking at MU graduate programs, psychology majors tend to be interested in the following programs: Educational Leadership and Policy Analysis (ELPA), Educational School & Counseling Psychology (ES&CP), Human Development & Family Studies (HDFS), Law School, Psychological Sciences, and Social Work.
Honors College (211 Lowry Hall): 573-882-3893
http://honors.missouri.edu/
Facebook: University of Missouri Honors College

Honors, Graduating with
There are 3 ways to graduate with honors from MU: 1) Earn an Honors Certificate by taking 20 hours of designated honors coursework at MU, 2) Earn Latin honors with a GPA of 3.7 (cum laude), 3.8 (magna cum laude) or 3.9 (summa cum laude), and 3) Earn “Departmental Honors” by taking the Psychology Honors Capstone Lab during your senior year.

Incomplete Grade Policy
http://registrar.missouri.edu/policies-procedures/grades-incomplete-grades.php

International Center/Study Abroad Office (N52 Memorial Union): 573-882-6007
http://international.missouri.edu/

Learning Center & Writing Lab (Student Success Center):  573-882-2493
http://success.missouri.edu/tlc.html
The Learning Center offers tutoring help sessions, exam reviews, and a Writing Lab. If you are having trouble in a course and the Learning Center does not offer tutoring for the course, contact your Academic Advisor for help -- we will help you find a volunteer or paid tutor.

Math Placement at MU:
http://mathplacement.missouri.edu/

Mizzou Online: 573-882-2491, 136 Clark Hall
http://online.missouri.edu/
MizzouOnline@missouri.edu
Psychology majors may enroll in up to 7 hours of self-paced Mizzou Online coursework each semester. There are different kinds of online courses – some are “self-paced 9-month” courses, and some are “semester-based 16-week courses”. BEFORE you decide to take an online course, keep in mind that online courses are often not good for procrastinators or for students that have many demands on their time. The #1 reason that psych majors have delayed graduation dates is not finishing online courses in time for graduation. The deadline to add online courses to a fall semester schedule happens in mid-October. The deadline to add online courses to a spring semester schedule happens in early March. The deadline to add online courses to a summer schedule happens in early July.

Mizzou: If you are having problems with MyZou you can email MyZou@missouri.edu, or call Mizzou IT Help Desk at 573-882-5000.

MyZou: Holds
If you have a hold placed on your registration, you will not be able to register for the upcoming semester until you get the hold removed. MU will email you to let you know a hold has been placed, so be sure to check your Mizzou email on a regular basis. If you have a hold it will be noted under "Holds" at the top of the right-hand column on your Student Center screen. Click on the "Details" to find out how to get the hold removed. If you see a note that says "Past Due" in the Holds section, it will not keep you from registering, but if you see "Past Due -- Stop Registration", you will not be able to register until you settle up with the Cashier's Office. If the hold says "Student Health", you need to provide immunization records to the Student Health Center before they will release the hold. NOTE: The psychology Academic Advisors do not have the power to release ANY registration holds, you need to follow the instructions regarding the hold to have the hold removed so that you can register for classes.

MyZou: Registering for Classes
You can find MyZou registration tips here: http://doit.missouri.edu/new/MyZou.html
You will receive an email from the Registrar when registration times have been assigned, and you will be able to see your registration time and date under "Enrollment Dates" on MyZou in the right-hand column of your Student Center screen. YOU NEED TO CLICK ON "DETAILS" to find out the TIME of day that MyZou will allow you to begin registering for courses. Before that date, you can put together an “Enrollment Shopping Cart” of courses on MyZou, then when your registration date arrives, you can easily add the courses from your Shopping Cart and get yourself registered for the upcoming semester. If a psychology course you hope to take
is closed, note that we do not take permission number requests until the Monday before the semester begins at 8am via email request. Before that date you can keep trying to add the course, with the understanding that most permission #'s go to psychology majors graduating at the end of that semester. If a NON-psychology course you hope to take is closed, contact the instructor or department offering the course to inquire how to request a permission number into a closed lecture and follow the instructions they give you.

**MyZou: Sorting Classes**

Using the MyZou Class Search (not "Browse the Catalog", click on "Search for Classes"), under Course Career choose "Undergraduate", then click on "Additional Search Criteria", then scroll down to where it says "Course Attribute" (second from the bottom of page). In that drop-down menu, you can find a variety of categories to sort by, including:

- **BEHAVIORAL SCIENCES**
- **BIOLOGICAL SCIENCES**
- **HONORS** = courses for honors-eligible students
- **HUMANITIES & FINE ARTS**
- **MATHEMATICAL SCIENCES**
- **MIZZOU ONLINE** = Online Courses
- **NON-STANDARD MEETING DATE** = e.g., 2nd 8-week courses, weekend courses, 1-month courses
- **PHYSICAL SCIENCES**
- **SOCIAL SCIENCES**
- **WRITING INTENSIVE** = list of approved Writing Intensive courses

**Pre-Med and Pre-Health Requirements:**

http://honors.missouri.edu/advising/pre_health.php

Pre-med students at MU can have any undergraduate major. All pre-meds are eligible to be advised by the pre-health advisors in the Honors College (even if a student is not honors-eligible, they can still see a pre-health advisor). Call 573-882-3893 to make an appointment with a pre-health advisor. Be sure to meet with your advisor at least once a year to make sure you are on track, and make sure you are added to the weekly Pre-Med Information Listserv.

**Proof of Enrollment at MU (e.g., for your car/health insurance) – see Certification of Enrollment**

**Psi Chi/Psych Club (student organization open to all students interested in psychology):**

Pronunciation of Psi Chi: “Psi” = exactly sounds like “Sigh”, then “Kie” = like “kite” without the “t”. Sigh Kite. Sigh Kie. Psi Chi! Yay! Website: [http://www.psichi.org/](http://www.psichi.org/). Email the officers for info on joining at: aspsichi@missouri.edu

Psi Chi/Psych Club is a student organization that is open to all undergraduate students who are interested in psychology. Students that meet the eligibility requirements for membership in Psi Chi are also a part of the group, but students are not required to be eligible for Psi Chi in order to participate in the group. Check out the bulletin boards on the first floor of McAlester Hall (by the Advising Office & down the hall from the Advising Office) for more information about our group. It’s a great way to get connected with our department and other students interested in psychology.

**Registering/Registrar (125 Jesse Hall): 573-882-7881**

http://registrar.missouri.edu

If you are planning to leave MU and have already registered for the upcoming semester, you need to go to 125 Jesse Hall to cancel your registration. All you need to do to let us know you are leaving MU is **not** register for the upcoming semester and MU will get the hint! If you have registered, go to the Registration Office to cancel. If you decide to return to MU, you will need to complete a short re-enrollment application you can find on the Admissions website. On the Registrar website you can find information on academic policies including the Course Repeat Policy, Grade Appeals, and the Incomplete Grade Policy. If you need a letter certifying your enrollment status as an MU student (e.g., for your health insurance), go to: [http://registrar.missouri.edu/transcripts-records/certification-enrollment-degree-verifications.php](http://registrar.missouri.edu/transcripts-records/certification-enrollment-degree-verifications.php)

**Research, Undergraduate**

http://undergradresearch.missouri.edu/

Facebook: MU Office of Undergraduate Research

Undergraduate students have an outstanding resource to learn about research opportunities here on campus: [http://undergradresearch.missouri.edu/](http://undergradresearch.missouri.edu/). Psychology majors can find research opportunities on our department website: [http://psychology.missouri.edu/labs](http://psychology.missouri.edu/labs). Email your advisor to request the “Psych 2950/4950 Info Email”.
Residential Life (0780 Defoe-Graham Hall, 573-882-7275)
http://reslife.missouri.edu
Facebook: MU Residential Life

Romance Languages Department (143 A&S Building): 573-882-4874
The languages offered by this department include French, Italian, Portuguese, and Spanish.

RSVP (Relationship and Sexual Violence Prevention) Center (G210 Student Center): 573-882-6638
Confidential crisis intervention and advocacy in areas including housing, academic, legal, medical, campus system and mental health systems.

Student Health Center (1020 Hitt St, 4th floor): 573-882-7481
Direct line to Behavioral Health: 573-882-1483

Study Abroad Office/International Center (N52 Memorial Union): 573-882-6007
http://international.missouri.edu/
Facebook: University of Missouri Study Abroad
We strongly encourage psychology majors to study abroad at some point during their academic career. Psychology majors can plan to study abroad during any academic year or semester or summer. Psychology majors study abroad all over the world! Contact the Study Abroad Office to explore your options. Study abroad deadlines for spring semester programs fall in early October, and deadlines for summer/fall semester/academic year programs are in early February.

Testing Services (205 Parker Hall): 573-882-4801
http://testing.missouri.edu/index.html
Testing Services offers placement tests for foreign languages (French, German, Spanish and Latin), Math Placement Exams (including the proctored ALEKS Math Placement Exam), the GRE, and other placement exams.

Veterans Center (N-5 Memorial Union, 573-884-4383)
http://veterans.missouri.edu/

Writing Intensive Courses (Campus Writing Program)
Go to: http://cwp.missouri.edu/ for a list of WI courses. Psychology majors must complete two designated Writing Intensive Courses at MU – one will be the Psych Capstone Lab if completed during a semester (Psych Capstones are NOT WI in the summer). Courses are added to the WI list often, so keep checking the list to find out about new WI courses added to the Schedule of Courses.
HOW TO BE A SUCCESSFUL PSYCH MAJOR AT MU:
ΨΨΨΨ
TIPS FROM YOUR ADVISOR

✓ GO TO CLASS. This is the #1 piece of advice that graduating students give to incoming freshmen regarding how to succeed academically and graduate from MU. GO! Note: if you are not a morning person, try to schedule your courses in the afternoon instead of setting yourself up to have academic problems by taking early morning classes. If you are not fond of a particular general education foundation category, take the time to look at ALL of the courses approved to meet that requirement to see if there are any courses you would enjoy and/or be challenged by. Do not blindly follow the “Sample Eight-Semester” psych major program in them undergraduate catalog -- it is not customized to meet your interests and talents! Take the time to explore your course options -- see your Academic Advisor for help in planning.

✓ READ YOUR MIZZOU EMAIL. Check your student e-mail account on a regular basis (at least every other day). You are responsible for checking your email account; if you choose not to do this, you WILL miss out on important information (e.g., if you have a hold on your registration, how to get into closed psych courses, when to file an application for graduation, when you can obtain a permission number to enroll in your capstone.)

✓ REGISTER ON TIME. Psychology courses are the most popular courses on campus, and they fill up F-A-S-T during registration. Always make sure that you have no registration holds so you will be able to register immediately after your appointment time. If you enjoy having fewer class choices when you register, then by all means, take your time!

✓ KNOW ACADEMIC DEADLINES. Keep academic deadlines in mind (e.g., last day to drop without a grade -- after this date, you will receive a grade in the course when withdrawing from it -- an "F" if you are failing at the time of withdrawal or a "W" if you are passing). Deadlines and forms here: http://registrar.missouri.edu/

✓ ASK FOR HELP IF YOU ARE STRUGGLING ACADEMICALLY OR PERSONALLY! Do not wait until it is too late to ask for help with a tough class—contact your advisor! If you have personal/family issues going on, let your advisor know. We will assist you in finding the help you need in order to succeed academically at MU. We keep lists of tutors available for psychology courses, and can refer you to other resources on campus for help!

✓ EXPLORE YOUR CAREER INTERESTS. Explore your career interests at the Career Center and www.HireMizzouTigers.com. Utilize the career/graduate school resources available in the Advising Office. Talk to your advisor about your personal and professional goals. Your advisor can recommend faculty members that can provide you with more information about your field of interest.

✓ DON’T CHEAT. Academic integrity is expected of all students at MU. Instructors are required to report suspected incidents of cheating to the Office of the Provost. All incidents are investigated, and consequences can range from receiving a failing grade in the course to expulsion from the university.

✓ DO NOT FOLLOW THE PATH OF LEAST RESISTANCE. Take courses that will strengthen your weaknesses. If writing is difficult for you, take courses that will help you become a better writer. If you lack presentation skills, take a speech class. If you must check grade distribution information before you register for classes, ask yourself if that is the best way to prepare yourself to be successful in your career or graduate program or life in general.

✓ PLAN AHEAD. Be aware of course sequences (e.g., foreign language, research methods courses). The foreign language sequences take either three semesters (e.g., Spanish 1100, 1200 and 2100) or two semesters (e.g., Italian 1100, 1200 – two semester languages only run fall to spring semesters). Psychology majors must take Math 1100 (College Algebra) before Stat 1200/2500 and Psych 3010 before Psych 3020 before the Psych Capstone Lab – the sequence takes at least four semesters. We do NOT make exceptions to our research sequence, so PLAN AHEAD to meet your intended graduation date!

✓ GET INVOLVED. Get involved on campus—consider joining Psi Chi/Psych Club (psychology student organization open to all students). Gain experience in your field of interest through volunteer work, employment, helping with research, etc. This will give you an advantage in your future job and/or graduate school search.

Revised 4/28/15, please send comments to Melanie at IrishM@missouri.edu, 100 McAlester Hall, 573-884-3811.
PSYCHOLOGY MAJOR
ADVISING
HANDBOOK

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