

Making the Most of the Psychology Major

Tips for Freshman Psychology Majors

This document is designed to assist you with some preliminary resources and advice to make the most out of your undergraduate career.

What area of psychology are you interested in?

Go through your Intro book and research on your own (the internet is a great tool) different areas of psychology and what type of jobs you can get.

American Psychological Association has a web site that you might find useful
<http://www.apa.org/careers/resources/guides/careers.aspx>

Don't feel pressured... but the earlier you have an idea of what you want to do, the better you can shape your undergraduate experience around your future career directions.

Is psychology the best major for you?

Use your first year and your Intro Psych class to explore psychology.

Ask yourself: Do I enjoy the topics in Intro Psych? Do the ideas and theories presented make sense to me? Would I enjoy working in one of the subfields of psychology?

How to improve the rest of your undergraduate career and beyond?

If you participate in class and sit towards the front of the class your professors *will* notice you and will probably like having you in class. It is good for professors to know you because: they may write you a recommendation someday; they can assist you with some career advice and opportunities within the department.

Get involved in the department!

***Psychology club-** this club is designed specifically for you and there are multiple ways to get involved. Your involvement gives you access to excellent departmental contacts including faculty and graduate students. Look for signs around Edwards, Dyer Hall or email Dr. Anderson (sarah.anderson@uc.edu) for more information.

***Psi Chi National Honor Society-** students are usually eligible for membership in their soph/junior year, but anyone can attend meetings and take part in planning events, etc.

***Attend Departmental Events-** Look for signs on bulletin boards and on the walls of Edwards. These events provide a chance to interact with faculty and other

students in a non-classroom format and they may inform you about other events and opportunities that you may be interested in.

More Tips for Freshman Psychology Majors:

See your professors during office hours:

They are a good resource and they can point you toward a professor who shares your interests.

Ask them any questions you have about the class material, *or* discuss a class topic in more depth (this will improve your critical thinking and show that professor that you are smart and interested)/ Don't be afraid or intimidated by the professor, most will be happy that someone is taking an interest in their profession, psychology. If you have a negative experience with one professor or they don't give you what you thought you needed, don't be discouraged, try again with another professor in a different class.

Even if you don't have a question about the class material, use office hours to ask other psychology or career related questions you might have.

How do I gain valuable out-of-the-classroom experiences?

Research Assistant-A great way to gain experience is to work as a research assistant for a professor. This will allow you to learn hands-on how knowledge about psychological phenomenon is obtained. Some professors require RAs to have completed the 2001C and 2002C research and stats classes prior to obtaining a position, but many professors do not. Depending on the professor or the lab, you may be doing tasks ranging from recruiting and running subjects to project development. This also looks great on a resume and is extremely helpful when trying to get into graduate school. You can also receive course credit for your work. You can learn about research assistant opportunities by contacting professors specifically, watching for flyers in the hallway, or emails sent out by the psychology undergraduate advisor. To find out about professors' specific research areas go to:
<http://www.artsci.uc.edu/collegedeps/psychology/labs/>

Teaching Assistant- Another great opportunity to boost your resume is to serve as an undergraduate teaching assistant. You can also receive course credit for your work. Tasks include facilitating discussions, tutoring, recording attendance, grading assignments, and answering questions and concerns

Where can I go for career advice:

The Career Development Center- the CDC offers a multitude of resources, including: job postings; help prepare your CV/Resume, personal statement, interview practice, and more. <http://www.uc.edu/career>

Ask a faculty member that shares your interests or one that may be able to point you in the right direction. Also talk with other students and upperclassmen.

Where to go about the major and/or classes:

The department's web site has links to useful information

<http://www.artsci.uc.edu/collegedeps/psychology/undergrad/psychology/>

The **Psychology Undergraduate Advisors** can assist you with scheduling your psychology classes, and they can answer questions that you have about the major. Office hours for each semester are posted on Blackboard under Organizations,

"Psychology Department"

Office 4130J One Edwards

psycadvisor@uc.edu

(513)556-5579

Director of Undergraduate Studies:

Dr. Daniel Langmeyer

4130N One Edwards

langmed@ucmail.uc.edu

(513)556-5546