

Planning Your Psychology Major

by Angela Draheim - Tuesday, November 18, 2014

<https://www.smcm.edu/psychology/student-resources/planning-your-psychology-major/>

The psychology major exposes students to the breadth of psychology while giving them a choice in how to satisfy particular requirements, especially at the upper-level. Psychology majors are encouraged to use this freedom to participate in special opportunities within the major, such as directed research, or an internship; and to participate in a cross-disciplinary study program and take courses in related areas, such as neuroscience, educational studies, sociology, or biology.

Many students come to St. Mary's College of Maryland interested in psychology, while others come to the major later from another discipline or as transfer students. Regardless of when you begin your study, you should proceed through the major in the same sequence. After introduction to psychology, students can begin taking 200-level breadth courses. Most students will take the two-course sequence in research, analysis, and writing during their sophomore year. You can then complete the other breadth and elective requirements in an order that fits your interests and schedule. We strongly recommend that you take your two lab courses and PSYC 310 in your junior year to help prepare you for your St. Mary's Project in your senior year.

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[Blank Schedule Planner](#)

Suggested Sequence when Entering the Psychology Major as a First-Year Student

First Year

Fall:

PSYC 101 (Introduction to Psychology), other LEAD requirements

Spring:

One or two 200-level breadth courses, other LEAD requirements

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Sophomore

Fall:

PSYC 204 (Research, Analysis, and Writing I), one or two 200-level breadth courses* (*aim to have at least two 200-level breadth courses by the end of this semester)

Spring:

PSYC 206 (Research, Analysis, and Writing II), finish LEAD requirements

Special Opportunities:

[directed research](#), [internship](#), [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#)), course-related field experience

Junior

Fall:

One 300-level laboratory breadth course, PSYC 310 (Scientific Writing & Professional Development) or one 400-level breadth course

Spring:

One 300-level laboratory breadth course, PSYC 310 (Scientific Writing & Professional Development) or one 400-level breadth course

Special Opportunities:

[directed research](#), [internships](#), [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#)), course-related field experience, peer tutor (intro; research, analysis, and writing)

Senior

Fall:

PSYC 493 (first half of St. Mary's Project), one 300 or 400-level psychology elective, cross-disciplinary study

Spring:

PSYC 494 (second half of St. Mary's Project), electives outside major, cross-disciplinary study

Special Opportunities:

[directed research](#), [internship](#) as part of SMP, [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#)), peer lab assistant

Entering Major as a Second-Semester Sophomore (having taken Introduction to Psychology)

Sophomore

Spring:

PSYC 204 (Research, Analysis, and Writing I), one or two 200-level breadth courses, finish LEAD requirements

Special Opportunities:

[directed research](#), [internship](#), [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#)), course-related field experience

Junior

Fall:

PSYC206 (Research, Analysis, and Writing II), one or two 200-level breadth courses, (*aim to have at least two 200-level breadth courses by the end of this semester), electives outside major

Spring:

One laboratory breadth course, PSYC310 (Scientific Writing & Professional Development), elective outside major, cross-disciplinary study

Special Opportunities:

[directed research](#), [internships](#), [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#)), course-related field experience, peer tutor (intro, research, design, and analysis)

Senior

Fall:

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One laboratory breadth course, one or two 400-level psychology electives, PSYC 493** (first half of St. Mary's Project), elective work outside major

Spring:

PSYC 494** (second half of St. Mary's Project), one or two 400-level psychology electives, elective work outside major, cross-disciplinary study

Special Opportunities:

[directed research](#), [internship](#) as part of SMP, [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#)), peer lab assistant

Entering Major as a Junior (having taken Introduction to Psychology)

Junior

Fall:

PSYC 204 (Research, Analysis, and Writing I), two 200-level breadth courses, elective outside major

Spring:

PSYC 206 (Research, Analysis, and Writing II); one 200 or 400-level breadth course or PSYC 310 (with permission of the department chair), course elective outside major

Special Opportunities:

[directed research](#), course-related field experience, [internship](#), [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#))

Senior

Fall:

One 300-level laboratory breadth course, PSYC 310 (Scientific Writing & Professional Development) or a 400-level breadth course, PSYC 493 (first half of St. Mary's Project), elective work outside major

Spring:

One 300-level laboratory breadth course, one 300- or 400-level psychology elective, PSYC 494 (second half of St. Mary's Project), elective work outside major

Special Opportunities:

[directed research](#), [internship](#) as part of SMP, [microinternships](#) (see also [Micro-Internships for St. Mary's College of Maryland \(parkerdewey.com\)](#)), peer lab assistant

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