



# YOUR Major Action Plan: B.S., Psychology

| What is YOUR passion?   | 1st YEAR  | 2nd YEAR   |
|---|---|--|
| Clinical psychologist<br>Counselling psychologist<br>Educational psychologist                                   | <b>YOUR Target Courses</b><br><ul style="list-style-type: none"> <li>- Complete at least 30 credit hours, including PSYC 1100, PSYC 2301, core MATH, core ENGL and 8 hours of lab science (including BIOL 2401 or 2402 course with a lab).</li> <li>- No grade lower than a "C" in ENGL 1301, ENGL 1302, and PSYC 2301.</li> <li>- See Staff or Faculty Academic Advisor to discuss your desired major and concentration, Grade Point Average (GPA) requirements, <a href="#">Academic Advising Guide</a>, and file your degree plan.</li> </ul>  | <ul style="list-style-type: none"> <li>- Complete at least 30 credit hours including remaining core course requirements and a BCIS elective, an ENGL literature course, and PHIL 1301.</li> <li>- Consider taking PSYC 2315 and 2314 or 2308</li> <li>- Meet with a Faculty Advisor after completing 45 hours.</li> </ul>  |
| Forensic psychologist<br>Further education teacher<br>Health psychologist<br>High intensity therapist           | <b>Find YOUR Way</b><br><ul style="list-style-type: none"> <li>- Undecided about your major? Want to learn more about different career options? Take advantage of <a href="#">career counseling and career assessments</a> through Career Services.</li> <li>- Explore student groups and organizations in your major or area of interests through <a href="#">TexanSync</a>.</li> <li>- Attend <a href="#">Study Skills</a> sessions for additional assistance with acclimating the first year.</li> <li>- Attend or use <a href="#">Academic Resource Center Coaching</a>, <a href="#">Math Clinic</a>, <a href="#">tutoring options</a>, and <a href="#">Writing Center</a>.</li> <li>- Know the <a href="#">FAFSA deadlines</a> each year.</li> <li>- Seek help from <a href="#">Student Counseling Center</a> for home sickness, depression, or other issues.</li> <li>- Feeling ill? Visit <a href="#">Student Health Services</a> for physical health related concerns.</li> <li>- Join the Psychology Club</li> </ul> | <ul style="list-style-type: none"> <li>- Explore available <a href="#">Applied Learning Experiences (ALE)</a> such as internships, research, study abroad, service learning or leadership experiences.</li> <li>- Talk to a Psychology faculty about internship, research, service learning, and leadership experiences at your campus.</li> <li>- Attend the study abroad fair to identify possible study abroad experiences that fit your interests and your major.</li> <li>- Establish relationships with faculty and staff who may eventually serve as a career or graduate school reference for you.</li> </ul>                      |
| Occupational psychologist<br>Primary care graduate mental health worker<br>Psychological wellbeing practitioner | <b>Sharpen YOUR Skills</b><br><ul style="list-style-type: none"> <li>- Schedule a meeting with a department representative to explore study away and study abroad experiences and department-sponsored service learning projects.</li> <li>- Start researching the <a href="#">marketable skills</a> that employers are seeking.</li> <li>- Get involved in <a href="#">Service Day</a> and Tarleton Roundup.</li> <li>- Apply to be a <a href="#">Residential Leader (RL)</a> or Tarleton Transition Mentor (TTM).</li> <li>- Run for <a href="#">Freshman Representative Council</a> with SGA (Student Government Association).</li> <li>- Look into <a href="#">Greek Organizations</a> to network and build community.</li> </ul>   | <ul style="list-style-type: none"> <li>- Seek out volunteer opportunities in your area through <a href="#">Volunteer Match</a> or <a href="#">United Way</a> to give back to the community and build marketable skills for future employment.</li> <li>- Attend events offered by <a href="#">The Office of Diversity and Inclusion</a> and <a href="#">Fine Arts Center</a> for cultural and diversity awareness.</li> <li>- Participate in <a href="#">Alternative Spring Break</a>.</li> <li>- Run for <a href="#">Student Government Association</a>.</li> <li>- Consider applying for leadership roles in Psychology Club.</li> </ul> |
| Sport and exercise psychologist   | <b>YOUR Next Steps</b><br><ul style="list-style-type: none"> <li>- Check out part-time jobs in <a href="#">Career Services employment system</a> to gain work experience for your resume.</li> <li>- Attend <a href="#">job and graduate school fairs</a> to explore future opportunities. Make a <a href="#">good first impression with your attire</a>.</li> <li>- Investigate the type of lifestyle, salary, and occupation you would like to have through Texas <a href="#">Reality Check</a> tools (powered by Texas Workforce Commission).</li> <li>- Learn more about your student loan debt, budgeting, and much more through <a href="#">SALT</a>.</li> </ul>  | <ul style="list-style-type: none"> <li>- Explore <a href="#">career opportunities</a> within your major.</li> <li>- Ask <a href="#">Career Services</a> how to conduct a job shadow.</li> <li>- Convert your high school resume into a pre-professional <a href="#">resume</a>.</li> <li>- Get to know your instructors to establish professional references and explore research opportunities.</li> <li>- Create your online portfolio through <a href="#">Portfolio</a>. Consult with Career Services or your Faculty Advisor on items to include.</li> </ul>   |

# YOUR Major Action Plan: B.S., Psychology



| What is YOUR passion?  | 3rd YEAR   | 4th YEAR  |
|--|--|---|
| Careers adviser<br>Counsellor  | <b>YOUR Target Courses</b> <ul style="list-style-type: none"> <li>- Complete at least 30 credit hours including the Psychology Core Courses, PSYC 3330 and 3309 a grade of "C" or higher.</li> <li>- Work with your Faculty Advisor to select advanced PSYC courses and advanced electives to fit your interests.</li> <li>- Consider future graduate programs in Psychology or another field. Examine entrance requirements and prepare to apply.</li> <li>- If continuing to a graduate program, ensure that your planned courses meet any pre-requisite requirements of the program.</li> </ul>   | <ul style="list-style-type: none"> <li>- Complete at least 30 credit hours including PSYC 3435 and 4350 with a grade of "C" or higher, in addition to any remaining course requirements.</li> <li>- Consider taking a Special Topics course to address personal academic and professional interests.</li> <li>- If continuing to a graduate program, complete any required testing and prepare to submit applications. Make note of each program's admission deadlines.</li> <li>- Meet with your advisor to ensure you are on track to graduate.</li> </ul>  |
| Detective<br>Human resources officer<br>Market researcher  | <b>Find YOUR Way</b> <ul style="list-style-type: none"> <li>- Visit with a faculty advisor/mentor within your area of interest to explore student opportunities specific to your major.</li> <li>- Consider participating in an undergraduate research project.</li> <li>- Conduct informational interviews and talk to professionals working in your fields interest.</li> <li>- Take part in the <u>Official Ring Ceremony</u>.</li> <li>- If your GPA is 3.5 or higher, apply for membership in Psi Chi</li> <li>- Consider joining Southwestern Psychological Association (SWPA) as a student member.</li> </ul>   | <ul style="list-style-type: none"> <li>- Consider joining the American Psychological Association (APA) as a student member.</li> <li>- Consider joining professional associations in your field.</li> <li>- Continue gaining experience in the industry you are pursuing.</li> <li>- Attend conferences and network with employers.</li> <li>- Get a summer job related to the career/industry you are pursuing.</li> </ul>   |
| Play therapist<br>Psychotherapist  | <b>Sharpen YOUR Skills</b> <ul style="list-style-type: none"> <li>- Consider taking on leadership roles within student organizations and clubs.</li> <li>- Explore volunteer opportunities in your area through <u>All For Good</u>.</li> <li>- Need to get more experience and skills? Check out <u>CareerOneStop.org</u> sponsored by the US Department of Labor.</li> <li>- Continue to develop computer and job-related skills along with knowledge of the workplace.</li> <li>- Become an <u>Academic Resource Center- Coach Leader (ARC-C Leader)</u></li> <li>- Explore internship opportunities with a faculty mentor or academic advisor for your concentration area.</li> <li>- Consider working in a faculty member's research lab.</li> <li>- Pursue an internship, service, or work opportunities related to Psychology.</li> </ul> | <ul style="list-style-type: none"> <li>- Participate in an internship with the direction of your faculty mentor or advisor. Suggested resources for internships can be found in the <u>Career Service's employment system</u> or the <u>College Internship Program's website</u>.</li> <li>- Consider attending (and presenting your research!) at the annual Southwestern Psychological Association's (SW PA) conference.</li> </ul>   |
| Explore more occupations and occupation groups through the <u>Occupational Outlook Handbook</u> powered by the Bureau of Labor and Statistics. | <b>YOUR Next Steps</b> <ul style="list-style-type: none"> <li>- Meet with a Career Services staff member to plan your <u>job-search campaign</u>, schedule <u>mock interviews</u>, resume critiques, and a <u>Business Etiquette Dinner</u>.</li> <li>- Create a <u>LinkedIn</u> profile to further your professional networking.</li> <li>- Check the <u>Career Services calendar</u> for career development workshops.</li> <li>- Seek out an internship at any of the Career Services <u>job fairs</u>.</li> <li>- Investigate graduate schools and attend the Open House for <u>TSU College of Graduate Studies</u>.</li> </ul>  | <ul style="list-style-type: none"> <li>- <b>File for GRADUATION!</b></li> <li>- Update your resume in the <u>Career Service's employment system</u>, <u>Portfolium</u>, and <u>LinkedIn</u>.</li> <li>- Compile reference letters, awards, etc.</li> <li>- Research potential employers, seek out networking opportunities, apply for available positions, and prepare for potential interviews.</li> <li>- Attend <u>job fairs</u> and <u>dress professionally</u>.</li> <li>- Consider and review various job offers, if necessary, review information needed to <u>negotiate a salary</u>.</li> <li>- Graduate! Congratulations!</li> <li>- Join the <u>Tarleton Alumni Association</u> to stay connected to the University. <b>BLEED PURPLE!</b></li> </ul> |