

Psychology

MAJOR MAP

How to use the map

This map is designed to give you information about your chosen major that will help keep you on track for graduation within 4 years. The introductory sections will help orient you to the “big picture” ideas like the topics and areas of interest inside your major, the kinds of courses you will take, university policies including admissions, and other general topics. The chart on the second page will help you to develop a productive plan to make the most of your 4 years at East Carolina University and prepare yourself for the job market after graduation.

Remember, it is important that you diversify your experiences, both for success in your degree program and for success outside of school. While coursework is critically important, it should not be your only focus. The chart below will show you how to incorporate other kinds of experiences that will expand your knowledge of your chosen field and make you a more desirable job candidate. The map is only a guideline. Remember to speak with your advisor often to learn about new opportunities, clarify concerns, and develop a plan that is right for you.



Questions?

East Carolina University offers an array of support to help you grow and learn from your first day of orientation until your graduation. New Student Orientation, Pirate to Pirate Mentoring, the University Writing Center, and the Career Center are only a few of the services and centers available to assist you throughout your time on campus.

THOMAS HARRIOT COLLEGE OF ARTS AND SCIENCES

Psychology



ABOUT THE CONCENTRATION

Psychology is a research-based, scientific discipline that focuses on the study of the mind and behavior.

There are not specific concentrations for the Psychology major, however, students may specialize with their minor. Within the major, students can select courses from required and elective courses that offer information on various subfields of psychology some being:

- Cognitive
- Neuropsychology
- Developmental
- Abnormal (clinical)
- Personnel and Industrial

DEGREE OPTIONS

The Psychology Department offers a Bachelor of Arts in Psychology.

To earn a BA in Psychology, you must complete course work within the major in addition to meeting additional requirements. Your total degree work will include:

- Completing all general education requirements
- 35 semester hours of core Psychology courses
- A minimum of 120 total semester hours

WORKPLACE SUCCESS

What employers want

With your Psychology major, you will pursue a career that requires specific skills and experiences. These might include:

1. Critical thinking and analytical skills;
2. Communicate ideas effectively with diverse audiences;
3. Make decisions based on data and scholarly research;
4. Use statistical software to analyze data;
5. Write using APA format;
6. Conduct research using scientific methods;
7. Treat people with dignity and respect regardless of their background

Keep in mind that your goal at East Carolina is preparing yourself to be marketable in your chosen career field. Taking advantage of the opportunities that are available to you outside of the classroom can help you to grow as a student and emerging professional.

WHAT CAN I LEARN?

While completing your Psychology degree, you can expect to learn how to:

- Identify common fallacies in thinking (e.g., confirmation bias, post hoc explanations, implying causation from correlation) that impair accurate conclusions and predictions;
- Identify the kinds of additional information that is acceptable in developing behavioral explanations beyond personal experience (i.e., popular press reports vs. scientific findings);
- Identify and navigate psychology databases and other legitimate sources of psychological information;
- Define and explain the purpose of key research concepts that characterize psychological research (e.g., hypothesis, operational definition); describe the fundamental principles of research design;
- Describe how individual and sociocultural differences can influence the applicability/generalizability of research findings;
- Accept opportunity to serve others through civic engagement, including volunteer service.



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ADMISSIONS INFO

You can apply to the Thomas Harriot College of Arts and Sciences through the Office of Undergraduate Admissions website at www.ecu.edu/admissions. To be considered for admission, freshmen applicants will submit their high school transcript and standardized test scores. Transfer applicants will submit official transcripts from all previously attended institutions. Application deadlines and specific admissions requirements for freshmen and transfer applicants are listed on the website.

COURSE HIGHLIGHTS

The Psychology major requires that you take some courses before you can take the more challenging courses. These requirements are as follows:

- MATH 1050 before PSYC 2101
- PSYC 2101 before PSYC 2210
- PSYC 2210 before a Psychology Capstone course

WHY PSYCHOLOGY?

The Psychology major is unique in that it offers courses such as:

- PSYC 4990 (Field experience)
- PSYC 4501: Directed Research
- PSYC 4401/4402: Senior Thesis
- PSYC 2250/4250 (Special topics courses available as a sophomore and later.

Additionally, the American Psychological Association offers a [free video series](#) detailing the process of selecting and applying to graduate programs in Psychology.

Psychology MAJOR MAP

DEGREE INFORMATION



FIRST YEAR >>>

SECOND YEAR >>>

THIRD YEAR >>>

FOURTH YEAR >>>

POST-GRAD OPTIONS

THE COURSES YOU NEED

Complete general education requirements along with PSYC 1000: Introduction to Psychology and MATH 1050: Explorations in Mathematics. Complete Psychology electives to fulfill the 35 hours required. Electives can be taken anytime after taking PSYC 1000.

Continue to complete general education courses along with PSYC 2101: Psychological Statistics in the fall and PSYC 2201: Research Methods in Psychology in the spring. Additionally, students will need 2 general psychology courses: PSYC 3206, 3221, 3300, 3325 or 3375.

Continue to complete general education courses along with the Biological Bases courses including PSYC 3310, 3311, or 3312; Additionally, you'll need the Learning/Cognitions courses such as PSYC 3225, 3226 or 3227.

The final year consists of the Capstone course: PSYC 4000: Advanced General, PSYC 4250: Advanced Topics Seminar, PSYC 4280: History of Psychology, PSYC 4202: Senior Thesis/Project or PSYC 4602: Senior Honors Thesis.

GAIN RELEVANT EXPERIENCE

Explore your major and career options in consultation with your advisor. You can gain field experience by contacting the Governor's Youth Advocacy office or tutoring with youth in a rural school or in an urban after-school program.

Meet with [Career Services](#) often to work on your post-graduation plans. Investigate job-related skills and identify gaps in your résumé so you can address them early. Use the [Occupational Outlook Handbook](#), [USAJobs.gov](#), and/or other resources available through [Career Services](#) to identify common skills in your career field.

Internships, part-time jobs, student leadership positions, and volunteer or community engagement activities can help build your résumé and give you valuable experience. Some places to consider: State of North Carolina Internship Program and the Field Mediation Center of Eastern Carolina (interning at Teen Court).

Volunteering for political, governmental, or social organizations is a great way to get experience in your field, build your résumé, test your interest in working with diverse populations, and develop your professional network. During your final year you should also participate in ECU's [Research and Creative Achievement Week](#).

COMMUNITY CONNECTION

Emails from the department will let you know about upcoming guest lectures, internship opportunities, and special events. Keep up with the department social calendar to attend events such as the ECU Research and Creative Achievement Week.

Join student organizations that suit your interests, which may include the [Psychology Club](#) or Psi Chi which is the international honors society for psychology majors and minors.

Connect with the [Center for Leadership and Civic Engagement](#) to explore local opportunities. Also consider contacting community partners using the [Orgsync](#) directory. To build your professional network, join a professional organization like the American Psychological Association (APA).

Submit a proposal to present a polished research paper from one of your classes at the NC Psychology Association Psychology Undergraduate Conference, Carolinas Psychology Conference or the State of North Carolina Undergraduate Research and Creativity Symposium.

THINK GLOBALLY

Being internationally aware and culturally competent is increasingly important. Consider taking courses such as PSYC 1070: Global Understandings, PSYC 2250: Global Leadership, PSYC 2777: Ethnocultural Psychology and PSYC 3221: Social Psychology.

Integrate internationally-oriented classes into your electives and consider a minor or second major in an international field or foreign language such as Spanish or another that would be more useful with the population you hope to work with. Consider studying abroad and apply for scholarships in the early Fall.

Consider the Conflict Transformation study abroad opportunity. The course is 4 weeks in the summer at Queens University in Northern Ireland through the Senator George J. Mitchell Institute for Global Peace, Security and Justice. Work with the [Office of Global Affairs](#) to learn how to leverage your study abroad experience to improve your job placement possibilities.

Take on a leadership position in one of your globally-oriented student organizations. Complete your program by incorporating more internationally-focused courses.

CAREER PREPAREDNESS

Check out the [Bureau of Labor Statistics](#) and [Virtual Job Shadow](#) to explore potential careers. Check out the [American Psychological Association](#) website for information on careers in Psychology. Log in to [Handshake](#) to explore potential employers and job opportunities.

Meet with your Career Counselor to explore your goals and develop your résumé. Attend career fairs and other employer-related activities. Gain volunteer experience at the [Real Crisis Center](#) or gain field experience with PSYC 4990. Consider taking PSYC 2211: Careers in Psychology.

Develop your [LinkedIn](#) profile. Meet with your Career Counselor to discuss postgraduation plans. If needed, research graduate schools and program requirements. Continue to attend career fairs and other employer-related career events.

Meet with your Career Counselor to put your post-graduation plans into action. Refine your résumé, [LinkedIn](#) profile, and interview skills. Complete the Pirate Employment Survey.

A B.A. in Psychology can prepare you for a career or job in many fields including:

- Administrative Service Manager
- Community Service Manager
- Computer Programmer
- Health Educator
- Human Factors Specialist
- Human Resources Specialist

A higher degree in the field can allow you to pursue careers such as:

- Therapists
- Clinicians
- Forensic psychologists
- Professors
- School Psychologists
- Developmental Psychologists
- Social Psychologists
- Child Psychologists

VISIT US ONLINE

For more information and an interactive map PDF, visit: www.ecu.edu/psyc/.



APPLY FOR SCHOLARSHIPS EACH YEAR

CONSIDER AN INTERNSHIP