



HIGHLIGHTS

- Year 1** Consider a Psychology First-Year Intensive and take foundational courses
- Year 2** Dive into research methods courses and declare your major
- Year 3** Focus on analysis of texts and psychological writing in a First Seminar
- Year 4** Complete a capstone experience and optional honors thesis

Introduction to the Major

Psychology involves the study of human emotion, thought, and behavior and how they function within social and cultural contexts.

Psychology students explore the human psyche and the connections between how we think, feel, and behave. As a Clark psychology major, you will build the skills needed to understand and interpret research and practice scientific methods through hands-on lab courses and research experiences. You can also apply your knowledge through community projects and internships that provide real-world experience and allow you to make a difference in the world. Your psychology degree provides the blueprint for a great career in a wide variety of fields.

CORE COURSES

The psychology major includes four foundational courses in the field's main concepts and principles, courses in research methods, two mid-level courses that explore the psychology literature, and a senior capstone experience. Our program focuses on socio-cultural contexts, diversity, and power, and active learning is emphasized. Courses include:

- Four introductory and research methods courses
- Basic processes (e.g., learning, cognition)
- Social and clinical psychology
- Cultural and developmental psychology
- Quantitative and qualitative research methods
- Capstone or honors thesis

Psychology is the most popular major at Clark.

"I gained knowledge and hands on-experience that helped me discover my interests and strengths and, with the support of the faculty, guided me to a meaningful career path."

— SINDI TANE, PSYCHOLOGY MAJOR, '23



PSYCHOLOGY

Bachelor of Arts



DESIGN
YOUR
JOURNEY



**Explore
and navigate
Clark curriculum**



**Connect
and engage
with communities**



**Discover
and pursue
your passions**



**Develop
professional
skills**



**Reflect,
design
and plan**

YEAR

1

YEAR

2



□ **Explore the department**

Talk with psychology faculty about your interests and plans. Meet with an advisor to start identifying courses that match your interests and goals. Take PSYC 101-General Psychology.



□ **Get to know your faculty**

Reach out and attend office hours to learn about their areas of focus and what they do—they love to chat with students who are interested in psychology!



□ **Learn about campus resources**

Visit the Writing Center, Goddard Library, and the Mosakowski Institute. Make ClarkYou your default homepage and explore student resources related to academics, campus life, and health and wellness.



□ **Explore off campus and volunteer**

Check out options through the Office of Community Engagement and Volunteering. Look for opportunities that builds skills and allow you to apply your knowledge and give back.



□ **Get involved**

Join the Undergraduate Psychology Club and other student organizations. As you move through the major you may become eligible to join Psi Chi, the International Honors Society in Psychology.



□ **Reflect on what sparks your interest**

What new passions have you discovered? What do you want to try? Work with your advisor to start mapping out courses and activities for the next three years. Start a career journal to help track your interests and insights.



□ **Dig into and declare your major**

Continue taking introductory and foundational courses and complete the research sequence. Reach out to department staff for help declaring your major.



□ **Explore the possibilities**

Visit the Career Connections Center (CCC) and use Handshake to learn more about internship and work opportunities. Attend a career fair and meet with your career advisor.



□ **Start networking**

Join ClarkCONNECT to meet alumni and explore possible internships. Join professional organizations such as the American Psychological Association and the Society for Research in Child Development.



□ **Build your resume**

Attend a workshop or schedule an individual session at the CCC for help. Upload your resume to Handshake for review and feedback.



□ **Pursue an independent project**

Explore department and university funding for research and creative projects, including opportunity funding.



□ **Consider study abroad**

Visit the Study Abroad Office to learn about opportunities, including the Leir Luxembourg summer term.



□ **Look back and look ahead**

Reflect on your experiences and what you enjoy. Which career options are you now considering? What do you still want to explore? Add your thoughts to your career journal and talk with your advisor about your plans.

WHAT CAN I DO WITH MY MAJOR?

JOBS & EMPLOYERS

Psychology majors pursue successful careers in mental health, social work, human resources, nonprofit organizations, education, medicine, law, and other fields.

GRADUATE PROGRAMS

A psychology degree provides excellent preparation for graduate work in any area of psychology, counseling, social work, law, medicine, public policy, and more.

YEAR 3



Delve deeper

Take a First Seminar, a small-group course that focuses on exploration and discussion of psychological theories and research. Consider applying to the honors program.



Learn by doing

The PSYC 211 spring internship course offered by the department includes a placement in the community where students work 10 hours a week and obtain real-world experience.



Engage and strengthen your networks

Join the CCC's Alumni Job Shadow Program to connect with alumni and learn about what they do and how they got there. Experience a day on the job in a field of interest. Participate in career-related events on and off campus.



Dive into research

Enroll in a research course and become part of a research team. Make connections, build your skills, and contribute to new knowledge in the field.



Plan for senior year and beyond

Talk with your advisor about your plans. Identify faculty who know you well and will serve as references or write letters of recommendation. Get your resume reviewed through the Career Lab.



Get out of here

Gain new perspectives by studying abroad for a summer, semester, or year.



No regrets!

What's on your Clark bucket list? Where do you still need to build experience and skills? Take time for things you are passionate about.

YEAR 4



Pull it all together with your capstone

Complete your capstone through a seminar, research experience, or honors thesis. Your advisor, research mentor, and faculty can help you chart your course.



What's next?

Discuss your post-graduation plans with faculty and your advisors. Meet with your career advisor for help with your job search or applying to graduate school. What action steps do you need to take this year to finish strong?



Build skills and give back

Work as a Peer Learning Assistant (PLA). Lead a discussion section for an introductory course. Take on a leadership role with a community organization or student club.



Share your learning

Present your research or other projects at ClarkFEST in the fall or spring or at a psychology conference. Share your own work and support your fellow students.



Get ready to launch

Schedule a mock job interview through the CCC to get feedback. Update your professional profiles and find ways to demonstrate qualities such as leadership, teamwork, and problem-solving.



Ask yourself the big questions

Reflect on what you have learned and experienced. How have you changed as a student and a person? How can you apply your values in your life and career? Celebrate your accomplishments!



AMPLIFY YOUR MAJOR!

Clark's psychology major is designed to help you learn outside the classroom.

Undergraduate psychology students at Clark are encouraged to conduct research in collaboration with faculty and graduate students and present at academic conferences. Many students volunteer and participate in internships in the community during the academic year or over the summer to apply their learning, gain real-world experience, and explore ideas for career directions. Working closely with faculty, students develop and hone their passions to understand human behavior and alleviate suffering at the individual and societal levels.

CONNECT WITH US!

Jonas Clark Hall, 3rd floor

508-793-7274

psychology@clarku.edu

clarku.edu/departments/psychology

Advising

We are here to support your academic and personal journey.

Faculty members in the Psychology Department will help you plan your curriculum, explore your interests, and connect with opportunities inside and outside of the classroom.

In your first year at Clark, you will be assigned an advisor to help you select your courses and programs. Once you declare your major, psychology faculty will advise you.

CLARK
UNIVERSITY



Challenge Convention.
Change Our World.

950 Main St.
Worcester, MA 01610
508-793-7711

clarku.edu