

## Course Recommendations for Psychology Majors for Sophomore Year (if began college as a Psychology Major)

### Courses we recommend you complete by the end of your sophomore year

- Any courses we recommended for your freshman year which you were unable to take:
  - Psy 201 (General Psychology)
  - Writ 100 or Writ 101
  - Writ 102 or Liba 102
  - Once you have successfully completed Writ 102 or Liba 102; take at least one Eng 22x course. (You will need 2 English literature survey courses before you graduate, we recommend satisfying one of these requirements by the end of your 3<sup>rd</sup> semester.)
  - Math general education requirement – 1 course – We highly recommend taking Math 115 (Statistics) or 120 (Quantitative Reasoning) – These should both prepare you well for Psy 202 and other psychology courses.
  - Psy 202 (Statistics in Psychology Department) – We recommend you take this as soon as possible and after you take the Math 115 or 120 course (those should both prepare you for Psy 202).
  - At least one course towards your Modern or Ancient Language requirement. **\*\*Almost all languages have a 111/211 sequence now which is equivalent to taking two classes in one semester. If you take a 111 language course, we recommend you take a total of 4 courses that semester so that you will be at 15 credits.**
- Your first semester sophomore year you should take one Psychology core class (Psy 309: Learning; Psy 319: Brain and Behavior; Psy 320: Cognitive Psychology; or Psy 321: Social Psychology). We highly recommend taking your three required core courses before you take elective courses in the department so that you will have a stronger base to build on and so that you can take the research methods course and then gain additional research experience as soon as possible.
- Take an additional 1 – 2 Psychology core class your second semester sophomore year.
- Finish General Education courses you have not already satisfied (e.g., History, Fine Arts, Humanities, Sciences)
  - Finish your Modern or Ancient Language requirement. (If you are taking a 211 course, only take 3 more classes; this is equivalent to two classes.)
  - Second Eng 2xx course (English literature survey course)
  - Try to have almost all general education courses satisfied by the end of your sophomore year so that you can focus on your major and minor during your junior and senior year. (General education courses will also help you verify you do want to pursue your chosen major and minor.)
- If you have completed all of the above courses:
  - Take a Psychology lab in the area of Psychology you found most interesting: Behavioral Neuroscience (Psy 390), Cognition and Perception (Psy 394), or Social (Psy 392)
  - Begin to take Psychology electives and/or courses for what you want your minor to be.
  - If you are able to given time and completion of various pre-requisites, begin to obtain unique experiences this year (e.g., research assistantships within the psychology department during the school year, research experiences or internships during the summer or during breaks) or apply to do so for next year.

\*If you are wanting to go into a Health Profession, we recommend you continue to consult with the Health Professions Advising Office (<http://healthprofessions.olemiss.edu/>) and meet with them to verify you are on track for your chosen health profession.

## General Recommendations

- Consult the psychology department advising website to explore recommendations for sophomores regarding preparing for careers or graduate school.
- Aim to always take 30 credits per year so that you will be able to graduate in 4 years. This normally means taking approximately 15 credits (5 classes) per semester but you can also meet this goal by taking intersession and/or summer classes. Full time students must take at least 12 credits per semester. (MS students receiving MS financial aid must take 15 hours.) We always recommend enrolling in 15 credits so that if you need to drop a course, you will still be a full-time student.
- Prioritize completing your General Education requirements this first and second year of college. That will help you if you change your major and will allow you to delve deeper into your major in your junior and senior year.
- You do not *need* to take any additional Social Science courses (e.g., Anthropology, Economics, Political Science, or Sociology) unless (a) you want to take it as an elective (e.g., just interested in Political Science) or (b) you are considering minoring in that other area because your Psychology degree will satisfy those General Education requirements.
- Balance your MWFs with your TThs
- Map out your schedule for travel time and eating.
- Seek advice and help from your professors and others as early as possible.
- Read your syllabi thoroughly; these are your course contracts and will tell you everything (or almost everything) you will need to know for that course.
- Treat school like your job (it is). Unlike high school, the majority of your work takes place *outside* of class.
  - Week = 168 hours – 40 hours for college classes and outside of class work = 128 hours
    - 56 hours for sleep (7 - 9 hours/night is recommended for multiple physical and mental health reasons) = 72 hours for hanging out, watching shows, exercising, etc.
  - This means: prepare for classes, attend all classes, pay attention in class (texting and doing other stuff in class is related to lower grades), do all homework assignments as soon as possible, study in small chunks as early as possible (psychology research has demonstrated this is a much more effective way to study than cramming).