



# PSYCHOLOGY

## Advising

### SCHEDULE AN APPT TO:

- Complete a career specific degree plan
- Receive career advice
- Verify you are on track for graduation
- Develop and reach academic goals

### THE DETAILS:

- Declared majors only
- Intended majors need to contact [cosadvising@odu.edu](mailto:cosadvising@odu.edu)
- Zoom and phone appointments available
- No appointments available during semester breaks or class holidays

## MAJOR DECLARATION REQUIREMENTS

- Complete the following courses with a C or better:
  - ENGL 110C + an additional composition course
  - MATH 102M or a higher math
  - PSYC 201S
  - PSYC316
- Currently have an overall and psychology GPA of 2.0 or higher
- Complete 30 earned credit hours

\*Email [psychadvising@odu.edu](mailto:psychadvising@odu.edu) when you are ready to declare

### TIPS FOR SUCCESS

#### Participate in Experiential Learning Opportunities

- Work in a research lab
- Do field work in a clinical setting
- Participate in an internship
- Serve as an undergraduate teaching assistant
- Visit [odu.edu/success/experience](http://odu.edu/success/experience)

#### Become a LeADERS Candidate

- Leadership, ePortfolio, Academic Internship, Diversity, Entrepreneurship, Research, Service Learning
- Gain real-world skills employers and graduate programs are looking for
- Networking opportunities
- Visit [odu.edu/asis/leaders](http://odu.edu/asis/leaders)

#### Join Student Organizations!

- Psi Chi Honor Society
- Association of Psychology Students (APS)
- Industrial-Organizational Psychology Student Association (IOPSA)
- Human Factors & Ergonomics Society (HFES)
- Research Experience and Clinical Health (REACH)

### GRADUATION REQUIREMENTS

- Earn 120 credit hours
- Complete lower division general education courses (41-47 hours)
- Complete upper division general education requirements (6-15 hours)
  - Minor or interdisciplinary minor
  - Second major
  - Option D: 6 credits outside the College of Sciences
- Complete major requirements (38 hours)
  - **PSYC 316, 317, & 318 may NOT be taken in the same semester**
  - **Start sequence early!**
- Complete general electives (20-35 hours)
- Complete university and psychology senior assessments
- Earn an overall, psychology, and minor GPA of 2.0 or higher

### SCHEDULE AN APPOINTMENT:



or visit [calendly.com/psychadvisingodu](https://calendly.com/psychadvisingodu)

Mills Godwin Building  
Room 246  
Norfolk, VA 23529  
757-683-4441  
[psychadvising@odu.edu](mailto:psychadvising@odu.edu)  
Facebook: @ODUPsychology  
Twitter: @ODUPsych

