

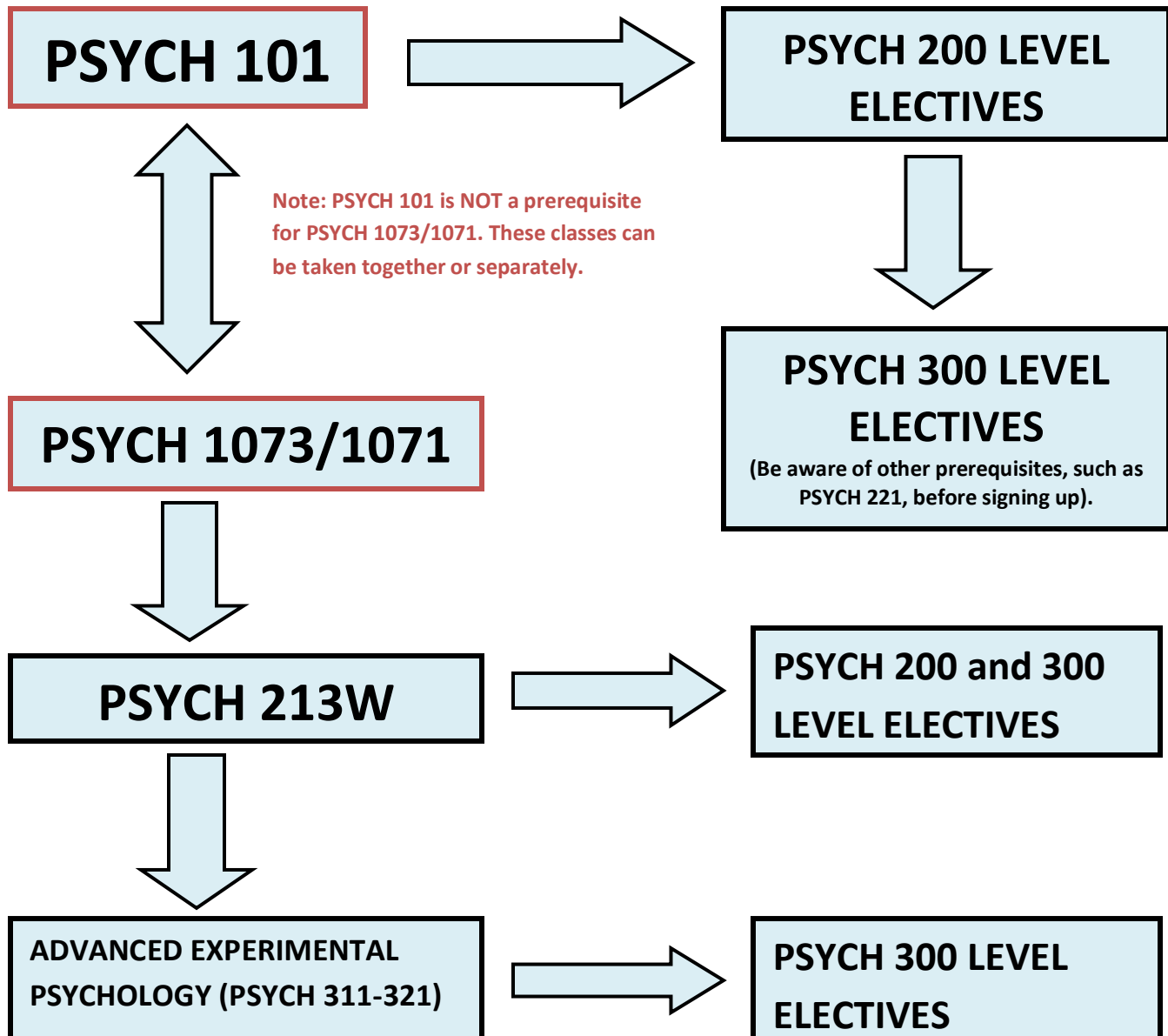
The Queens College Undergraduate Psychology Committee Undergraduate Progress Timeline

Fall 2022

This undergraduate progress timeline aims to support Queens College undergraduate Psychology students better navigate their undergraduate journeys. We have listed a course timeline, important considerations about courses, what to do in individual school years, and helpful tips for students.

Course Timeline

A major in Psychology at Queens College is completed with a total of 36 credits. Below, we have created an imaged overview of order in which to take the classes in:



- See [psychology major requirements](#) to see the different class options as well as how many courses are needed at each level. This will also break down the required courses (22 credits) and elective courses (minimum of 14 credits) to complete the psychology major.
- Be aware of the various prerequisites needed for each course. For example, 221 may be a prerequisite for some 300 electives. 213W is a prerequisite for advanced experimental psychology.

Important Considerations about Courses

Below is a list of important considerations for students when planning their course schedules. We have indicated “**green**” as courses students should consider when planning.

- A student must take PSYCH 101 first before continuing on to other psychology classes - one cannot take most other psych classes until this class is completed.
- PSYCH 1071 / 1073 must be taken before 213W and cannot be taken in the same semester.
- PSYCH 213W Experimental Psychology must be taken before moving on to advanced experimental psychology (PSYCH 311-321).
- **Helpful note: We recommend students take PSYCH 1071/1073 and PSYCH 213W as early as possible.**
- 300 level classes typically have one or more 200 level classes as prerequisites.
- **Helpful note: PSYCH 221 is a prerequisite for many of the more advanced classes as well so it may be helpful to take that early if possible.**
- For neuroscience classes, PSYCH 243 is a common prerequisite.
- *For a full list of major requirements and prerequisites, please see:*
<https://qcpsych.commons.gc.cuny.edu/psychology-major/psychology-major-requirements/>.

Individual Academic Year Considerations

Freshman Year:

- Take **PSYCH 101** if you did not get credit for it in high school in some way.
 - If you already have credit for PSYCH 101, **take PSYCH 1071 and 1073 (Stats and Lab)**. **Statistics fulfills the only math requirements needed for your 4-years psychology degree.**
 - Both statistics courses can be challenging, so it may be better to take easier general education courses your first semester before taking both statistics courses.
 - Confirming previous credits can be done through academic advising, more information can be found [here](#). Additional advising information from our department can be found [here](#).
- Start thinking about internships and other experiences you may be interested in.
- Start talking to people about various clinical and research opportunities on campus and off campus as well.
- Start exploring resources like our [Queens College Psychology Resource Database](#).

Sophomore Year:

- Sophomore year is still early on in your academic career but, if possible, start thinking about graduate program requirements and building your resume with research or clinical experiences. This will help keep you calm and organized, as the application season comes faster than you think.
- This is the year when you can take **electives** of your choice. **If possible, try to register for 213W**. Typically, registration for 213W opens up 2 weeks before classes start for sophomores and freshmen.
- If you only declared your psychology major in sophomore year, do not get worried, you are still ok. Just reference the freshman year along with sophomore tips and catch up as best as you can once the major is declared.
- If not already done so, join a lab and or clinic on the Queens College campus. See resources like [Overview of Opportunities in Psychology and Neuroscience](#) to find opportunities and learn things like how to make a resume or CV.
- Apply for an internship for the summer or during the school year (if you are able to with the workload).
 - If you are planning to pursue a career in psychology - it would be best to find one that will give you experience and insight into the psychology field in some way.

Junior Year:

- Complete **PSYCH 213W** if you have not done so yet.
- Register for higher level courses such as the **300 PSYCH level classes**.
- If possible, it's a great time to start getting that clinical experience, volunteering at a hospital, working on a suicide hotline, doing research in Queens College laboratories.

- It's also great to get acquainted with your professors at this point to have at least a few people in mind when turning to get a letter of recommendation. **We recommend doing this earlier than later.**
 - If applying to graduate school, begin studying and taking the GRE in junior year. This way once senior year hits you can solely focus on applications.
 - Optional: Take the psychology subject GRE in April of your junior year as some schools recommend it. The psychology subject GRE is only offered in April and in October/November. Taking it in April guarantees that you have another option to take it if before the scores need to be submitted to graduate schools.
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Senior Year:

- **Complete the rest of the psychology classes needed to graduate such as any 300 level electives or the advanced experimental psychology course (PSYCH 311-321) if not yet taken.**
 - Think about what you want to do after you graduate.
 - If applying straight to graduate school:
 - Start networking and finding out about which graduate schools you are interested in and what the requirements are.
 - Begin asking for professors and or mentors for letters of recommendations around the beginning of senior year. Applications for PhD programs are roughly due yearly in December, master's programs vary.
 - Take the GRE again if you were not successful the first time around.
 - Begin working on your CV and or resume and ask one or two mentors to look at it.
 - Begin your personal statement as early as possible in your senior year and have people that will look that over and give you constructive criticism.
 - Graduate!
 - We suggest that you apply for the Queens College Psychology Department awards given to graduating seniors each year (you can find the application on the department website each year in March).
 - If there have been any faculty or staff during your years at Queens College that have been particularly helpful in helping you succeed, they will surely greatly appreciate you taking the time to thank them for their help and keeping in touch with them in the years to come as you accomplish new things.
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Helpful Tips for Students

1. Registering for psychology classes, especially PSYCH 101, 213W, and advanced experimental, can be challenging.
 - The best thing to do prior to your registration date is to prepare your desired schedule before registration begins and have a backup schedule as well. Then, once all of your classes are in your enrollment cart on CUNY first, you should register the minute your registration begins.
 - If, however, you do not get into a specific class you wanted or needed there is an app called Coursicle that can help you track the specific class.
 - You download the app and pick which class and professor and it will send you a notification if a seat opens up and you quickly go back into your enrollment shopping and register for it.
2. All Psychology majors must take PSYCH 101 before any other psychology class. Many students coming in have already taken AP Psychology and can move onto the next level courses. However, there are other ways to fulfill this requirement before beginning college.

- If your high school offered a psychology class through a college in which you paid to take the course, **THIS COUNTS AS TAKING PSYCH 101.**
 - Not all advisors know this and this can throw you off if you are waiting to take PSYCH 101 before beginning any other psychology class.
 - For anyone that may have a similar experience, we would advise you to reach out to Laura Silverman, the head of the advisement department at Queens College. You can email her at Laura.Silverman@qc.cuny.edu with any of your concerns and she will be extremely helpful!
3. As the psychology major is only 36 credits (aside from gen-eds) and 120 credits are needed in order to graduate, you have the chance to have an additional major or minor in order to reach the 120 credits.
 - It is suggested to create a schedule or plan for each semester of all different classes including college gen-ed requirements (Flexible Core, Creative Expression, World Cultures etc.) that you need to take in order for you to be able to track your progress towards graduation.
 - If you're taking too many classes that don't count towards a specific requirement, this may cause problems with getting financial aid.
 4. Be aware of financial aid and discuss with the [financial aid office](#) the specifics about how it works regarding your tuition being covered for all semesters.
 5. Graduate programs look for core classes such as **Introduction to Psychology (PSYCH 101)**, **Statistics (PSYCH 1073 and 1071)**, **Experimental Psychology (PSYCH 213W)**, **Advanced Research (Advanced Experimental Psychology, PSYCH 300+)**. They may also have additional requirements depending on the graduate program you apply to.
 - **STRONG SUGGESTION:** Please carefully review graduate program course requirements early (sophomore/junior year). While all programs look for core courses, other programs may look for specialized courses depending on the field. For example, a Developmental Psychology program may look for more developmental courses, while a Clinical Psychology program may look for more clinically-oriented courses.
 6. In addition to using RateMyProfessors, check out [this](#) link for teaching evaluations and [this](#) link for grade distributions in past semesters.
 7. The Psychology Department usually offers tutoring for PSYCH 1071/1073 and PSYCH 213W. Look at the psychology department website for more information.
 8. Also, make sure you don't buy textbooks you don't need. Wait until the professor gives instruction about the textbook requirement or wait until the first day of class to see whether the textbook is required and whether there are free or cheaper options to buy it.