**SURVIVAL TIPS FOR CSULB FIRST-YEAR PRE-PSYCHOLOGY MAJORS**

**Catalog for Current Year**
You are responsible for knowing the rules and regulation of the University and the degree requirements of the major. It is a good idea to buy a catalog for the relevant year and a department handbook for the year in which you are accepted into the major.

**B.A. Degree**
The B.A. Degree in Psychology includes 120 units made up of General Education requirements, major requirements, and enough electives to equal 120. In addition you must include 40 upper division (300-400 level) units and 30 units in residence (taken at CSULB).

**Planning a Schedule for Your First Semesters**
1. Take General Education and lower division major courses during the freshman and sophomore semesters.
   a. Among General Education courses to consider first are:
      1) English 100 since it is a pre/co-requisite for Psy 100.
      2) GE Math since it is a prerequisite for Introductory Statistics.
   b. For the Psychology major, begin with
      1) Psychology 100, General Psychology
         and then try to take
      2) Psychology 210, Introductory Statistics and then
         All three of these courses must be completed with a grade of C or better
         before one can apply to be a Psychology major.
   c. Take Psy 301 as soon as you have upper division status.

2. Read course descriptions in the catalog for all courses in which you plan to enroll. READ FOOTNOTES IN THE SCHEDULE OF CLASSES VERY CAREFULLY. Be sure you have had the prerequisites for the classes you select.
3. If you work 20 hours or more a week, don't overload yourself with units. In this case, a maximum of 12 units for your first semester might be advisable.
4. You can add or drop classes, but be sure to follow the correct procedures with Enrollment Services before the deadline. IT IS YOUR RESPONSIBILITY TO WITHDRAW FROM CLASSES. DO NOT ASSUME THE INSTRUCTOR WILL DO IT FOR YOU.
5. Expect classes (and the whole campus) to be extremely crowded the first week or two.

**Advising**
To obtain the maximum benefits of the Psychology Advising Offices:
1. Read rules and regulations before you come. Time is limited and you will waste your own time if the rules must be described. Clarification of rules and exceptions to policy are appropriate topics for discussion.
2. Ask questions about GE requirements at the Academic Advising Center (Horn Center room 103). No decisions about GE can be made by the Psychology Department.
3. Bring all relevant documents with you. Otherwise you may have to return a second time to have your concerns considered.

**Department Involvement**
1. All psychology majors are automatically members of PSA (Psychology Student Association). PSA sponsors many activities - participate and make friends.
2. Get to know instructors -- participate in class discussion, seek help during office hours.
3. Attend department colloquia, forums.
4. Visit the Peer Advising Offices in PSY 206. Visit at least once a semester and learn about all the resources that are available to you.

4/12