

Welcome to the University of Mississippi and the Department of Psychology!

Course Recommendations for Psychology Majors for the First Three Semesters

First Semester Recommended Courses	Alternative Courses
PSY 201 (General Psychology)	<ul style="list-style-type: none"> • If you already have credit for Psy 201, and have a Math ACT score of 22 or higher; take Psy 202. • If you already have credit for Psy 201, and have a Math ACT score of 21 or lower; take Math 115 (Statistics) or 120 (Quantitative Reasoning).
WRIT 100 <u>or</u> WRIT 101	<ul style="list-style-type: none"> • If you already have credit for Writ 100 <u>or</u> 101; Take Writ 102 <u>or</u> Liba 102 • If you have credit for both Writ 100 and 102; take Eng 22X
EDHE 105	If you are not interested in taking EDHE, take a general education class you are sure you have not already satisfied. *See list of recommended classes to prioritize below.

Courses we recommend you complete by the end of your 1st semester sophomore year (3rd semester here)

- 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).
- 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 3rd semester.)
- 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.
- General Education courses you have not already satisfied (e.g., History, Fine Arts, Humanities, Sciences)

If you are wanting to go into a Health Profession, we recommend:

- If you are planning on being pre-med or another medical field; you should take Bisc 160/161 and Chem 105/115 as soon as you have met the prerequisites for those courses and we strongly recommend Bisc 160 bootcamp in the summer if you are taking Bisc 160/161 in the fall. We recommend you take Math 115 (Statistics).
- Enroll in 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 freshmen 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.
- Balance your MWFs with your TThs
 - MWF – Mondays, Wednesdays, Fridays for approx. 50 minutes
 - TTh – Tuesdays and Thursdays, for approx. 75 minutes
- Map out your schedule for travel time and eating. Learn your academic preferences (E.g., If you are not a morning person, don't take morning classes.)
- Remember the transition to college is challenging for everyone, 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).
- 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 will be advised within the CSSFYE office until your first semester sophomore year, so the advice provided here will help you enter the Psychology department advising having completed a lot of the prerequisites necessary to delve into your Psychology major.
- 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.