

## Psychology

Please refer to the current [Undergraduate Academic Catalog](#) to see the course descriptions and a major description with requirements for Psychology.

Students who enter UMW with no previous psychology credits should take **PSYC 100** as their first course in the discipline.

Students who enter with approved transfer credits for General Psychology, or with at least a 4 on the AP Psychology Examination, should take available 200 & 300-level courses in psychology below (but not including) PSYC 360A - such courses which may have only PSYC 100 as a prerequisite. Recommended courses of this sort include: **PSYC 301**, Social Psychology; **PSYC 305**, Cognitive Neuroscience; **PSYC 311**, Abnormal Psychology; **PSYC 315**, Clinical Psychology; **PSYC 331**, Developmental Psychology - Infant and Child; **PSYC 332**, Adolescent and Adult Development; **PSYC 333**, Aging; **PSYC 339**, Health Psychology; **PSYC 342**, Personality; **PSYC 347**, Psychology of Men; **PSYC 349**, Psychology of Human Sexuality; and **PSYC 350**, Psychology of Women.

Below please find some examples of first semester schedules for a psychology major. There are many variations of a first semester schedule; the examples are just meant to help you see that there are many ways to reach the same goals.

For information about the General Education Requirements Met below visit the [General Education Requirements](#) website.

### Example 1:

Course (credits)	Requirement(s) Met
1. PSYC 100** - General Psychology (3)	Major, HES
2. MATH 200 - Intro Statistics (3)	QR
3. BIOL 121 - Biology Concepts I with Lab (4)	NS
4. LATN 101** - Elementary Latin (3)	FL
5. FSEM 100J - Global Panacea or Deal with the Devil (3)	FSEM

### Example 2:

Course (credits)	Requirement(s) Met
1. PSYC 100** - General Psychology (3)	Major, HES
2. PHYS 101 - General Physics with Lab (4)	NS
3. FSEM 100BB - Critical Thinking and the Internet (3)	FSEM
4. ARTH 114A - History of Western Art I (3)	ALPA
5. PHYD 117 - Swimming for Non-Swimmers (1)	Elective

Example 3: Athletes for varsity sports must register for the 400-level course of the sport. Practice times for varsity sports can vary, but generally speaking, athletes should allow for enough time to get to and from practice on weekdays from 3 - 6 p.m. Please check with the individual coach for your sport to verify specific practice times each semester.

Course (credits)	Requirement(s) Met
1. PSYC 100** - General Psychology (3)	Major, HES
2. SOCG 105 - The Social World (3)	HES
3. GEOG 101 - World Regional Geography (3)	GI
4. ARAB 101** - Beginning Arabic (3)	FL
5. PHYD 417 - Intercollegiate Rowing - Men (1)	Elective

\*These paths assume fall matriculation. Students entering in the spring semester will make appropriate adjustment for sequencing issues.

*\*\*This particular course is in a discipline that allows students with demonstrated competence upon admission to UMW (such as AP/IB credit, dual enrollment, etc.) to begin courses at a higher level. Please read the Academic Planning Guide carefully to see if you meet the requirements. For example: students may begin at any level language course for which they feel prepared (101, 102, 105, 201, 202 or 205), but must then complete the rest of the sequence in order without repeating or skipping any levels.*