

2023



UCSD FIRST-YEAR GUIDE

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First-Year Welcome

Dear Incoming First-Year Students,

Welcome to the Department of Psychology at UC San Diego! We are so thrilled you will be joining us in the Fall of 2023. As a Psychology major, you will have access to our major advisors, opportunities to take Psychology courses taught by our leading faculty, and so much more! We look forward to making our department feel like home for you.

We offer a wide array of undergraduate programs designed to meet your career interests and goals. The Department of Psychology offers 10 undergraduate majors including a Bachelor of Arts (BA) in Psychology and Bachelor of Science (BS) degrees in Psychology, Business Psychology, Clinical Psychology, Cognitive Psychology, Cognitive and Behavioral Neuroscience, Developmental Psychology, Human Health, Sensation and Perception, and Social Psychology. Most of our majors are flexible enough that you can switch between them in case your career interests change.

We recommend you take the time to peruse through our website to familiarize yourself with the majors, services, and resources we offer. We suggest you bookmark the following pages:

- [Majors](#)
- [New Student Areas](#)
- [Experiential Learning](#)
- [Research](#)
- [Programs and Events](#)
- [Courses](#)
- [Resources](#)
- [Honors Program](#)

We also encourage you to follow [UCSD's Department of Psychology Facebook page](#) and [Instagram account](#) for announcements, events, exciting news, and resources.

Lastly, we encourage you to **[REGISTER](#)** for our online Department Orientation. To register, please visit our [website](#) in **July 2023**. The department orientation is made of several short modules you can watch at your own pace this summer.

The Psychology advising team is here to support you during your transition to UC San Diego. We look forward to meeting you this Fall and helping you throughout your time as a Psychology student at UC San Diego!

Sincerely,
Psychology Undergraduate Advising Team

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Steps to Success in the Department

We want you to be successful as a UC San Diego Psychology student. Our goal is for you to find a supportive community here. We encourage students to take ownership over their academic careers and want to give you the tools to do so. We suggest that you:

- Be your own advocate and take responsibility for your education.
- Get to know the [Psychology website](#) and become familiar with [TritonLink](#).
- Review your completed major requirements.
- Get comfortable with your Academic Tools on TritonLink, including your Academic History and Degree Audit.
- Be proactive and ask informed questions.
- Get into the habit of checking your @UCSD e-mail and New Triton Advising.
- Complete Orientations for your college and your major.
- Review recommendations made by your college and your major, and enroll in appropriate classes during your enrollment time.
- Check in with yourself frequently to make sure that your workload meets your needs; don't be afraid to admit if you've taken on too much.
- Plan to stay proactive during Fall quarter (go to college and major advising and faculty/TA Office Hours, and make use of campus resources).
- Show up prepared and ready to learn.
- Locate opportunities, take risks, and find your community on campus.

First-Year Summer Timeline

Summer Action _____
Items:

- Set up New Triton Advising (NTA).
 - New Triton Advising (NTA) is an online tool for you to send questions and communicate with your college advisors.
 - Students will be notified by their college over the summer to set up their New Triton Advising.
- If applicable, register for the [Math Placement Exam](#).
 - Please check their website for test dates.
- Complete the online Psychology Orientation Modules
 - To register, please visit our [website](#) in July 2023.

August 17–22 _____

- Fall Quarter First Year Enrollment.
 - Prior to your enrollment in August, your college will send you course recommendations on general education requirements.

September 28 _____

- Fall 2023 classes begin.
 - Refer to your class syllabus to see when you will meet for the first day of class.

Orientation & Advising

All incoming first-year students are encouraged to take advantage of our online self-paced Psychology Department Orientation. See below for more information and registration.



NEW TRITON ADVISING

During the summer you will receive a notification from your college to set up New Triton Advising. New Triton Advising is an online tool where you can ask questions and contact your college advisors. Prior to your enrollment in August, your college will send you course recommendations on general education requirements.

Once you register for classes, New Triton Advising will transition into the Virtual Advising Center, and you'll be able to contact any campus department or program individually.



PSYCHOLOGY DEPARTMENT ORIENTATION

REGISTER for the Psychology Orientation in July 2023. New First Years are encouraged to participate in our online self-paced Department Orientation. Department Orientation will cover what you need to know about your chosen major within our department, including major requirements, course equivalency, the schedule of classes, prerequisites, waitlists, and more.

Our Orientation modules are short (2–6 minute) videos to help introduce you to important concepts you need to know about to be ready to succeed in the Psychology Department; they can be watched in order and then re-watched as needed. Included in each module are relevant links or downloads.

Due to the high number of incoming transfer students we are onboarding, we are unable to meet individually with new First Year students until after the school year has started.

Please note that the Psychology Department Orientation Sessions are completely separate from any orientation your college may offer, so plan to complete both.

Orientation & Advising



AFTER ORIENTATION

Following your Department Orientation, we encourage you to use our department website to become familiar with our major requirements, courses, and various resources we offer. If you have any questions, we will be available starting in the Fall to meet with you.

We also encourage you to take advantage of the resources on campus, from tutoring to supporting your mental and physical health to learning more about educational and extracurricular opportunities.

The Psychology Department runs a series of **workshops** each quarter and administers a Career exploration certificate and symposium. Our **Psi Chi/ Psychology Club** offers opportunities to connect with other students interested in psychology, build leadership skills, and give back to the community.

Stay tuned for opportunities to participate in workshops and events in and outside of the department!

Frequently Asked Questions

To find answers to more frequently asked questions, visit the [First-Year FAQs](#) or [general FAQs](#) pages on the Psychology Department website.

How do I choose the best major for me?

All 10 of our majors are available for you to consider; we do not have any limits on the number of students in our major at this time. Our B.S. degrees were created specifically for students intending to pursue graduate programs with heavy research emphases, but your choice of major will not limit your future graduate school or career options. We encourage students to explore coursework of interest and let that interest guide their major choice, or use our [Major Match Quiz!](#)

How easy is it to change from one Psychology major to another?

Students may change major tracks on TritonLink at any time, and because we do not have any limits on students in our major, we welcome you to make adjustments to your major as needed. Your major can be changed again in as little as two weeks following a major change.

Can I earn a double major?

Yes! We encourage you to carefully plan and consider your course load if you decide to do so. You will want to meet regularly with advisors at both majors and your college to ensure that you are on track. It is not possible to double major within the same department.

What classes should I take during my first quarter?

Your college will provide recommendations to you in New Triton Advising, but generally you should consider completing coursework that meets your major requirements in Formal Skills and Natural Science. It is possible to use a single class to meet requirements for both major and GEs; we encourage you to review both sets of requirements to find courses that work best for you.

Which Natural Science class should I take? How many do I choose from each department? Which courses are best for me?

Psychology BA majors may choose ANY 2 Natural Science courses and all Psychology BS majors may choose ANY 3 Natural Science courses listed on their [major pages](#) (keeping in mind the stated duplication of credit requirements). [Cognitive & Behavioral Neuroscience](#) majors must take COGS 17 and ANY two Natural Science courses listed on their major page. You DO NOT need to choose your classes all from the same department, or one class from each department; however, if applicable, we encourage you to consider choosing classes that meet the requirements for both major and GE. Students who are not planning to double major in a science field or attend graduate or professional school related health or physical science should consider taking courses numbered 10 or above (or PSYC 2), as BILD 1-3, CHEM 4 and 6A-C, and PHYS 1A-C and 2A-C are intended for students majoring in the physical sciences or intending a healthcare career (ie: Medical school).

Which Math class should I take? Do I need to take Math at all?

It will depend on your major. We recommend you look at the lower-division math courses on our [major pages](#). Most Psychology Bachelor of Science students will find that the MATH 10 series will meet their needs; however, students who are especially interested in careers related to Computation or Neuroscience research may find the Math 20 series beneficial. Students considering taking Math at UC San Diego should sign up for the [Math Placement Exam](#).

Can I take Statistics during my first quarter? Does AP Statistics count?

We recommend that you focus on Formal Skills and Natural Science coursework during your first quarter. AP Statistics **does not** count for any of the majors within the Psychology Department.

Frequently Asked Questions

To find answers to more frequently asked questions, visit the [First-Year FAQs](#) or [general FAQs](#) pages on the [Psychology Department website](#).

Do I need to take Lower Division Psychology courses? Does AP Psychology count?

The only Lower Division Psychology courses that count toward our majors are PSYC 2 (Natural Science), PSYC 60 (Statistics), PSYC 70 (Research Methods), and PSYC 71, 81, and 99 (Research).

PSYC 1, 3, 4, 5, 6, and 7 **will not count** toward major requirements and AP Psychology does not count toward any of our majors.

All the courses I want/need to take are full! What do I do?

Most departments are holding seats for new students and will release them in late July; there should be adequate room for new students in classes required for your first quarter.

Can I take any classes Pass/No Pass?

You may take any Lower Division courses for majors within the Psychology Department for P/NP except Statistics (LD MGT classes must be taken for a Letter Grade for Business Psychology majors).

PSYC 195, PSYC (or MGT, or COGS) 199, and AIP 197 can only be taken for P/NP, but all other Upper Division courses taken for your major must be taken for a Letter grade. You may take up to 25% of your total coursework at UC San Diego for P/NP (this usually translates to around 4 total classes).

What happens if I decide to switch majors after finishing some Psychology work?

You can easily convert a Psychology major to a Psychology minor if you decide that there is a better-fitting major for you; our minors consist of 7 classes within the Psychology department (Math, Science, and Programming classes do not apply), at least 5 of which must be Upper Division.



*King Triton gives advice at
Psychology Senior Send-Off 2018
by Yucheng Jasmine Wu*

Congratulations and welcome to UC San Diego!

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