



B.A. in Psychology

Career Alternatives

Psychologists are employed by government and private agencies, educational institutions, and businesses. Others are in private practice. A degree in psychology is also useful background for a wide variety of related occupational fields.

A follow-up study of recent graduates finds them in positions such as psychologist, family therapist, youth development specialist, biofeedback trainer, school outreach counselor, youth and family worker, probation officer, teacher, vocational education counselor, mental health associate, college instructor, personnel analyst, personnel administrator, research associate, legislative counsel, court administrator, commercial group underwriter, district sales manager, insurance marketing representative, restaurant manager, and computer specialist.

A 1998 survey of alumni who had been psychology majors in our department found that about two-thirds of the respondents had gone on to do some sort of graduate work. Besides psychology, these students entered programs in such fields as counseling, social work, public administration, law, business administration and management, speech pathology, human development, therapeutic recreation, public health, kinesiology, education, and educational technology.

The Unique Sonoma State University Approach to Psychology

In 1961, we opened our doors with an idea that was then quite unusual: that a true study of psychology involves not only intellectual mastery of a body of knowledge, but a deepening in one's self-understanding as well. Psychoanalytic schools had long required trainees to undergo personal psychoanalysis, and growth centers had made self-exploration available to a broader population, but no academic institution had taken the kind of experiential learning that was an outgrowth of Jungian, Rogerian, Gestalt and other existential approaches to psychology, and made it a regular part of the undergraduate curriculum.

We became widely known for a "humanistic" approach to psychology, received a Presidential Award for an outstanding contribution to higher education, and achieved an international reputation as one of the few psychology departments in the country that is not primarily behavioristic.

In recent years we have continued to deepen and expand our "humanistic and existential position" in psychology, linking it to political and social concerns beyond the individual and establishing connections with transpersonal perspectives. Faculty interest areas include developmental psychology, depth psychology, gerontology, social and community psychology, organizational psychology, cross-cultural psychology, ecopsychology, somatics, performance psychology and biofeedback. The department supports both quantitative and qualitative approaches to psychological research.

Bachelor of Arts in Psychology

By specific intent, the major is flexible. It enables students, in consultation with an advisor, to tailor a program to their own educational goals. A course in Introduction to Psychology is required as a prerequisite to the major; to assure that students are able to choose intelligently from among the many courses and opportunities within the department.

The requirements for the major are designed to ensure basic competencies in the field. Majors must complete at least 32 units in upper-division psychology courses and 12 units in supporting courses, with a minimum grade of C or Cr in each course. University regulations allow the Cr/NC grading mode for courses in the major only if those courses are not offered for traditional grades (A-F).

Majors also need to complete a course in statistics to graduate in the major. This could be MATH 165 or the equivalent. MATH 165 fulfills the math GE requirement and may also be counted toward the supporting units in the psychology major.

Degree Requirements	General EducationUnits
General Education	51
Major Core Requirements	8
Psychology Advisory Plans	24
Supporting Courses	12
General Electives	25
Total units needed for graduation	120

Major Core Requirements

To introduce the many theoretical orientations, applications, and professional issues that make psychology a diverse, lively, and controversial field, the department offers a core curriculum for all students. These core courses provide a conceptual perspective on the field of psychology, practical tools useful in both psychological work and daily life and a chance to follow the student's interests and directions in some depth. PSY 306 and 307 should be taken as early as possible in the major; since they are also prerequisites to a number of other courses.

PSY 306	History of Modern Psychology	4
PSY 307	Humanistic, Existential & Transpersonal Psychology.....	4

Total units in the major core8

Students who wish to transfer into the psychology major must have completed the following courses or the equivalents:

ENG 101	Expository Writing and Analytical Reading
PHIL 101	Critical Thinking
PSY 250	Introduction to Psychology

Psychology Advisory Plans

To complete the 32 upper-division units required for the major, students must select 24 elective units from upper-division psychology courses. The psychology department has developed four advisory plans. These plans build upon the basic requirement of the major (see below) by suggesting lists of specific courses which we believe will prepare our students for work or graduate study after graduation.

Faculty advisors can assist in selecting the plan most appropriate to personal and academic goals. (Advisory plans represent our advice for certain careers. Students are not required to follow an advisory plan.)

The Humanistic/Transpersonal Psychology Advisory Plan is designed for students who wish to concentrate on the rich selection of courses which the department offers. The humanistic and transpersonal approaches to education place great value upon students assuming responsibility for their own education. For this reason, study under this advisory plan is largely self-directed. Consequently, it will appeal to students who wish to chart their own plan of study. This plan may be used for students without specific career plans in professional psychology and for students planning graduate programs. It is especially suitable for students who wish to complete a double major.

The Developmental Advisory Plan is designed to prepare students for work and study around developmental concerns in areas such as health care, child care, community development, family policy advocacy, a range of human services dealing with the elderly, and basic and applied research. It takes an interdisciplinary approach to the study of the lifespan from birth to death. Courses address three areas: 1) key processes of development across the lifespan, including biological, social, cognitive, and emotional development, 2) life contexts, such as family, work, school, neighborhood community, culture, and the political system, and 3) tools for applying this knowledge in work and everyday life. Students work with an advisor to create a plan tailored to their specific goals, with internships as a strongly recommended component. Since the plan is interdisciplinary, appropriate courses from other departments may be included in the major.

The Human Services Advisory Plan is designed for students who plan to go directly into work in applied settings, as well as for those who are already performing psychological work and need additional information, concepts, and skills. It is especially appropriate for students preparing for master-level work in counseling, social work, or humanistic/transpersonal psychology.

The Psychology in the Workplace Advisory Plan is designed to prepare students to enter the world of work, whether it be in business, government, or non-profit settings. Today's employers are looking for people who are fast, flexible, adaptive learners. High level jobs these days require that applicants be able to juggle multiple responsibilities and have strong skills in information access and analysis; in working collaboratively; in written and oral communication; in group

leadership; and in research and data analysis, to name only a few. A background in psychology and related fields can help to lay such a foundation. This advisory plan is intended to steer students toward a pattern of courses in psychology and allied departments, such as Business and Public Administration, that are aimed at developing the sorts of skills needed in the work world. The advisory plan is also recommended for students who plan to do graduate work in programs such as organization development, public administration, and business.

Total units in the advisory plan24

Supporting Courses

The psychology department requires that students complete at least 12 units of supporting work, chosen with the approval of the student's psychology department advisor. Supporting units refer to courses in psychology or other departments which are in line with the student's interests in the field of psychology and/or the student's career goals. These 12 units must be completed with a minimum grade of C or Cr. The Cr/NC grading mode may only be used for courses in the major that are not offered for traditional grades (A-F). A minor or second major will be accepted to meet the supporting courses requirement.

Total units in supporting courses12

Total Units Needed for the Psychology Major

Upper-division psychology units including core	32
Supporting units.....	12

Total units for the major 44

Academic Advising

Students will be assigned advisors. An undergraduate advisor may be changed at any time at the request of the student.

It is recommended that students meet with their faculty advisor once a semester, prior to registration. We encourage more frequent meetings to review academic plans and progress.

Minor in Psychology

Students seeking a minor in psychology are encouraged to consult with a psychology faculty advisor to assist them in planning a series of courses tailored to their own personal and career goals. The requirements of the minor are:

1. Completion of PSY 250, Introduction to Psychology (or an equivalent course), with a grade of C or better; and
2. Completion of at least 20 units of upper-division psychology courses, with a minimum grade of C or Cr in each course.

Field Work and Special Studies

Field Placements and Internships

Advanced undergraduate and graduate students can participate in field placement and internship work experiences in organizations and agencies throughout the university's six county service area. These involve on-the-job training by the agency, and academic work under the direction of a faculty member.

Community Involvement Project

The department actively participates in the University's Community Involvement Project in which academic credit can be obtained for volunteer work in a variety of human service agencies.

Special Study

We encourage self-initiated independent study and research by our students. We believe that this is important preparation for the life-long learning in which our students will engage after they leave the university.

www.sonoma.edu/psychology/

We hope this information will be helpful. Official requirements of all majors and programs are published in the Sonoma State University catalog. Sonoma State University is an Affirmative Action/Equal Opportunity Institution and has a strong commitment to the principal of diversity. A member of the California State University

