

Welcome to the Psychology Major!



Bridgette Hard, PhD
Director



Angie Vieth, PhD
Associate Director



Natália Silva Harwood, MEd
Program Coordinator



Brooke Shaw
Staff Assistant

We are excited that you chose psychology as your major at Duke! We look forward to meeting you and learning how you envision the psychology major helping you to achieve your professional and personal goals. The Office of Undergraduate Studies in psychology will be your first stop for all your questions related to the program. The best way to reach us is via email at psychologyDUS@duke.edu. You can also schedule a virtual office meeting with our Program Coordinator at <https://calendly.com/natsilvaharwood>.

Next Steps

1. Select your advisor.

All psychology first majors (AB and BS) will have an assigned faculty advisor with whom they **must meet at least once each semester in order to be cleared for enrollment**. Second majors (AB2 and BS2) and minors will be advised through their first majors and not through psychology. However, all majors and minors are encouraged to reach out to our office with any questions they have related to their degrees.

We want the focus of your work with a faculty member in the major to be on mentoring rather than on the nuts and bolts of major requirements and other logistics (called *transactional* advising). The purpose of the mentoring conversation is to help students reflect on the decisions they are making, identify potential goals (academic, personal, professional), and process whether students are choosing courses and extracurricular activities that support their desired goals.

Transactional advising is a service provided through the Office of Undergraduate Studies. This involves helping students to understand specific requirements for the degrees offered and to track their progress through these degrees, to understand the logistics around course codes, to learn more about course offerings, to understand the steps involved in applying for practica/independent study/Graduation with Distinction, to understand the process for requesting course transfer approvals, and to learn about relevant Campus resources that they may want to explore.

The advisor assignment process starts with students becoming familiar with the list of psychology faculty members available each semester. The list is linked [here](#). Next, you will rank at least three professors you would like to be assigned as your advisor in the major. Submit your ranking using the form linked [here](#).

We try our best to match you with your first option, however, this is not always possible. If you have no preference in your advisor assignment, we look at your major declaration essay to match you with someone whose area of expertise best matches your interests. In some cases, your assignment simply might be based on faculty members' availability. Students who declare between December and February have the best chances to be assigned their first option.

2. Set up an optional consultation meeting with our program coordinator (<https://calendly.com/natsilvaharwood>) to go over your advisement report and [major checklist](#) to make sure you are on track to complete the major. During the meeting you will also learn more about opportunities for undergraduate research in psychology and Campus resources available to support your goals.

3. Reach out to your faculty advisor. Students must meet with their faculty advisors prior to registration each semester in order to be marked eligible to enroll for classes. We encourage students to be proactive and reach out to their faculty advisors once advisor assignments have been made. Building rapport and networking are two important skills to develop early on in your career journey. Your advisor relationship can help hone these skills. Faculty advisors are an essential

resource during your undergraduate career, and we encourage you to take advantage of their knowledge and experience by requesting meetings outside of registration periods, attending their office hours, or inviting them to FLUNCH.

4. **Read the communications posted to the psychology majors' listserv.** Your Duke email will be added to the list, which we use to keep students informed about topics related to the program. You may unsubscribe at any point. However, if you do so, you might miss some important information.
5. **Join psychology-related organizations on Campus** including NAMI (<https://www.facebook.com/dukenami/>), the Psychology Majors' Union (<https://dukegroups.com/organization/pmu>), and PsiChi (contact professor Ruth Day at ruthday@duke.edu).

FAQs

Q: Can I use AP/IB credit to place out of PSY 101?

A: All psychology majors are required to take PSY 101 at Duke, which has been designed to provide a thorough and consistent foundation for the psychology major. Students with AP/IB credit tend to find that PSY 101 strengthens their knowledge foundation and goes beyond what they learned in high school. AP or IB will count as PSY 11, which can be used toward Trinity requirements but not for the major.

Q: Do First-Year seminars (PSY 89S) count towards the major?

A: No. Although first-year seminars are a great way to explore your interest in psychology, PSY 101 is the official introductory course for majors.

Q: If I take a 300- or 400-level seminar, will that fulfill both the major requirements for seminar and 300+ level course?

A: No. Students must take two separate courses to fulfill these two requirements.

Q: I heard about some changes to the statistics and research methods requirement and am unsure how they will apply to my case. Can you explain?

A: PSY 201 was last offered spring 2020. If you completed the research methods but not the statistics requirement, you will need to enroll in one of the following courses: STA 101, 102, 111, 198L, 199L, 250 or MATH 342. If you completed the statistics but not the research methods requirement, you should plan to complete this requirement by spring 2021, the last semester PSY 202 will be offered. If you have not completed either requirement, you should plan to enroll in PSY 204L, the first of a two-course sequence that will be taught for the first time this fall and will be offered each semester. Students who complete PSY 204L should plan to enroll in PSY 205L soon after. We recommend back-to-back semesters, but will allow for flexibility (e.g., for study abroad).

Q: If I am pursuing a double major, will I be able to replace one of the courses in the PSY 204L/205L sequence with a statistics course outside the Department?

A: No. In most cases, you will need to complete an additional course in statistics.

Q: Would you recommend a double major in psychology and neuroscience?

A: We do not recommend that students pair the psychology major with neuroscience because the fields are very closely related and, because only two courses may be double counted between majors, students will spend most of their time at Duke completing major requirements instead of broadening their education by exploring courses in other fields.

Q: Would you recommend an interdisciplinary major between psychology and neuroscience?

A: We do not recommend that students construct an interdisciplinary major between these closely aligned fields. Any attempt to do so nearly always results in a psychology major with more of a neuroscience focus, and we can't approve an IDM that essentially comprises one of the two majors. Psychology majors who want to focus more on neuroscience have ample opportunity to take courses cross-listed with neuroscience, especially if they pursue the BS degree and focus on neuroscience courses as their electives.

Q: Where can I find information about research opportunities in the major?

A: You will find information following [this link](#) on our website, including information about funding and support.

Q: I am considering applying to graduate school in the future. Does your office offer any guidance with that?

A: Yes. You can read some information on our website following [this link](#). We also encourage you to talk to your faculty advisor about your plans. Our program coordinator is also available to help you get started in this process. Feel free to set up a virtual office meeting [here](#).

Q: Does your office provide support for finding jobs and/or internships?

A: Yes. We advertise new opportunities on a daily basis through [this link](#).