For students declaring a Psychology Major Fall 2015 or later

Requirements for a Major in Psychology

Psychology majors must complete a minimum of 35 credit hours in psychology and achieve a minimum grade point average of 2.0 across their psychology courses. Students who transfer from other institutions must take a minimum of 18 credit hours of psychology at the University of Maine.

A. Foundations
Students must pass each of the following foundation courses with a grade of C- or higher.

- PSY 100 General Psychology – A prerequisite for all other psychology courses
- PSY 241 Statistics in Psychology – Prerequisite for PSY 245
- PSY 245 Principles of Psychological Research – A prerequisite for all 300- and 400-level psychology courses

B. Core Areas
Students must pass each of the following core area courses:

- PSY 223 Psychology of Childhood or PSY 224 Psychology of Adolescence
- PSY 212 Abnormal Psychology
- PSY 230 Social Psychology
- PSY 350 Cognition
- PSY 365 Biopsychology & Behavioral Neuroscience

C. Concentration
Students must declare a concentration in one of the following 3 areas: 1) Abnormal/Social, 2) Developmental, or 3) Biological/Cognitive by the beginning of their junior year. To fulfill the concentration, a student must pass 3 courses in their chosen area of concentration (see below). At least one of these courses must be at the 400 level.

Note that some of these concentration courses also satisfy some of the core area requirements listed in Section B. A Declaration of Concentration Form should be completed and submitted to the Department of Psychology by the end of the junior year.


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D. Affiliated Science

Students must pass an affiliated science course:

BIO 100 Basic Biology (4 cr) or BIO 222 Biology: The Living Science (3 cr).

Note that BIO 100 is a prerequisite for all additional biology courses while BIO 222 is intended for individuals who will not be taking additional biology courses. Although recommended, BIO 223 (the lab that accompanies BIO 222) is not required for the psychology major.

E. Capstone Experience and Writing-Intensive Course in the Major

Students must pass with a C- or higher:

PSY 491 Senior Seminar in Psychology or PSY 494 Senior Research Project\(^1\) or HON 499 Honors Thesis\(^2\)

\(^1\)PSY 494 must be a minimum of 3 credit hours

\(^2\)HON 499 must be a topic in Psychology and the thesis advisor must be from the Psychology Department. In such cases, 3 of the required 35 credit hours in Psychology will be waived.

The specific requirements above are for the Psychology Major itself. The baccalaureate degree granted will be that associated with the primary major as declared by the student. The student is required to satisfy all of the requirements imposed by the university and the college of the primary major. Students are reminded that if Psychology is their primary major they must take at least 72 hours of non-psychology coursework and must declare and complete a minor or double major to graduate. No more than 6 credits of PSY 492 (Problems in Psychology) and no more than 3 credits of PSY 493 (Field Experience) may count toward the 35 credit hours in psychology requirement.

Psychology Department Goals for the Psychology Major

As set forth by the guidelines proposed by the American Psychological Association for designing effective undergraduate curriculum in the field of Psychology, the psychology major in the MAINE Psychology Department is intended to meet the following goals:

1. **Theory and Content of Psychology.** Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings and historical trends in psychology.
2. **Research Methods in Psychology.** Students will understand and apply basic research methods in psychology, including research design, data analysis and interpretation.
3. **Critical Thinking Skills in Psychology.** Students will respect and use critical and creative thinking, skeptical inquiry and, when possible, the scientific approach to solve problems related to behavior and mental processes.
4. **Application of Psychology.** Students will understand and apply psychological principles to personal, social and organizational issues.
5. **Values in Psychology.** Students will be able to weigh evidence, tolerate ambiguity, act ethically and reflect other values that are the underpinnings of psychology as a discipline.
6. **Information and Technological Literacy.** Students will demonstrate information competence and the ability to use computers and other technology for many purposes.
7. **Communications Skills.** Students will be able to communicate effectively in a variety of formats.
8. **Sociocultural and International Awareness.** Students will recognize, understand and respect the complexity of sociocultural and international diversity.
9. **Personal Development.** Students will develop insight into their own and others’ behavior and mental processes and apply effective strategies for self-management and self-improvement.
10. **Career Planning and Development.** Students will emerge from the major with realistic ideas about how to implement their psychological knowledge, skills and values in occupational pursuits in a variety of settings.

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