

# Psychology Department

## Psychology Major Record of Progress Form (revised 10/29/2004)

(Gen. Ed. 2000 Version, Use other form for Gen. Ed. 98)

(Use alternate form for Human Development Major)

### Advice on Using the Record of Progress (ROP) Form

Get the big picture by using the Record of Progress Form as an effective tool for academic planning.

1. Pencil in the courses you think that you would like to take sometime during your college career.
2. Update, add, and change the courses as you explore and learn more.
3. When you take a course write in the grade and the semester you took it. (You could also highlight completed courses.)
4. Be sure that you will be able to answer "yes" to all of the items on the Summary Requirements for Graduation Questionnaire portion of the form.

### An Overview of Academic Planning

- Work with your faculty advisor and peer advisors to help you to do effective academic planning.
- Academic planning, when done well, helps a student ask and answer many questions, such as:  
What do I need to take? Which courses count for what? What are the requirements? What courses should I take for electives? Are internships available or important? How can I get involved in research projects? How do I arrange international learning experiences? How can I get registered into the courses that I need?
- Avoid headaches of registration by taking a wider view of college.
- Your unique academic experience has a number of parts and options; few courses/experiences are specifically required.
- The vast majority of classes that you take in college are truly electives.
- What to take and when is really best addressed along with questions about your interests, aptitudes, values, and ongoing efforts in career planning.
- Make your college experience your own by choosing courses and experiences that fit you as a person and your goals for the future.
- Be sure to plan ahead for prerequisite courses needed for future courses.
- Seek help planning for internships and other individualized learning experiences.
- Don't forget such things as research experiences and international education.
- Juniors and seniors may take one pass/fail pure elective course each semester Remember you can't use your pass/fail grading option on any requirement, but it is a great way to explore areas or expand your skills.
- You can start to see a plan, a big plan, which includes personal future and career planning.

### Making up a schedule for a given semester

- 1) Choose a mix of courses from your list on the ROP form, being mindful of sequences and prerequisites for later courses etc.
- 2) Build your schedule around your most important courses or those that have little in terms of options.
- 3) You can use the flexibility of other multi-section courses to fill out your course time schedule.
- 4) Use a trial schedule form with time slots to make picturing your time schedule much easier.
- 5) See how well they fit into a schedule of times that works for you.
- 6) If a course doesn't fit in, pick a different course you intended to take.
- 7) Once you have a schedule quickly prepare an alternative schedule using different courses.
- 8) Then, it is time for you to register. Hassle-free registration is a good thing!

Use the last page of this form to write notes to yourself and brainstorm ideas of courses and experiences that you think you might add to the quality of your college experience. That is, generate and update a "long list" that goes several semesters into your future.

Share your thoughts and questions with your academic advisors.

10/29/2004/TMM

## Psychology Major Record of Progress Form (Gen. Ed. 2000 Version)

Student's Name \_\_\_\_\_ Faculty Advisor \_\_\_\_\_ Peer Advisor \_\_\_\_\_

**Psychology Major Core Requirements:** (C- or better needed; use "T" in semester space to indicate transferred courses.)  
 (Check for prerequisites and sequencing.) Semester Hour Credits (SH) Grade Semester

PSY 100, Principles of Human Behavior	3	___	_____
PSY 280, Analysis of psychological data	4	___	_____
PSY 290, Research methods in psychology	4	___	_____
PSY 40_, Experimental psychology with lab	4	___	_____
PSY 30_, Exper. psych. no lab (other area than PSY 40X)	3	___	_____
PSY 475, History and Systems of Psychology	3	___	_____

**Major Electives:** (12 of 15 SH must be upper division, except that transfer students from two-year institutions may use two lower division electives. One elective must be at the 400 level.)

Elective courses	SH	Grade	Semester
PSY _____	___	___	_____
PSY _____	___	___	_____
PSY _____	___	___	_____
PSY _____	___	___	_____
PSY 4__ (4xx up to 489)	___	___	_____

Totals to 36 SH required in major 36

**EXTRA Electives in Psychology Department** (Students may take up to four extra electives in the department. No more than 48 credits from the Psychology Department can count toward the 122 minimum credits needed for graduation. If you have more than 48 credits in HDV and PSY courses combined you need to total more than 122 to graduate.)

	SH	Grade	Semester
_____	___	___	_____
_____	___	___	_____
_____	___	___	_____
_____	___	___	_____

**Total SH credits in psychology department (PSY and HDV)** \_\_\_ (48 max.)

### General Education Courses for GE2000 (Use other form for GE98)

(Transfer students with an associates degree from colleges with an articulation agreement do not need to do req. 2, 3, or . 8b, and satisfies req. 4 with 101level.)

	SH	Grade	Semester
<b>Basic Skills</b>			
_____ 1. Writing (ENG 102 or waiver)	___	___	_____
_____ 2. Computer Literacy (3 SH or waiver)	___	___	_____
_____ 3. Critical Thinking (3 SH or waiver)	___	___	_____
_____ 4. Foreign Language (0-3 SH)	___	___	_____
<b>Knowledge Foundations</b>			
_____ 5. Fine and Performing Arts (3 SH)	___	___	_____
_____ 6. Humanities (3 SH)	___	___	_____
_____ 7. Mathematics (3 SH)	___	___	_____
_____ 8a. Natural Sciences (3 SH)	___	___	_____
_____ 8b Natural Sciences (3 SH, from different area)	___	___	_____
<u>PSY major 9a&amp;b. Social and Behavioral Sciences</u>	-----		
<b>America &amp; The Western Heritage</b>			
_____ 10 American History (3 SH)	___	___	_____
_____ 11 Western Civilization (3 SH)	___	___	_____
<b>Human Diversity</b>			
_____ 12. Tolerance and Intolerance in the US	___	___	_____
_____ 13. Non-Western Civilization	___	___	_____
<b>Intellectual Issues</b>			
_____ 14. Explorations in the Natural Sciences	___	___	_____
<u>PSY 475</u> 15. Cultures and Civilizations (or Self & Society)	-----		
Advanced Expository Writing (satisfied by PSY 280, 290, 30x, 40x, 4xx up to 489 and 475)			

**Non-Major Elective Courses**

	SH	Grade	Semester
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**Summary Requirements for Graduation Questionnaire**

If you can answer “yes “ to all of the items you will be set for graduation.

	Yes	No	Comments:
General Education complete	__	__	
Major Core Requirements complete	__	__	
Major Elective requirements complete	__	__	
Overall GPA 2.0 or higher	__	__	
Psychology GPA 2.0 or higher	__	__	
Minimum of 42 Upper Division (300 and above) Credits	__	__	# ___ (can't include community college credits)
Minimum of 60 credits from 4-year institutions	__	__	
Minimum of 30 credits earned at Oswego	__	__	
Minimum of 90 credits in Arts and Sciences	__	__	
Minimum of one-half of major taken at Oswego	__	__	
Minimum of 122 credits overall not counting MAX courses, or credits over 48 earned in one department, or over 21 total in independent study, practica, and internships	__	__	

Use this space for brainstorming a “long list” of experiences and courses that you may want or need in the future four semesters or so. Aim to satisfy requirements and interests.

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