

**PSYCHOLOGY MAJOR REQUIREMENTS**  
**40 units Psychology + 3-4 units Statistics**  
**43-44 units**

<b>Required Lower Division Courses RQ199</b>	
Psy 250 Introduction to Psychology (GE D1)	3 units
Psy 270 Psychology of Self-Discovery	4 units
Psy 280 Research Methods	3-4 units
<hr/>	
Total Lower Division Units in Psychology	10-11 units
<i>plus</i>	
Math 165 (GE B4) Statistics <i>or</i> Bus 211 <i>or</i> Econ 217	3-4 units

<b>Required Upper Division Courses</b>	
One 3-4-unit Course in 4 of the 5 Breadth Areas	15-16 units
Additional Psychology courses	13-15 units
<hr/>	
Total Upper Division Units in Psychology	29-30 units

**BREADTH AREAS RQ829** Choose a minimum of one 3-4-unit course from at least 4 Breadth Areas, completed with a grade of C or better.  
**ADDITIONAL COURSES RQ830** Choose 13-15 additional units from Breadth Areas or Additional Courses to total 40 units in Psychology.

Area 1 Holistic	Area 2 Clinical / Counseling	Area 3 Developmental	Area 4 Social / Personality	Area 5 Cognitive / Physiological
307 Humanistic, Existential & Transpersonal Psychology 322 Myth, Dream & Symbol 342 Psychology of Meditation 352 Psychology of Yoga 358 Health Psychology 360 Peak Performance Psychology 466 Jungian Psychology 470 Psychology of Film 471 Psychology of Religion 485 Ecopsychology  490 Seminar: Holistic	411 Child Psychopathology 425 Psychopathology 428 Introduction to Counseling 430 Depth-Oriented Psychotherapies 431 Introduction to Art Therapy  490 Seminar: Clinical / Counseling	302 Life Span Development 418 Transitions in Adult Development 409 Social & Emotional Development 410 Child Development 412 Adolescent Development 413 Adolescent Development through Film 414 Infant Development 418 Psychology of Family 448 Cognitive Development  490 Seminar: Developmental	325 Social Psychology (GE D) 327 Psychology of Organizations 328 Multicultural Psychology * 405 Psychology of Gender * 438 Psychological Aspects of Disability * 461 Personality  490 Seminar: Social / Personality	362 Human Sexuality 415 Sensation & Perception 446 Cognitive Psychology 447 Learning & Behavior 450 Physiological Psychology 454 Biofeedback, Somatics & Stress Management  490 Seminar: Cognitive / Physiological

<b>ADDITIONAL COURSES RQ830</b> Courses range from 1-4 units		
311 Dialogue Series C/NC 1-2 units	445 Advanced Research Design & Analysis 4 units	495 Special Studies C/NC 4 units max/semester
313 Careers in Psychology C/NC 2 units	481 Research Internship C/NC 4 units max/semester	499 Internship C/NC 4 units max/semester
314 Psychology of Self-Compassion C/NC 2 units	490 Seminar 1-2 units	COUN 494 Counseling Experience C/NC 1 unit

*All lower-division courses and courses offered for a grade must be completed with a grade of C or better. A maximum of 8 units may be taken C/NC in the major.*

*Psy 490 courses range from 1-4 units. Topics change each semester—check the Search Classes for current offerings.*

*\* Diversity-focused courses are indicated with an asterisk. Check the Search Classes for current 490 seminars that are diversity-focused.*