

Psychology Major: First-Year Course Planning Guide

As a Psychology major, your first semester will typically include 1-2 psychology courses, and 3-4 general education or free elective courses.

Below we highlight required courses, recommended courses, and some important notes to keep in mind regarding areas of overlap with the major and general education course requirements to help you best in planning your schedule.

IF YOU DO NOT YET HAVE CREDIT FOR PSYC 100:

STEP 1: Sign up for PSYC 100: Introduction to Psychology

This course is required for all incoming students and is a prerequisite for all other psychology courses.

STEP 2: Consider Registering for PSYC 191: Orientation to Psychology

While not a requirement, this 1-credit, half-semester course is designed to support students as they transition to college. The course focuses on building academic success skills and introducing students to resources and opportunities that support success as a psychology major.

IF YOU ALREADY HAVE CREDIT FOR PSYC 100:

STEP 1: Consider Registering for PSYC 191: Orientation to Psychology at Geneseo

While not a requirement, this 1-credit, half-semester course is designed to support students as they transition to college. The course focuses on building academic success skills and introducing students to resources and opportunities that support success as a psychology major.

STEP 2: Choose 1 or 2 Psychology Electives

While there are many psychology courses available at the 100- and 200-level, the following courses are ones that are most often taken by first-year students and help you stay on track with the early requirements of the major:

- **Developmental Courses:** PSYC 215 (Child Development) or PSYC 216 (Adolescent Development)
- **Basic Proficiency Courses:** PSYC 225 (Cognitive Psychology), *PSYC 250 (Introduction to Behavioral Statistics), PSYC 251 (Introduction to Behavioral Research Methods)

**Note that PSYC 250 fulfills the math (quantitative reasoning) general education requirement as well as a requirement for the major.*

ALL STUDENTS:

Step 3: Choose 1 – 4 General Education & Free Elective Courses

- **Consider registering for a WRTG 105 section** that appeals to you. WRTG 105 is the College's first-year writing course. If you choose not to take WRTG 105 during your first semester, or if you have difficulty identifying a section that works with your schedule, don't worry – you can take WRTG 105 during your second semester.
- Refer to the [Registration Toolkit](#) to help identify courses that will count toward your General Education requirements or are listed as first-year friendly electives that match your interests.
 - **Important Note About Math and Science Requirement:**

Two requirements in the Psychology major also fulfill the Scientific Reasoning requirements of the general education curriculum. **In most cases, this means psychology majors do not need to take additional math or sciences courses beyond those required for the major:**

 - Psychology majors will complete PSYC 250 (Introduction to Behavioral Statistics) by the end of their second year. This course fulfills the quantitative reasoning (math) general education requirement.
 - All psychology majors will complete a biology sequence (either BIOL 103 & 104, BIOL 117 & 119, OR BIOL 118 & 119) that fulfills the laboratory science general education requirement.
 - **How Do I Know Which Biology Course to Take?**

In general, we recommend students take Human Biology (BIOL 103 & 104) unless you are interested in pre-med/pre-health professions.

Helpful Reminders & Additional Support

- Aside from PSYC 100, you have plenty of flexibility in creating your fall schedule. We recommend prioritizing balance in your selection of courses for the major, general education, and free elective courses.
- Consider your comfort level. If you are feeling wary of jumping into any particular course, save it for the spring to give yourself time to acclimate to college life and college-level expectations. You have plenty of time!
- As you plan your schedule, be sure to consult the resources shared on the [Advising Resources for New Students](#) webpage. You are also encouraged to reach out to Beverly Henke-Lofquist, the psychology major liaison this summer. Appointments can be scheduled through [Navigate](#).