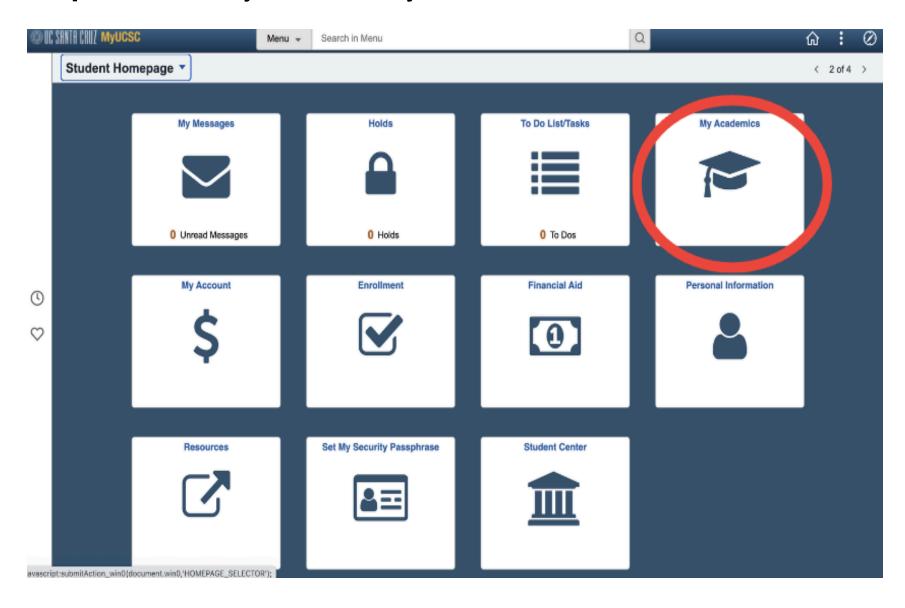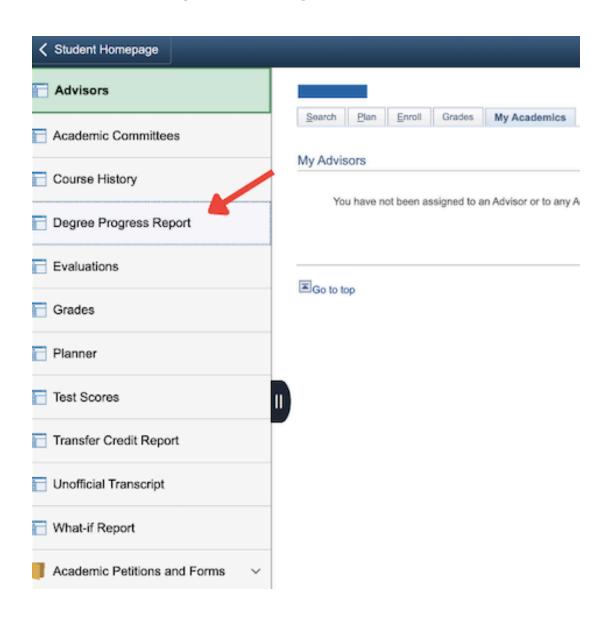# How to Perform Your Own Grad Check for Psychology and Cognitive Science Students

Step 1: Go to MyUCSC > My Academics
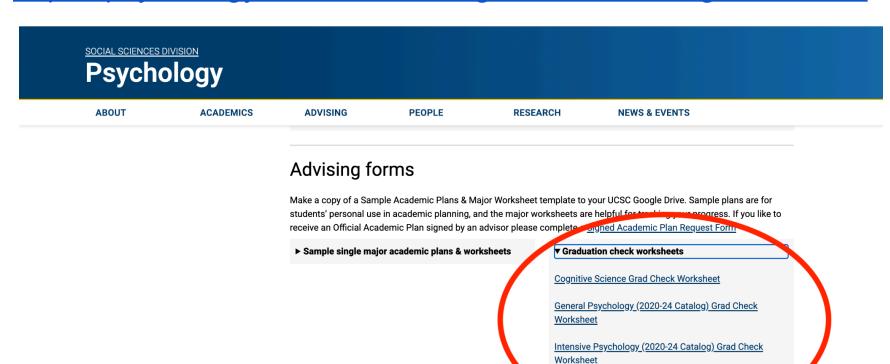
Step 2: Open Your Degree Progress Report

Step 3: Make a copy of a Grad Check Worksheet:

https://psychology.ucsc.edu/undergraduate/advising/forms.html

Step 4: Referencing your DPR, use the drop-down functions on the Grad Check Worksheet to fill in courses that are completed and in-progress.

Moving Forward

➔ Check in with your [college advisors](#) to make sure you are on track with your non-major requirements.

➔ Junior and Senior Permission Code Survey

◆ **Juniors** (90-134 credits) who were unable to enroll in any UD PSYC courses may request 1 permission code

◆ **Seniors** (135+ credits) who were unable to enroll in any UD PSYC courses may request up to 2 permission codes. Seniors who were only able to enroll in 1 UD PSYC course may request up to 1 permission code.

◆ ***Permission codes are not guaranteed.***

➔ [Senior Seminar](#)

➔ Explore our [Educational Opportunities and Global Learning](#)