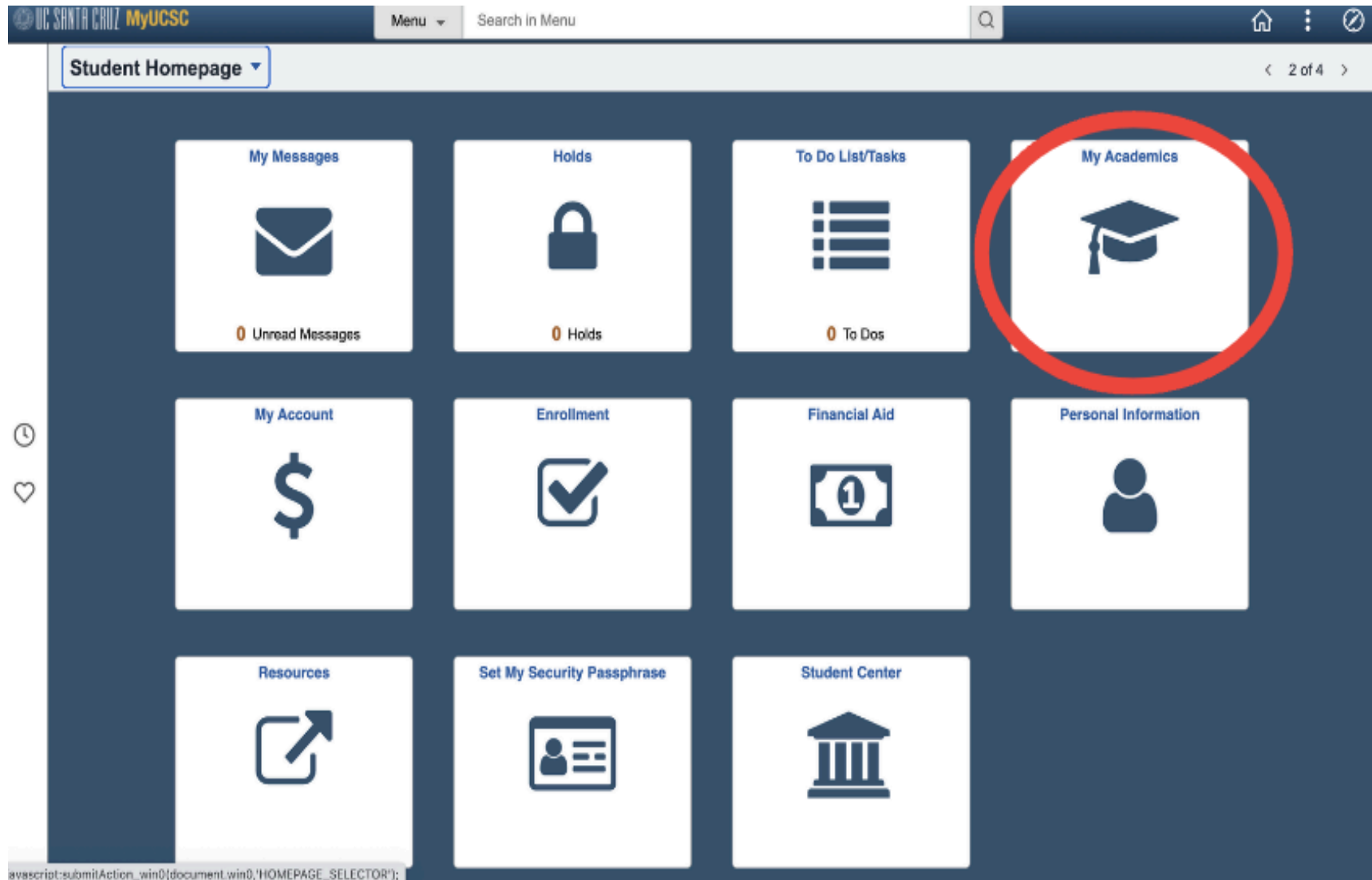
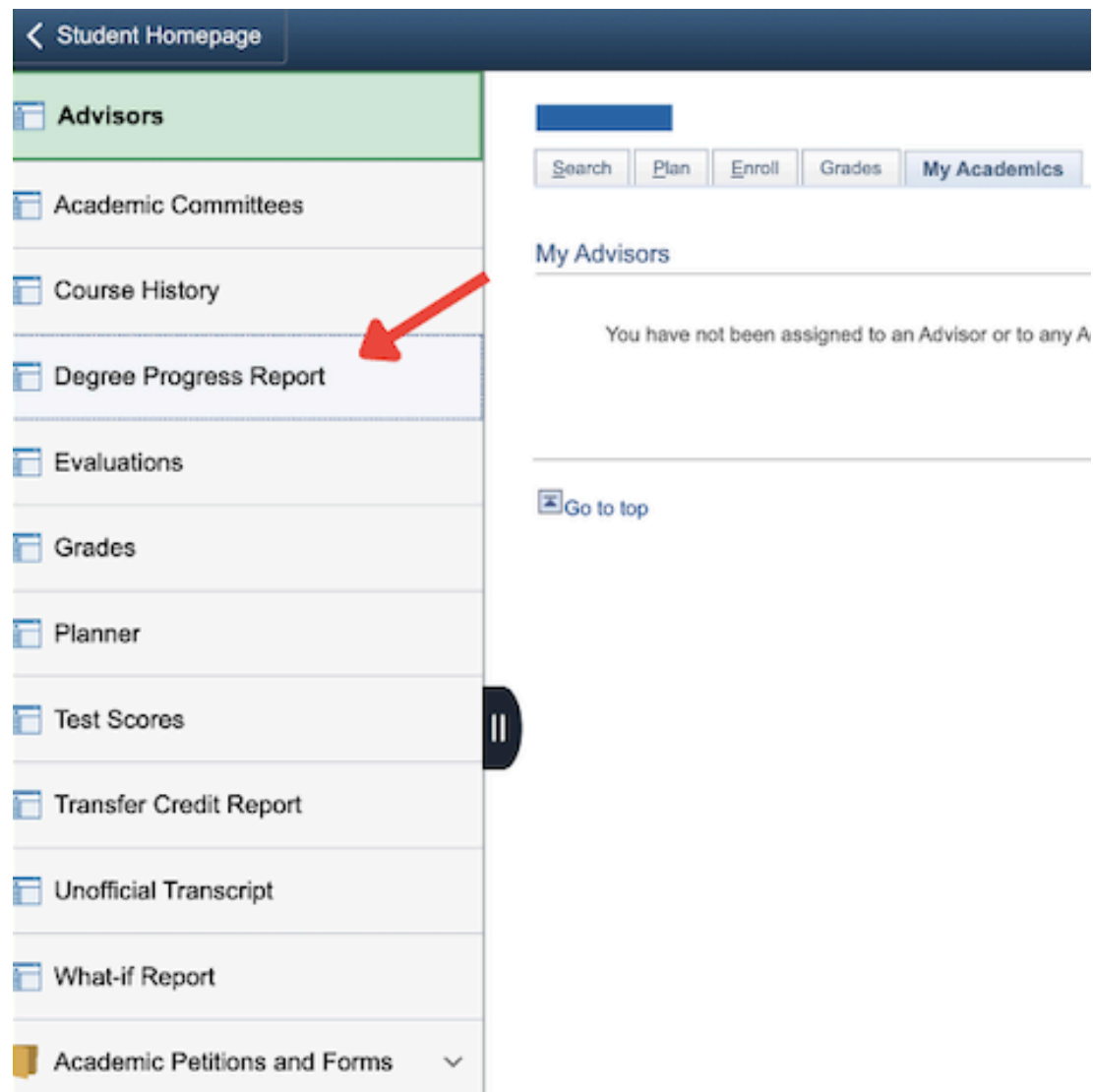
The background of the slide features a photograph of three graduates from behind, wearing blue academic regalia and mortarboard caps. They are standing in a field of tall grass, holding their rolled-up diplomas high in the air with both hands. The scene is brightly lit, suggesting a sunny day. The text is overlaid on this image.

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



The screenshot displays a student's homepage interface. On the left, a vertical sidebar contains a list of navigation links, each preceded by a small icon. The links are: Advisors (highlighted with a green background), Academic Committees, Course History, Degree Progress Report (indicated by a red arrow), Evaluations, Grades, Planner, Test Scores, Transfer Credit Report, Unofficial Transcript, What-if Report, and Academic Petitions and Forms (with a dropdown arrow). The top of the page features a dark blue header with a back arrow and the text 'Student Homepage'. Below the header, a row of buttons includes 'Search', 'Plan', 'Enroll', 'Grades', and 'My Academics'. The main content area on the right is titled 'My Advisors' and contains the message: 'You have not been assigned to an Advisor or to any A'. At the bottom of this section is a 'Go to top' link with an upward arrow icon.

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

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

SOCIAL SCIENCES DIVISION

Psychology

ABOUTACADEMICSADVISINGPEOPLERESEARCHNEWS & EVENTS

Advising forms

Make a copy of a Sample Academic Plans & Major Worksheet template to your UCSC Google Drive. Sample plans are for students' personal use in academic planning, and the major worksheets are helpful for tracking your progress. If you like to receive an Official Academic Plan signed by an advisor please complete [Signed Academic Plan Request Form](#).

► Sample single major academic plans & worksheets

▼ Graduation check worksheets

- [Cognitive Science Grad Check Worksheet](#)
- [General Psychology_\(2020-24 Catalog\)_Grad Check Worksheet](#)
- [Intensive Psychology_\(2020-24 Catalog\)_Grad Check Worksheet](#)
- [How to perform a graduation check](#)

Declaring the psychology or cognitive science major

Students who enter UCSC as first-years are required to be declared in a major by their sixth quarter. Transfer students are required to be declared by their second quarter at UCSC. If you are ineligible to declare, contact your college advisor for next steps. Requirements are determined by the year entered or years enrolled at UCSC. Learn more about catalog rights on the [Registrar's website](#).

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.

✓✓ **PSYCGEN Upper-division Requirements**

Satisfied: General Psychology Concentration Upper-division Requirements

At least five of the eight courses (including Psychology 100, Research Methods in Psychology), must be taken through the psychology program at UC Santa Cruz, not transferred from elsewhere (RG3343)

✓ **Research Methods**

Satisfied: Research Methods in Psychology Courses - Must be taken at UCSC. (R910)

✓ **PSYC 100**

Satisfied: PSYC 100 (R910, L10)

The following courses were used to satisfy this requirement:

Course	Description	Units	When	Grade	Status	Course Type
PSYC 100	Research Methods	7.00	2020 Spring Quarter		✓	EN

✓ **Developmental Subfield: PSYC 101 - 119**

Satisfied: One Developmental Psychology Course - Must be taken at UCSC. (R328)

✓ **PSYC 101 - 119**

Satisfied: PSYC 101 - 119 (R328, L10)

The following courses were used to satisfy this requirement:

Course	Description	Units	When	Grade	Status	Course Type
PSYC 115	Dev Psychopathology	5.00	2021 Spring Quarter		✓	EN

✓ **Cognitive Subfield: PSYC 120 - 139**

Satisfied: One Cognitive Psychology Course - Must be taken at UCSC. (R329)

✓ **PSYC 120 - 139**

Upper Division Requirements

✓ **PSYC 100** PSYC 100: Research Methods In Psychology Completed

3 Upper-Division Psychology Courses Taken at UCSC

One course each from the Developmental (101-119), Cognitive (120-139), Social (140-159) subfields that must be taken at UCSC

Subfield:

☐ Developmental

☐ Cognitive

☐ Social

Developmental (PSYC 101-119)

PSYC 112 Moral Development

PSYC 114 Human Development as a Cultural Process

PSYC 115 Lifespan Developmental Psychopathology

PSYC 116 Communication Technologies, Culture, and Human Development

Upper Division Requirements

✓ **PSYC 100** PSYC 100: Research Methods In Psychology Completed

3 Upper-Division Psychology Courses Taken at UCSC

One course each from the Developmental (101-119), Cognitive (120-139), Social (140-159) subfields that must be taken at UCSC

Subfield:

☐ Developmental

☐ Cognitive

☐ Social

PSYC 115 Lifespan Developmental Psychopathology

Cognitive (PSYC 120-139)

Social (PSYC 140-159)

✓ **PSYC 115** PSYC 115 Lifespan Developmental Psychopathology Completed

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](#)