

University of Michigan - Department of Psychology

Psychology Major Worksheet

Effective Fall 2021 - present; updated on 4/3/26

- Students may declare the Psychology major once they have passed an Introductory Psychology course (with a "C" or better), Statistics 206/250/280 (with a "C-" or better, or Pass/P), and completed the online Pre-Major Tutorials at <https://lsa.umich.edu/psych/undergraduates/major-in-psychology-or-bcn/how-to-declare>.
- Courses that are graded "credit/no credit" may be used to satisfy the categorical requirement for a laboratory course, but do not count toward the 32 credits needed to complete the Psychology major.
- All courses, with the exception of the Stats pre-requisite and non-graded labs, must be taken for a letter grade.
- Psychology majors are urged to consult with an advisor within the Department at least once per year to review their progress toward the major requirements.
- When taking a course that is crosslisted under multiple departments (i.e. PSYCH 240 / NEURO 240), you can register under EITHER department. It will count towards your major the same way, regardless.

PRE-REQUISITES TO DECLARE THE MAJOR

Credits from pre-requisites do not count toward the 32 required major credits.

Complete one Introductory Psychology Course (with minimum grade of "C"):

	Grade	Credits	Term
AP credit for PSYCH 111 (score 4 or 5 on AP Psych exam)		4	
PSYCH 111 (Introduction to Psychology)		4	
PSYCH 112 (Introduction to Psychology as a Natural Science)		4	
PSYCH 114/115 (Honors Introduction to Psychology)		4	

Complete one Statistics Course (with a minimum grade of "C-" or Pass/P):

AP credit for Stats 180 will not fulfill the Stats pre-req. Students with Stats 180 credit may take Stats 250 at UM to fulfill this requirement (but will lose their Stats 180 credit), or take Stats 280 at UM (without losing Stats 180 credit)

[Not sure which Stats course to take? Check out this guide!](#)

	Grade	Credits	Term
DATASCI 101 <i>formerly Stats 206/Datasci 101</i> (Introduction to Data Science) OR		4	
STATS 250 (Introduction to Statistics and Data Analysis)		4	
STATS 280 (Honors Introduction to Statistics and Data Analysis)		4	

MAJOR REQUIREMENTS: 32 Credits Needed

Complete three Breadth Group Courses:

One course from each of the following three breadth groups must be completed. Additional breadth courses may count towards the major credits.

Biopsychology/Cognitive Breadth Group

	Grade	Credits	Term
PSYCH 220 (Introduction to Biopsychology, for Non-BCN or Non-Neuroscience Majors)		4	
PSYCH 235 (Introduction to Evolution and Behavior)		4	
PSYCH 240 / NEURO 240 (Introduction to Cognitive Psychology)		4	

Developmental/Psychopathology Breadth Group

	Grade	Credits	Term
PSYCH 250 (Introduction to Developmental Psychology)		4	
PSYCH 270 (Introduction to Abnormal Psychology)		4	

Social/Personality/Gender Breadth Group

	Grade	Credits	Term
PSYCH 280 (Introduction to Social Psychology)		4	
PSYCH 290 (Introduction to Personality Psychology)		4	
PSYCH 291 / WGS 291 (Introduction to the Psychology of Women)		4	

Psychology Lab Requirement

The lab requirement must be met in one of the following three ways for a minimum of 6 credits. Each course must be taken for at least 3 credits in a single term. It is recommended to complete the methods lab soon after completing the Stats pre-requisite, as methods labs build off of the foundation established in Stats. Students interested in research experience (e.g., PSYCH 326 or 331) should try to apply to labs no later than first semester of their junior year. Many labs do not accept seniors. To find research opportunities, visit:

<https://lsa.umich.edu/psych/undergraduates/research.html>

Option 1: One course from A (Methods Based Labs) AND one course from B (Experiential Labs)

Option 2: Two courses from A (Methods Based Labs)

Option 3: Honors Thesis or Senior Thesis sequence

A – Methods-Based Labs

	Grade	Credits	Term
PSYCH 300 (Research Methods Psych NS Special Topics)		3	
PSYCH 301 (Research Methods Psych SS Special Topics)		3	
PSYCH 302 / NEURO 302 (Research Methods in Cognitive Neuroscience)		3	
PSYCH 303 (Research Methods in Psychology)		3	
PSYCH 331 (Experiential Research Methods in Psychology) - by application: www.myumi.ch/Z6WDG (case-sensitive link) <i>previously titled Research Methods in BCN</i>		4	
PSYCH 341 (Advanced Laboratory in Cognitive Psychology)		3	
PSYCH 342 (Research Methods in Human Electroencephalography)		3	
PSYCH 351 (Advanced Laboratory in Developmental Psychology)		3	
PSYCH 357 (Research Methods in Educational and Cross-cultural Contexts)		3	
PSYCH 366 (Field Biology and Behavioral Methods)		3	
PSYCH 371 (Advanced Laboratory in Psychopathology)		3	
PSYCH 381 / SOC 472 (Advanced Laboratory in Social Psychology)		3	
PSYCH 383 / SOC 383 (Introduction to Survey Research I)		3	
PSYCH 391 (Advanced Laboratory in Personality)		3	
PSYCH 422 (Faculty Directed Advanced Research)		3 - 4	
PSYCH 423 (Faculty Directed Advanced Research/Upper Level Writing)		3 - 4	
PSYCH 451 (Advanced Research in Adolescent Psychology)		4	

B – Experiential Labs

Service Learning/Community Based Courses:

PSYCH 211 (Project Outreach)		3	
PSYCH 305 (Practicum in Psychology)		3 - 4	
PSYCH 306 (Project Outreach Group Leading)		3	
PSYCH 307 (Practicum in Child Development and Care)		3	
PSYCH 311 / ALA 321 / SOC 321(Practicum in Facilitating Intergroup Dialogues)		3	
PSYCH 317 (Experiential Lab Special Topics)		3	
PSYCH 324 / SOC 324 / UC 324 (Advanced Practicum in Intergroup Relations)		1 - 4	
PSYCH 325 / AMCULT 321 (Detroit Initiative)		3 - 4	
PSYCH 404* (Field Practicum)		C/NC	
PSYCH 405* (Field Practicum in a University Setting)		C/NC	

Research-Based Courses:

PSYCH 226 (Undergraduate Research in Psychology- UROP)		3 - 4	
PSYCH 322* (Faculty Directed Research - C/NC)		C/NC	
PSYCH 326 (Faculty Directed Research - letter-graded)		3 - 4	
PSYCH 422 (Faculty Directed Advanced Research)		3 - 4	
PSYCH 423 (Faculty Directed Advanced Research - ULWR)		3 - 4	

*Experiential based labs that are graded Credit/No Credit may fulfill the categorical requirement for this lab; however, the credits do not count towards the 32 major credits.

Psychology Thesis Sequence (optional)

The Senior and Honors thesis sequences are advanced research opportunities during the final two semesters. To be eligible, students must gain significant research experience *prior to* their final year. Psych 424 and 428 fulfill the experiential/research lab; Psych 426 and 429 fulfill the methods lab and ULWR. Interested students should consult with an advisor and view the website for more information:

<https://lsa.umich.edu/psych/undergraduates/honors-program/for-prospective-honors-students.html>

PSYCH 424 (Senior Honors Research I)		3 - 4	
PSYCH 426 (Senior Honors Research II - ULWR)		3 - 4	
PSYCH 428 (Senior Thesis: Research I)		3 - 4	
PSYCH 429 (Senior Thesis: Research II - ULWR)		3 - 4	

Psychology Upper Level Elective Requirement

At least 4 courses for at least 12 credits: 2 courses must be at the 300-level and at least 1 course at the 400-level. 1 off-tier course may be substituted for a 300-level course (see below). Psych 420/421 may NOT be the only 400-level course. For a complete list of courses that count towards this requirement, view the term-specific course charts:

<https://lsa.umich.edu/psych/undergraduates/major-in-psychology-or-bcn/course-info.html>

300 Level Courses

	Grade	Credits	Term

400 Level Course(s)

	Grade	Credits	Term

Psychology Off-Tier Course Option

One course from this list may be substituted for a 300-level upper level elective course.

PSYCH 225 (Psychology of Human Sexuality)		3	
COGSCI 200 (Introduction to Cognitive Science)		4	

Additional Upper-Level Elective, if needed, to achieve 32 major credits:

A minimum of 32 credits are required. The pre-requisite courses are not included in the total credits. If you have completed all the above coursework but have not reached 32 credits, you must complete additional Psych coursework at the 300-level or above (or a Breadth Group Course) until at least 32 credits are achieved. List additional courses.

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Psychology GPA Requirement

Must earn a cumulative grade point average (GPA) of at least 2.0 in ALL courses taken within the Psychology Department, as well as any non-Psych courses that are counting towards the major. Stats is not included in the major GPA. Transfer courses are not calculated into the GPA unless the grade appears on the official UM transcript. Once you have declared, your major GPA can be viewed through your LSA Audit Checklist:

<https://myadvising.lsa.umich.edu/audit-checklist>

Major GPA = Major MHP / MSH = _____ / _____ =

PSYCHOLOGY MAJOR QUICK FACTS

- ▶ Get involved in **Research!** If you are planning on attending any type of graduate program, especially within the field of Psychology, you will need research experience. You can do this for research-based lab credit. Visit <http://lsa.umich.edu/psych/undergraduates/research> for more information.
- ▶ **Transfer courses** may be applied toward your major, but at least 24 credits must be completed in-residence through the University of Michigan's Department of Psychology (includes pre-requisite and major credits). Of those 24 credits, at least 12 credits must be in upper level courses (300+, letter graded) in Psychology. Visit <https://lsa.umich.edu/psych/undergraduates/transfer-credit> for more information.
- ▶ **Registration Tip:** If courses are closed:
 - Watch Wolverine Access for openings and/or waitlists
 - Attend first day of class and speak with the GSI or Professor (If class has a discussion section, you must get permission from the GSI to be enrolled in the section, then you will automatically be enrolled in the corresponding lecture.)
- ▶ **Middle Digit Trick:** The middle digit of Psychology Department undergraduate courses indicates the area of Psych with which the course is associated, with a few exceptions:

0, 1, 2=General	6=Evolution & Behavior
3=Biopsychology	7=Clinical
4=Cognitive	8=Social
5=Developmental	9=Personality