

GET THE COURSES YOU NEED	Year One	Year Two	Year Three	Year Four
	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS
<p>128 + 4 Short Terms for the BA and 140 + 4 Short Terms for the BS</p>	<ul style="list-style-type: none"> <li>PSY 141: Intro to Psych (A 4 or 5 on the AP Psych exam may satisfy this.)</li> <li>After PSY 141, you can take most other PSY courses.</li> </ul>	<ul style="list-style-type: none"> <li>PSY 205+L: Research Design and Lab<sup>1</sup></li> <li>PSY 208: Research Statistics</li> <li>PSY 210: Research Practicum (for BS; can take junior year)</li> <li>Other PSY courses in different concentration areas</li> </ul>	<ul style="list-style-type: none"> <li>PSY 210: Research Practicum (for BS, if not taken sophomore year)</li> <li>Other PSY courses in different concentration areas</li> </ul>	<ul style="list-style-type: none"> <li>Fall semester, PSY 450: Senior Seminar (senior capstone course)</li> <li>BS students, PSY 290/390: Independent Study OR PSY 490: Senior Honors Thesis</li> <li>Other PSY courses in different concentration areas</li> </ul>
BE INVOLVED AND JOIN DIVERSE COMMUNITIES	<ul style="list-style-type: none"> <li>Attend the psychology department meeting at the beginning of the year.</li> <li>Attend guest lectures sponsored by the department.</li> <li>Go to the club fair.</li> <li>Participate in Senate and SGA.</li> <li>Attend the Hollins Student Conference (SPARC) every year!</li> </ul>	<ul style="list-style-type: none"> <li>Travel to neighboring campuses for lectures and events.</li> <li>Show school spirit and go to sporting events.</li> <li>Attend student readings and other student-led activities.</li> </ul>	<ul style="list-style-type: none"> <li>Take part in traditions like Tinker Day (every year) and Ring Night.</li> <li>Consider leadership positions such as Student Success Leader, Student Government Association, or Orientation Team.</li> </ul>	<ul style="list-style-type: none"> <li>Take part in 100th Night!</li> <li>Mentor a new student.</li> <li>Consider leadership positions such as global ambassadors, career connectors, tutors, International Student Orientation Program, or Early Transition Program mentor.</li> </ul>
EXPAND YOUR INTERCULTURAL AND GLOBAL HORIZONS	<ul style="list-style-type: none"> <li>Consider Model UN, Model Arab League, Black Student Alliance, the Unión de Estudiantes LatinX, the Sexuality and Gender Alliance.</li> <li>Attend Cultural &amp; Community Engagement and Office of Inclusivity and Diversity events.</li> </ul>	<ul style="list-style-type: none"> <li>Apply to study abroad (Jamaica, Short Term, semester) or study away.</li> <li>Take a sustained dialogue class.</li> <li>Participate in the Diversity Monologue Troupe.</li> <li>Consider a J-Term language immersion program.</li> </ul>	<ul style="list-style-type: none"> <li>Participate in a COIL project or consider an international internship.</li> <li>Study abroad for a semester and/or apply for summer opportunities such as Fulbright UK Summer Institute and Critical Language Scholarship.</li> </ul>	<ul style="list-style-type: none"> <li>Consider applying for Fulbright, Rhodes, Marshall, Gates Cambridge, or other international scholarships.</li> </ul>
GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION	<ul style="list-style-type: none"> <li>Attend C3.</li> <li>Create LinkedIn and Handshake accounts.</li> <li>Visit the Career Center and meet with a career counselor.</li> <li>Apply for a first-year J-Term internship.</li> <li>Take a leadership course or consider a leadership certificate.</li> <li>Attend Hollins Science Seminar lectures and poster session in the spring to learn about student research projects in the sciences.</li> </ul>	<ul style="list-style-type: none"> <li>Attend Career Center workshops.</li> <li>Apply for a Signature or independent internship.</li> <li>Talk with your advisor about funding for research projects, or attending conferences.</li> <li>Look into research opportunities in a lab or through PSY 210, 290, or 390.</li> <li>Take PSY 281: Professional Development in Psychology (can be done junior year).</li> </ul>	<ul style="list-style-type: none"> <li>Meet with your advisor about career goals; talk to professors about their research to learn about opportunities.</li> <li>Students in the clinical/counseling concentration complete required field placement.</li> <li>Look into summer research opportunities on campus or at another university.</li> <li>Check out Hollins partnerships with graduate schools.</li> </ul>	<ul style="list-style-type: none"> <li>Explore professional organizations and student membership options.</li> <li>Prepare for graduate school admission and tests.</li> <li>Attend a job fair.</li> <li>Attend the Alumnae Board's pre-professional networking events.</li> <li>Present your research at the Hollins Science Seminar Poster Session (any year).</li> <li>Consider applying to research positions to gain experience if you plan to take time off before grad school.</li> </ul>
ADD TOOLS TO YOUR LIFE BELT	<i>Develop a self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, develop time management skills</i>	<i>Hone your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>	<i>Expand your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>	<i>Embrace your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>

<sup>1</sup> It is best to take the core research courses (PSY 205+L and 208) early in your college career. They will help you understand material from other classes and can act as a springboard for your own research.