

# PSYCHOLOGY, BACHELOR OF ARTS

## Psychology, Bachelor of Arts Requirements

Code	Title	Credits
<b>GENERAL EDUCATION REQUIREMENTS - 34 Hours Required</b>		
Minimum of "C-" required		
<b>Fundamental Skills</b>		<b>15</b>
<b>Writing – 6 hrs.</b>		
ENGL 1150	ENGLISH COMPOSITION I	
ENGL 1160	COLLEGE RESEARCH AND INFORMATION LITERACY	
<b>Oral Communication – 3 hrs.</b>		
CMST 1110	PUBLIC SPEAKING FUNDS	
or CMST 2120	ARGUMENTATION AND DEBATE	
<b>Quantitative Literacy – 3 hrs.</b>		
MATH 1120	INTRODUCTION TO MATHEMATICAL AND COMPUTATIONAL THINKING	
or MATH 1130	QUANTITATIVE LITERACY	
or MATH 1140	QUANTITATIVE REASONING FOR HEALTHCARE PROFESSIONALS	
or MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	
<b>Data Literacy – 3 hrs.</b>		
Select one from the following:		
STAT 1100	DATA LITERACY AND VISUALIZATION	
STAT 1530	ELEMENTARY STATISTICS	
Until Fall 2028, students can satisfy this requirement with an approved data literacy course, or any approved natural or social science general education course.		
<b>Breadth of Knowledge</b>		<b>13</b>
Social Science – 3 hrs.		
Humanities – 3 hrs.		
Natural & Physical Science (must complete a lab) – 4 hrs.		
Arts – 3 hrs.		
<b>Individual and Social Responsibility</b>		<b>6</b>
Cultural Knowledge – 3 hrs.		
Civic Knowledge and Engagement – 3 hrs.		
<b>MAJOR REQUIREMENTS</b>		
**Course will satisfy UNO's General Education requirement		
^Course requires pre-requisite(s)		
<b>Psychology Major - 38 Hours Required</b>		<b>17</b>
<b>Required Coursework</b>		
The first six courses should be taken early in the student's degree program. Concepts learned in these courses will benefit the student in upper-level Psychology classes.		
PSYC 1010	INTRODUCTION TO PSYCHOLOGY I (**)	
PSYC 1020	INTRODUCTION TO PSYCHOLOGY II (^)	
PSYC 2000	CAREER PATHS IN PSYCHOLOGY (^)	
PSYC 2040	EXPLORATIONS IN THE SCIENCE OF PSYCHOLOGY (^)	
PSYC 3130	STATISTICS FOR THE BEHAVIORAL SCIENCES (^)	
or STAT 3000	STATISTICAL METHODS I	

PSYC 3140	RESEARCH METHODS IN PSYCHOLOGY (^)	
PSYC 4890	SENIOR ASSESSMENT IN PSYCHOLOGY (^)	
<b>Select four 3-credit (PSYC) Psychology courses from four of the five areas below</b>		<b>12</b>
<b>Applied Psychology</b>		
PSYC 3510	EDUCATIONAL PSYCHOLOGY (^)	
PSYC 4020	LEARNING (^)	
PSYC 4310	PSYCHOLOGICAL AND EDUCATIONAL TESTING (^)	
PSYC 4510	PSYCHOLOGY IN THE SCHOOLS (^)	
PSYC 4560	FORENSIC PSYCHOLOGY (^)	
PSYC 4630	ORGANIZATIONAL PSYCHOLOGY (^)	
PSYC 4640	PERSONNEL PSYCHOLOGY (^)	
<b>Social/Personality/Developmental Psychology</b>		
PSYC/SOC 3450	SOCIAL PSYCHOLOGY (^)	
PSYC 3520	CHILD PSYCHOLOGY (^)	
PSYC 3540	ADOLESCENT PSYCHOLOGY (^)	
PSYC 4450	PERSONALITY THEORIES (^)	
PSYC/GERO 4460	PSYCHOLOGY OF ADULT DEVELOPMENT AND AGING (^)	
<b>Mental Health</b>		
PSYC 3410	CLINICAL PSYCHOLOGY (^)	
PSYC 3430	PERSONALITY AND ADJUSTMENT (^)	
PSYC 4440	ABNORMAL PSYCHOLOGY (^)	
PSYC/GERO 4470	MENTAL HEALTH AND AGING (^)	
PSYC 4570	BEHAVIOR ANALYSIS AND INTERVENTIONS (^)	
PSYC 4590	PSYCHOLOGY OF EXCEPTIONAL CHILDREN (^)	
PSYC 4800	LAW & PSYCHOLOGY: ETHICS, RESEARCH & SERVICE (^)	
<b>Cognitive Neuroscience</b>		
PSYC 4070	COGNITIVE PSYCHOLOGY (^)	
PSYC 4090	COGNITIVE NEUROSCIENCE (^)	
PSYC 4210	SENSATION AND PERCEPTION (^)	
PSYC 4230	BEHAVIORAL NEUROSCIENCE (^)	
PSYC/BIOL 4270	ANIMAL BEHAVIOR (^)	
PSYC/BIOL 4320	HORMONES & BEHAVIOR (^)	
PSYC 4520	PSYCHOLOGY OF LANGUAGE (^)	
<b>Additional Perspectives</b>		
PSYC/PHIL 3650	PHILOSOPHY OF MIND (^)	
PSYC 4010	HISTORY OF PSYCHOLOGY (^)	
PSYC 4030	CONCEPTUAL ANALYSIS OF BEHAVIOR (^)	
PSYC/PSCI 4110	POLITICAL PSYCHOLOGY (^)	
PSYC/BLST 4150	AFRICAN AMERICAN PSYCHOLOGY (** ^)	
PSYC/PHIL 4250	LIMITS OF CONSCIOUSNESS (^)	
PSYC 4680	POSITIVE PSYCHOLOGY, HEALTH, & WELL-BEING (^)	
PSYC 4960	INDEPENDENT STUDY IN PSYCHOLOGY (^)	
PSYC 4990	SENIOR THESIS (^) <sup>1</sup>	
<b>Select one 3-credit (PSYC) Psychology Laboratory course at the 4000 level</b>		<b>3</b>
PSYC 4024	LABORATORY IN PSYCHOLOGY: LEARNING (^)	

PSYC 4074	LABORATORY IN PSYCHOLOGY: COGNITION, SENSATION AND PERCEPTION (*)
PSYC 4234	LABORATORY IN PSYCHOLOGY: BEHAVIORAL NEUROSCIENCE (*)
PSYC/BIOL 4280	ANIMAL BEHAVIOR LABORATORY (*)
PSYC 4414	LABORATORY IN APPLIED BEHAVIOR ANALYSIS (*)
PSYC 4544	LABORATORY IN DEVELOPMENTAL PSYCHOLOGY (*)
PSYC 4644	LABORATORY IN PSYCHOLOGY: SOCIAL/ INDUSTRIAL-ORGANIZATIONAL (*)
PSYC 4990	SENIOR THESIS (*) <sup>2</sup>

**Select two 3-credit (PSYC) Psychology courses at the 3000-4000 Level** **6**

**College Breadth (choose one option)** **15-30+**

Option 1: Complete any UNO minor or undergraduate certificate - 15+ hours

Option 2: Additional General Education Requirements - 18+ hours

Additional quantitative literacy - 3 hours

Additional Social Science Gen. Ed. from another Discipline - 3 hours

Additional Humanities Gen. Ed. from another Discipline - 3 hours

HIST 1000 and HIST 1010 - 6 hours

Additional Nat. and Physical Science w/ or without Lab - 3-5 hours

Option 3: CAS comprehensive major (50+ hours) OR any second UNO major (30+ hours)

**Bachelor of Arts Language Requirement** **16**

FREN, GERM, Or SPAN, 1110, 1120, 2110, 2120

### ELECTIVES

Elective hours as required to reach a total of 120 hours

<sup>1</sup> Senior Thesis Part I: Thesis Proposal (**first 3 of 6 credit hours**). Requires special permission from a faculty member and the student must meet the Psychology Senior Thesis criteria.

<sup>2</sup> Senior Thesis Part II: Data Analysis, Interpretations and Conclusions (**second 3 of 6 credit hours**). Requires special permission from a faculty member and the student must meet the Psychology Senior Thesis criteria.

## Psychology, Bachelor of Arts Optional Concentrations

Psychology majors may declare a concentration in any one of the following seven areas. Each concentration is a minimum of 12 credit hours. A concentration is optional, and only one concentration may be declared. The concentration will be noted on the student's transcript.

- Applied Behavior Analysis (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/applied-behav-analysis-conc/>)
- Cognitive Science (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/cognitive-sci-conc/>)
- Developmental Psychology (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/develop-psyc-conc/>)
- Forensic Psychology (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/forensic-psyc-conc/>)

- Industrial/Organizational Psychology (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/indus-organ-psyc-conc/>)
- Mental Health (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/mental-health-conc/>)
- Neuroscience and Behavior (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/neuro-behavior-conc/>)
- School Psychology (<http://catalog.unomaha.edu/undergraduate/college-arts-sciences/psychology/psychology-ba/school-psyc-conc/>)

## Psychology, Bachelor of Arts Four Year Plan

### Freshman

Fall		Credits
ENGL 1150	ENGLISH COMPOSITION I	3
MATH 1120 or MATH 1300	INTRODUCTION TO MATHEMATICAL AND COMPUTATIONAL THINKING or COLLEGE ALGEBRA WITH SUPPORT	3-4
PSYC 1010	INTRODUCTION TO PSYCHOLOGY I	3
World Language 1110		5

Attend Durango Days; other campus events. Set up a Handshake account and take the Pathway U career assessment. Attend the Student Involvement & Volunteer Fair to explore student organizations. Make advising appointment for spring: Sept-Oct. Work with your advisor to develop your Pathway in Stellic.

	Credits	14-15
<b>Spring</b>		
ENGL 1160	COLLEGE RESEARCH AND INFORMATION LITERACY	3
PSYC 1020	INTRODUCTION TO PSYCHOLOGY II (*)	3
PSYC 2000	CAREER PATHS IN PSYCHOLOGY (**)	1
PSYC 2040	EXPLORATIONS IN THE SCIENCE OF PSYCHOLOGY (**)	3
World Language 1120		5

\*PSYC 1020: Recommended to take PSYC 2040 concurrently.

\*\*PSYC 2040: required prior to or concurrent with PSYC 3130. Recommended to take concurrently with PSYC 1020.

Attend campus events such as major exploration week to get an idea of interests and career paths. Schedule a resume review with UNO Career Services. Visit faculty office hours and ask about undergraduate research opportunities. Make advising appointment for summer and fall: February – March.

	Credits	15
<b>Sophomore</b>		
<b>Fall</b>		
CMST 1110 or CMST 2120	PUBLIC SPEAKING FUNDS or ARGUMENTATION AND DEBATE	3
PSYC 3130 or STAT 3000	STATISTICS FOR THE BEHAVIORAL SCIENCES or STATISTICAL METHODS I	3
World Language 2110		3
General Education Course or Elective		4
General Education Course or Elective		3

Attend the Career & Internship Fair to start networking with employers. Look for volunteer, research, or part-time work to gain experience. Join a student organization or club related to your field or interests. Make advising appointment for spring: Sept. - Oct.

Credits		16
<b>Spring</b>		
PSYC 3140	RESEARCH METHODS IN PSYCHOLOGY	4
Psychology Distribution/Upper-Level		3
World Language 2120		3
General Education Course or Elective		3
General Education Course or Elective		3

Credits		16
<b>Junior</b>		
<b>Fall</b>		
Psychology Distribution/Upper-Level		3
Psychology Distribution/Upper-Level		3
General Education Course or Elective		3
Elective		3
Elective		3

Apply for a paid internship or research assistantship. Attend a mock interview workshop or use online interview tools with Career Services. Start researching and visiting graduate programs or professional schools. Visit Career Center, continue updating resume. Make advising appointment for spring: Sept-Oct.

Credits		15
<b>Spring</b>		
Psychology Distribution/Upper-Level		3
Psychology Distribution/Upper-Level		3
General Education Course or Elective		3
Elective		3
Elective		3

Attend a career fair for informational and networking purposes. Update your resume and LinkedIn profile with new experiences. Investigate and apply for summer internships, research, or study abroad programs. Make advising appointment for summer and fall: February – March.

Credits		15
<b>Senior</b>		
<b>Fall</b>		
PSYC 4890	SENIOR ASSESSMENT IN PSYCHOLOGY (*)	0
Psychology Distribution/Upper-Level/LAB**		3
Elective		3
Elective		3
Elective		3
Elective		3

\*Senior Assessment can be completed in either fall or spring semester of senior year.

\*\*An Advanced Psychology Lab will be required for the Psychology major. Students must have already taken a corresponding lecture, and all core major requirements prior to taking the lab. Students must work closely with their major advisor to plan effectively for this requirement and to discuss the best options for their interests and future plans.

Request letters of recommendation from faculty for jobs or grad school. Attend the All-Majors Career Fair with a plan to network. Meet with your advisor or submit for a graduation check-in to review remaining degree requirements. Make advising appointment for summer and fall: February – March.

Credits		15
<b>Spring</b>		
PSYC 4890	SENIOR ASSESSMENT IN PSYCHOLOGY (*)	0
Psychology Distribution/Upper-Level/LAB **		3
Elective		3
Elective		3
Elective		3
Elective		2

\*Senior Assessment can be completed in either fall or spring semester of senior year.

\*\*An Advanced Psychology Lab will be required for the Psychology major. Students must have already taken a corresponding lecture, and all core major requirements prior to taking the lab. Students must work closely with their major advisor to plan effectively for this requirement and to discuss the best options for their interests and future plans.

Request letters of recommendation from faculty for jobs or grad school. Attend the All-Majors Career Fair with a plan to network. Meet with your advisor or submit for a graduation check-in to review remaining degree requirements. Make advising appointment for summer and fall: February – March.

Credits		14
<b>Total Credits</b>		<b>120-121</b>

**Adding an optional concentration to the BA:** Students should work with their Psychology advisor(s) if they would like to add a concentration to this plan.

**College Breadth:** Students should plan on using at least 15 hours of "Electives" to fulfill Option 1, 2, or 3, of the College of Arts and Sciences' breadth requirement.

**Upper Level Credits:** Students need 27 upper level credits throughout the degree with at least 18 upper level credits within the major. Electives may need to be selected at the 3000-4000 level to reach these minimums.

#### Additional Information About this Plan:

**University Degree Requirements:** The minimum number of hours for a UNO undergraduate degree is 120 credit hours. Please review the requirements for your specific program to determine all requirements for the program. In order to graduate on-time (four years for an undergraduate degree), you need to take 30 hours each year.

**Placement Exams:** For Math, English, World Language, a placement exam may be required. More information on these exams can be found at <https://www.unomaha.edu/enrollment-management/testing-center/placement-exams/information.php>

Transfer credit or placement exam scores may change suggested plan of study.

**GPA Requirements:** 2.0

**Note:** This plan provides a general guide, but your specific courses, experiences, and career goals may differ. Work with your academic advisor to ensure you're meeting degree requirements and consult with career

advisors to explore internships, research opportunities, and post-graduation plans. Regular check-ins will help you stay on track and make the most of your time at UNO!