INTRODUCTION

Established in 1920, the Psychology Department continues to be a leader in training exceptional undergraduate and graduate students. The department is also home to an outstanding faculty whose research expertise cuts across a number of different areas of psychological inquiry, and therefore provides students with many opportunities to explore their scholarly interests.

Currently, the Psychology Department has over 20 faculty who provide training in the following areas: behavioral neuroscience, clinical, cognitive, community and culture, developmental, experimental psychopathology, and social psychology. Undergraduate students have the option of pursuing a B.A. or B.S. degree.

Students also benefit from a department that offers cutting edge research. The culturally diverse context of Hawai’i provides the backdrop for innovation, which has led to important contributions across the many disciplines in psychology. As we approach 100 years of service to the university and community, we look forward to continuing this tradition of excellence.

PSYCHOLOGY AT UNIVERSITY OF HAWAI’I-MĀNOA

At the University of Hawai‘i at Mānoa, undergraduates may pursue either a Bachelor of Arts Degree (B.A.) or a Bachelor of Science Degree (B.S.) in Psychology. Students will gain a broad understanding of psychology by completing dynamic courses across a range of psychological disciplines, including experimental, biological, developmental, social, personality, clinical, and community psychology.

An understanding of psychological knowledge, methods, and concepts facilitates and enhances productivity in virtually every area of human endeavor, and promotes interpersonal skills and sensitivities. Additionally, the emphasis on using scientific methods to study psychology serves to enhance critical thinking and reasoning skills.

Some undergraduates major in psychology in preparation for graduate school where they will be trained to become professional psychologists and scholars. Others use psychology as a pre-professional major for careers in, for example, law, medicine, or business.

Students are encouraged to enrich their education in psychology by participating in the research laboratories of Psychology faculty, the Psychology Honors Program, the Psi Chi Honors Society, and Psi Sigma: the Psychology Connection.
INFORMATION AND WHERE TO GET IT

The Psychology Department is located on the 4th floor of Sakamaki Hall on the Ma noa campus. The main office is Sakamaki C 400, where you will find the office of the Department Chair, Dr. Charlene Baker (email: bakercha@hawaii.edu), and our helpful office staff (tel: (808) 956-8414; email psych@hawaii.edu).

Dr. Scott Sinnett is the Psychology Department’s Chair of undergraduate studies. His office is in Sakamaki D408 (email: ssinnett@hawaii.edu).

Each semester the department prepares detailed descriptions of course offerings for the upcoming semester. These provide information on course content, requirements, grading policies, and required textbooks. You can find this information online at the department website. Of course, we also encourage you to obtain information about our program and our faculty from other sources, such as fellow undergraduates, graduate students, and alumni.

For current information on all Psychology Department activities, course offerings, news, etc., visit our website at http://www.psychology.hawaii.edu.

UNDERGRADUATE PSYCHOLOGY ADVISING

The mission of the Psychology Undergraduate Advising Office is to assist declared majors to graduate with a Psychology B.A. or B.S. degree in a timely and meaningful manner. Advisors can help by providing guidance and advice about the majors, possible career paths, class selection, and graduate school.

Advising for Psychology students is divided between the Psychology Undergraduate Advising Office and the ACCESS Advising Office for the College of Social Sciences (Dean Hall 02; see Advising Contact Information). Please see the section below to determine which advising office you should go to for assistance. If you need a course override, please contact the instructor directly.

Which Advising Office Should I Go To?

PSY Undergraduate Advising Office

- PSY majors (including Hybrid)

  *Pre-PSY student advising is handled by ACCESS*

- Psychology major requirements and questions

- Major declaration forms (signed in PSY, then submitted to ACCESS)
○ Application for Multiple Majors and Minor Declaration forms for PSY Majors (signed in PSY, then submitted to ACCESS)
○ Entrance surveys
○ Exit surveys
○ Review degree progress prior to completing graduation forms with ACCESS advisor
○ Career/grad school advice
  *UG Chair will also provide seminars & meet w/ students about this
○ Psychology-specific internships and research assistantships

ACCESS
○ Pre-PSY students (including Hybrid) General education advising for Pre-PSY and PSY majors
○ Prospective student inquiries
○ Signing all administrative forms (e.g., VA, ROTC, Concurrent enrollment, SAP)
○ Approving requests for later adds, withdrawals, leaves of absence
○ Resolving "holds" on account due to mandatory advising
○ Approving petitions
○ Disseminating information about scholarships, internships and special educational programs
○ Provide letters for students to confirm enrollment, curriculum or anticipated graduation for outside agencies and office

ADVISING CONTACT INFORMATION

Psychology Undergraduate Advising Office
Declared Psychology majors can contact the undergraduate advising office at psyadv@hawaii.edu. The undergraduate advising office is located in Sakamaki D412.
  ○ Advisors: Celina Herrera & Kaitlin Hill
ACCESS Advising Office
Students who have not yet declared Psychology as their major (i.e., pre-psychology majors) should contact the ACCESS Advising Office for advising. Students who have declared Psychology as their major should go to the ACCESS Advising Office for advising on their general education requirements. For information on the University’s core or Arts and Sciences basic and area requirements, see the University’s Catalog at www.catalog.hawaii.edu or visit ACCESS (Advising for the College of Social Sciences) advising office.

You may also visit the ACCESS website. To ensure that you satisfy all current University and A&S requirements, you should regularly check with the ACCESS advisors. They will help you plan a balanced schedule and avoid unpleasant surprises at degree check time.

DECLARING A PSY MAJOR

Students who intend to enter either the B.A. or B.S. degree program must first declare Psychology as their major. In order to declare, the following pre-declaration requirements must be met:

1. Required Pre-Major Courses
   - PSY 100: Survey of Psychology
   - PSY 212: Survey of Research Methods
• PSY 225: Statistical Techniques or SOCS 225: Statistical Analysis for Social Sciences

• If you have had a statistics course already, you might be able to use that instead of taking PSY 225. Please check with a Psychology adviser to see if you can do this.

2. Grade Point Average (GPA)

To declare Psychology as a major, students who began at UH Mānoa in Fall 2012 or later must have a minimum GPA of 2.5 for all PSY coursework (including transfer courses).

3. Attendance of a Psychology Major Meeting

To declare Psychology as a major, students must attend one of the Psychology Major Orientation Meetings which are held each semester. At this meeting, students are provided with important degree and academic opportunity information, assistance in filling out the Declaration of Major form, and are entered into the Psychology Undergraduate Advising Office database enabling them to receive important email announcements. (NOTE: in addition to attending the meeting, all other pre-declaration requirements must be met in order to formally declare the major, see #1 & 2 above).

- Major Orientation Meeting Schedule
  - Please visit or contact the Psychology Undergraduate Advising Office for more information about the Major Orientation Meetings for the semester.

4. Submission of Declaration of Major Form

Upon completion of the pre-declaration requirements outlined above, prospective Psychology majors must complete the Major Declaration Form with an advisor at the Psychology Undergraduate Advising Office and submit the form to ACCESS. Major declarations will be processed in 2-3 weeks by the Admissions and Records Office if you submit during the Fall or Spring. Major Declarations are not processed over the summer unless you have special circumstances (e.g., VA or athletics requirements).

- Download the Declaration of Major Form (pdf)

THE PSYCHOLOGY BA CURRICULUM

The B.A degree offers a broad coverage of psychology, flexibility in choosing courses, and sufficient background in the major to enable outstanding students to
qualify for graduate psychology programs. Curriculum for the B.A. degree is also appropriate for those intending to go into law, business, education, or master's level fields such as counseling, rehabilitation, or social work.

1. Credit Requirements
   1. A minimum of 36-37 credits in Psychology is required for the major.
   2. At least 15 credits must be earned in upper-division (300- or 400-level) Psychology courses.
   3. At least 15 credits must be completed at UH Mānoa or Mānoa Outreach College.

2. Grade Point Average (GPA) Requirement
   ○ Psychology GPA of at least 2.0.
   ○ Visit the Psychology (PSY) Courses page for important GPA details.

3. Coursework Requirements
   The following provides a guideline of B.A. degree coursework requirements:

I. Required Pre-Major Courses (9-10 Credits)
   1. PSY 100: Survey of Psychology
   2. PSY 212: Survey of Research Methods
   3. PSY 225: Statistical Techniques or SOCS 225: Statistical Analysis for Social Sciences
   4. If you have had a statistics course already, you might be able to use that instead of taking PSY 225. Please check with a Psychology adviser to see if you can do this.

II. One course from 4 of 5 Psychology Foundation Areas (12 Credits)
   1. Experimental (PSY X2X courses), e.g., PSY 322, 324, 325
   2. Behavioral Neuroscience (PSY X3X courses), e.g., PSY 230, 331, 336
   3. Developmental (PSY X4X courses), e.g., PSY 240, 341, 442
   4. Social or Personality (PSY X5X / PSY X6X courses), e.g., PSY 250, 260, 352
   5. Clinical or Community (PSY X7X / PSY X8X courses), e.g., PSY 270, 280, 371

III. One course in the Advanced Topics Series (3 Credits)
   ○ These courses are numbered 4X9 (e.g., 429, 439, 449, etc.)
   ○ Visit the Psychology (PSY) Courses page for important Advanced Topics Series details.
IV. Psychology Electives (12 Credits)

- These elective courses may be any Psychology course not taken to fulfill the requirements above.
- Students often take the majority of these 12 credits at the 300- or 400-level to complete the upper-division requirement.
- While not required, students are encouraged to participate in PSY 499 (Research) courses. Visit the Psychology (PSY) Courses page for important PSY 499 (Research) details.

**Hybrid Program**

The hybrid program involves both online and traditional face to face courses in psychology, taught by world class faculty and instructors. Students admitted to UH Mānoa will be able to fulfill their major in psychology by completing the majority of the degree online, with only 9 face-to-face credits required. Students must have already completed almost all of the general education requirements of the university because courses fulfilling those requirements are not part of this program. Students may direct any questions about the Hybrid Program to the Psychology Undergraduate Advising Office. Please see Declaring a PSY Major (Note: The aforementioned major meeting requirement can be done online).

Related Downloads:

- Psychology Bachelor of Arts Degree (B.A.) [Course Checklist](#) (pdf)
- Psychology Bachelor of Arts Degree (B.A.) [Four-Year Plan](#) (pdf)
- Psychology Bachelor of Arts Degree (B.A.) [Program Sheet](#) (pdf)

**THE PSYCHOLOGY BS CURRICULUM**

The B.S. degree offers a research-oriented program of study, including an in-depth exploration of psychological principles, and sufficient background to enable outstanding students to qualify for graduate programs that have a focus on laboratory research. Curriculum for the B.S. degree will be useful for students planning to attend medical school, and those interested in pursuing biomedical professions or other research careers.

1. Credit Requirements

   1. A minimum of 43 credits in Psychology is required for the major.

   2. At least 21 credits must be earned in upper-division (300- or 400-level) Psychology courses.

   3. At least 21 credits must be completed at UH Mānoa or Mānoa Outreach College.
2. Grade Point Average (GPA) Requirement
   - Psychology GPA of at least 2.5.
   - Visit the Psychology (PSY) Courses page for important GPA details.

3. Coursework Requirements

The following provides a guideline of B.S. degree coursework requirements pertaining specifically to Psychology (for more information about University B.S. core requirements, please contact ACCESS and see the resources available below under "Related Downloads"): 

I. Required Pre-Major Courses (9-10 Credits)
   1. PSY 100: Survey of Psychology
   2. PSY 212: Survey of Research Methods
   3. PSY 225: Statistical Techniques or SOCS 225: Statistical Analysis for Social Sciences
   4. If you have had a statistics course already, you might be able to use that instead of taking PSY 225. Please check with a Psychology adviser to see if you can do this.

II. Biology Foundations (10-11 Credits)
   1. BIOL 171/171L - Introduction to Biology/Lab I
   2. BIOL 172/172L - Introduction to Biology/Lab II
   3. - may be prerequisite to PSY 331 or 336 with instructor's approval or PSY 230
   4. PSY 331: Behavioral Neuroscience, PSY 333: Psychopharmacology or PSY 336: Sensation and Perception

III. One course from 3 of 4 Psychology Foundation Areas (9 Credits)
   1. Experimental (PSY X2X courses), e.g., PSY 322, 324, 325
   2. Developmental (PSY X4X courses), e.g., PSY 240, 341, 442
   3. Social or Personality (PSY X5X / PSY X6X courses), e.g., PSY 250, 260, 352
   4. Clinical or Community (PSY X7X / PSY X8X courses), e.g., PSY 270, 280, 371

IV. Two courses in the Advanced Topics Series (6 Credits)
○ These courses are numbered 4X9 (e.g., 429, 439, 449, etc.)

○ Visit the Psychology (PSY) Courses page for important Advanced Topics Series details.

V. One Upper-Division Elective (3 Credits)

○ 300- or 400-level Psychology courses

VI. Research Credits (6 Credits)

○ PSY 499 (6 Credits total)

○ During one of the two required semesters of 499 credits, you must submit a written summary to Dr. Scott Sinnett. Instructions for this summary can be found here: Instructions for B.S. Research Capstone (pdf)

○ Visit the Psychology (PSY) Courses page for important PSY 499 (Research) details.

Related Downloads:

○ Psychology Bachelor of Science Degree (B.S.) Course Checklist (pdf)

○ Psychology Bachelor of Science Degree (B.S.) Four-Year Plan (pdf)

○ Psychology Bachelor of Science Degree (B.S.) Program Sheet (pdf)

PSYCHOLOGY COURSES

We offer dynamic courses across a range of psychological disciplines including experimental, biological, developmental, social, personality, clinical, and community psychology. For a complete listing of courses offered by our Department visit the University of Hawai'i at Mānoa Online Course Catalog:

○ http://www.catalog.hawaii.edu/courses/departments/psy.htm

About Grade Point Averages (GPA)

An undergraduate major GPA is calculated on the basis of all Psychology course grades taken at the University of Hawai'i at Mānoa, plus other course grades meeting degree requirements (e.g., SOCS 225). A grade of C- or below will not count toward credit requirements, and will lower major GPA.

Students should contact the Psychology Undergraduate Advising Office immediately if their GPA falls below:

○ 2.0 for B.A. degree candidates
2.5 for B.S. degree candidates

About the PSY Advanced Topics Series (4X9)

For both B.A. or B.S. degree candidates, course(s) from the Advanced Topics Series (4X9) are required. Some important points to consider regarding these courses are as follows:

- Some 4X9 courses have pre-requisites or require instructor permission to enroll.
- PSY 4X9 credits count towards the upper-division requirements.
- Students may take more than one 4X9 course (e.g., a student may take 449 and 459).
- Students may also repeat a 4X9 course ONCE (e.g., a student may take two semesters of 449), provided that the content of the each course is different.
- PSY 4X9 credits typically have a Writing Intensive (WI) designation.
- PSY 499 does not fulfill the Advanced Topics Series requirement.

About PSY 499 (Research) Courses

PSY 499 (Research) is typically directed reading and research conducted in a Psychology faculty member's laboratory. This course offers undergraduate students a hands-on opportunity to acquire practical, real-world psychology knowledge and training. For most projects, participants are trained to perform assigned duties and no previous experience is necessary.

I. Benefits of Participation

Our Department strongly encourages participation for the following reasons:

- Students obtain knowledge in fundamental areas of research, including literature reviews, data collection, management and analysis, and basic research methodologies.
- Students gain a better understanding of the process of conducting research in a particular area of psychological study.
- Students may develop a meaningful mentor relationship, at which time a letter of recommendation to fulfill academic (e.g., graduate school applications) or career goals may be requested.

II. Enrollment Guidelines
Operated under a mentorship model, students work with a Psychology faculty member (or graduate student) as their supervisor. In order to find a mentor:

1. Become familiar with the scope of Departmental research opportunities, and with individual faculty specialties and research interests.

2. When you find a compatible research interest, contact the faculty member to arrange a meeting to discuss mutual interests and PSY 499 (Research) enrollment possibilities.

3. It is recommended that you participate in research activities for a minimum of two semesters, and that this begin two years before you graduate in order to establish a relationship with your mentor prior to the semester when you may be requesting a letter of recommendation.

III. Additional PSY 499 (Research) Details

Although you are limited with respect to how many credits can count toward your degree, you can enroll in PSY 499 (Research) as many semesters as you want. Other important points to consider are:

- The composition of PSY 499 (Research) courses will vary greatly among different faculty mentors.

- PSY 499 is typically a 3-credit course, which equates to 9 hours a week conducting research duties.

- You may take up to 9 credits of PSY 499 to count toward the credits required for the Psychology B.A. or B.S. degree.

- You may take only 3 credits of PSY 499 to count toward the 15 (B.A.) or 21 (B.S.) upper-division credits needed for graduation.

- For students pursuing a B.S. in Psychology, you will need to complete a written summary after one of your 499 semesters, which you will submit to Dr. Scott Sinnett. Instructions for this summary can be found here: Instructions for B.S. Research Capstone (pdf)

**SCHOLARLY OPPORTUNITIES**

Outstanding undergraduate Psychology scholars have the opportunity to participate in two distinct programs in recognition of their high academic achievement.

**Honors Program**

The Psychology Honors Program serves to train students to conduct psychological research and prepare them for graduate school. Students receive mentoring, take
psychology honors classes, receive assistance in preparing for graduate school, participate in informal activities associated with psychology, and present their work at meetings or co-author a research paper. Honors Program participants also earn an Honors designation on their diploma.

For more information:

Honors Program Website: http://www.honors.hawaii.edu
Email: Dr. Lorey Takahashi (lkt@hawaii.edu)

**Psi Chi Honor Society**

Psi Chi is a National Honor Society in Psychology, which maintains a local chapter at the University of Hawai’i at Mānoa. Psi Chi members participate in Departmental and University activities as well as community service projects. A high-level of ongoing academic achievement is required for membership.

For more information:

Psi Chi Honor Society Website: http://www2.hawaii.edu/~psichi/
Email: psichi@hawaii.edu

**Psi Sigma: The Psychology Connection**

Psi Sigma is a society to improve students’ connections with each other and the study of Psychology. Membership is open to all Psychology and Pre-Psychology majors.

For more information:

Psi Sigma Website: thepsychologyconnection.blogspot.com
Email: thepsychologyconnection@gmail.com
Facebook: facebook.com/pages/thespsychologyconnection
Instagram: @PsiSigma

**SONA**

SONA is a participant recruitment tool that the department of psychology utilizes for ongoing research studies. Students may sign up on here to participate in Faculty and Graduate Student led research in exchange for extra credit in their psychology courses.

For more information:

SONA: http://www.hawaii.sona-systems.com
Email: dcicero@hawaii.edu
GRADUATION PROCEDURES

All graduation forms and procedures described below must be completed the semester BEFORE the semester in which you plan to graduate. All forms for graduation are completed through ACCESS Advising Office; however, you must meet with an advisor in the Psychology Undergraduate Advising Office first to review your degree status, determine if you need to complete a Goldenrod form, and complete an exit survey for the department.

1. First meet with an advisor in Psychology Undergraduate Advising Office to review transcripts and determine whether you will need to complete a Goldenrod form. You will also complete an exit survey for the department at this meeting.

2. After meeting with the Undergraduate Psychology Advising Office, you must also schedule an appointment with the ACCESS advising office (Dean Hall Room 02) to complete the Graduation Plan form with an advisor and file for graduation. You may also have to take a Goldenrod form with you to submit, which will be determined in your meeting with the Psychology advisor. The best way to schedule an appointment with ACCESS is to use their online scheduling service at: http://accessadvising.appointy.com/, but you can also call their office to schedule an appointment at: (808) 956-0661.

3. ACCESS website with links to graduation forms.