

## ADVISING CHECKLIST

**Students assume sole responsibility for planning their own courses and academic activities.** You are responsible for understanding major, minor, and degree requirements. If you do not follow these advising activities you take the risk that you will not graduate on time, will not be prepared to pursue your career goals after graduation, or both. Be sure to review your academic schedule, APR (Academic Progress Report), and career plans with a Psychology Department academic advisor. **We recommend checking progress on University Undergraduate, Major, and Major Requirements and seeing an academic advisor in psychology each quarter, as well as your FSEM advisor your first year.**

Below are recommended milestones and activities

### FRESHMAN YEAR

\_\_\_ Meet with a Psychology Advisor to learn about the department, opportunities, and degree requirements.

### SOPHOMORE YEAR

#### *Winter Quarter*

- \_\_\_ Develop program of study in Major and Minor fields
- \_\_\_ Consider Cherrington Global Scholars program for Study Abroad

#### *Spring Quarter*

- \_\_\_ Attend Career/Graduate School Night
- \_\_\_ Apply for the Departmental Distinction Program, if applicable

### JUNIOR YEAR

#### *Fall and Winter Quarters*

- \_\_\_ Apply for research apprenticeship, or internship, if applicable
- \_\_\_ Consider career exploration, University Career Center (303-871-2150)

#### *Spring Quarter*

- \_\_\_ Apply for graduation (you must apply 4 quarters before the quarter during which you plan to graduate)
- \_\_\_ Make plan to complete General Ed., Major and Minor course requirements
- \_\_\_ Apply for Field Experiences internship, if interested
- \_\_\_ Consider taking Graduate Record Exam, if applicable
- \_\_\_ Discuss plans for Graduate school with a faculty member or academic advisor, if applicable

### SENIOR YEAR

#### *Fall Quarter*

- \_\_\_ Enroll in Psyc 3999, Senior Assessment  
(required for graduation; taken online any quarter of your senior year)
- \_\_\_ Take Graduate Record Exam, if applicable
- \_\_\_ Discuss Graduate School with a faculty member or academic advisor, if applicable
- \_\_\_ Apply to Graduate Schools, if you want to begin graduate study next fall
- \_\_\_ Complete Senior Distinction/Honors thesis research, if applicable (by Spring)