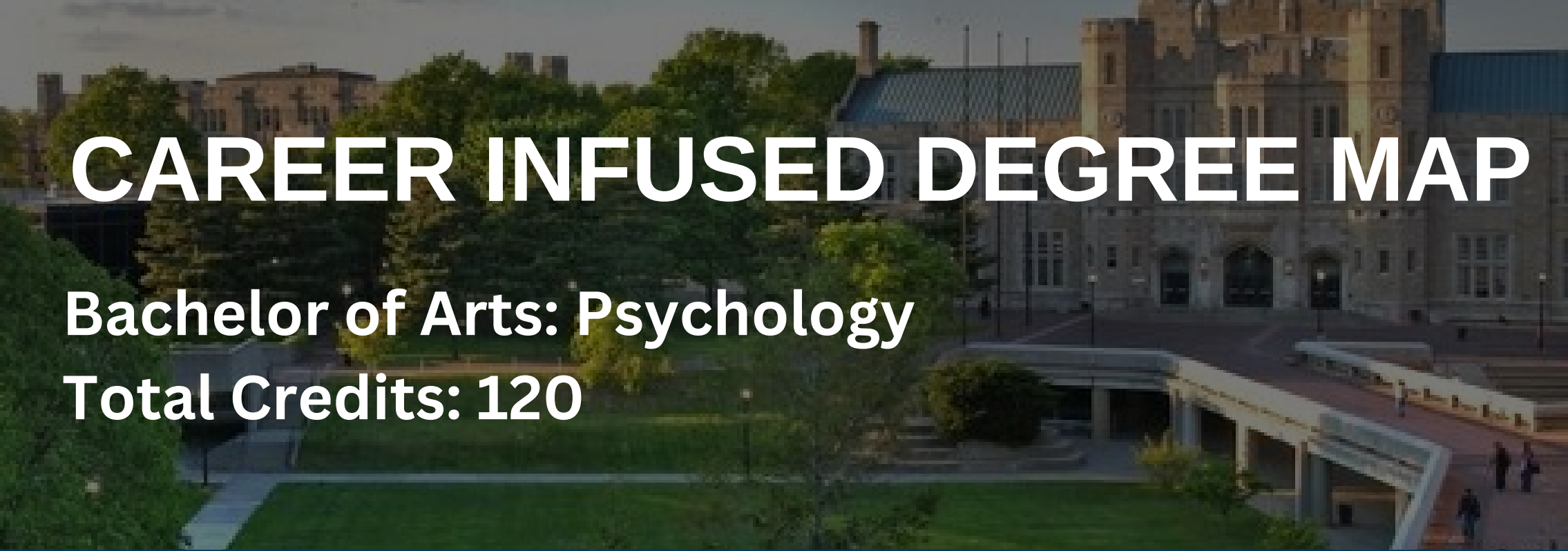




CAREER INFUSED DEGREE MAP

Bachelor of Arts: Psychology

Total Credits: 120

The B.A. in Psychology provides students with a strong foundation in the scientific study of behavior and mental processes, developing critical thinking, research, and interpersonal skills that prepare them for careers in human services, education, healthcare, business, and graduate or professional study. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

CREDITS

- 3ENG 111 - English Composition I
- 3Flexible Core - World Cultures and Global Issues
- 3MAT 126 - Quantitative Reasoning
- 3PSY 166 - General Psychology
- 3LEH 250 - First-year Seminar
- 15TOTAL CREDITS

1ST SEMESTER

- ☐ Activate your [Handshake](#) account to begin exploring career resources and opportunities available through your college's [Career Exploration and Development Center](#).
- ☐ Join a Lehman [student club or organization](#) to begin building your network and developing soft skills (Psychology Club, Aporia).
- ☐ Create a resume to begin documenting your achievements. Review resume samples for your major in the Resources section of the Career Center page on Handshake. And schedule an appointment with your Career Services.
- ☐ Enroll in free introduction to MS 365 computer skills workshops, tutoring/writing support, and/or leadership training ([Lehman IT Center](#), [Lehman Tutoring Center](#), [Office of Campus Life](#)).

2ND SEMESTER

- 3ENG 121 - English Composition II
- 3Flexible Core - US Experience in Its Diversity
- 4MAT 132 - Introduction to Statistics OR
MAT 172 - Precalculus
- 3Elective
- 3Elective
- 16TOTAL CREDITS

- ☐ Create a [LinkedIn](#) account to establish your professional presence online, build industry connections, and follow developments and trends.
- ☐ Take the [Focus 2 Career Assessment](#) (code: Lightning), and explore [employment options](#), [subfields](#), [career paths](#), and [research opportunities](#) in Psychology.
- ☐ Create a first-draft cover letter you can use to apply to professional development opportunities ([scholarships](#), [research opportunities](#), [CUNY pipeline programs](#), [Psychology internship sites](#)).
- ☐ Participate in an early career skills training program ([America Needs You](#), [Year Up](#), [CUNY Beyond](#)).

SOPHOMORE

CREDITS

- 3General Education Foreign Language Option
- 3Flexible Core - Creative Expression
- 3Required Core - Life and Physical Sciences
- 3Elective
- 3Elective
- CED 102 - Introduction to Career Development
(Optional)
- 15TOTAL CREDITS

1ST SEMESTER

- ☐ Identify a mentor in your field with whom you can check-in periodically (Psychology Department Faculty, SMART MDs, Association for Psychological Science, The Urban Male Leadership Program, CREAR Futuros, City Mentors).
- ☐ Apply for internships that provide hands-on experience in psychology (Idealist, Montefiore Medical Center, NYC Health + Hospitals, Saint Barnabas Hospital, Handshake, [CUNY Industry partnerships](#), and [more](#)).
- ☐ Attend the ‘Mastering the Art of Interviewing’ workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register on [Handshake](#).

2ND SEMESTER

- 3General Education Foreign Language Option
- 3Flexible Core - Scientific World
- 3Flexible Core - Any Area
- 3Elective
- 3Elective
- 15TOTAL CREDITS

- ☐ Subscribe to [PsychologyJobs.com](#), [PsycCareers.com](#), [Psychology Student Network](#), and [CUNY Weekly](#) newsletters for news, opportunities, events, jobs, and career resources.
- ☐ Meet with faculty or academic [advisor](#) to apply to research opportunities for sophomores via the [School of Natural & Social Sciences](#) (S-STEM, REACH, LSAMP) and apply to join [The International Honor Society in Psychology-Psi Chi](#) if you meet the GPA requirements.
- ☐ Identify skills and certificates you can earn to specialize or supplement your studies ([CUNY Upskilling](#); [LinkedIn Learning](#), free with an NYPL card; [Coursera](#), free via [NYS DOL](#)).
- ☐ Become a student member of a professional organization in your field (APS, APA, EPA, NYSPA, [other](#) professional organizations).
- ☐ Meet with your CEDC Career Specialist to start applying for full-time jobs or internships.

ACADEMICS

CAREER READINESS

CREDITS

- 3 LEH 352 - Studies in Literature **OR**
LEH 353 - Studies in the Arts **OR**
LEH 354 - Studies in Historical Studies **OR**
LEH 355 - Studies in Philosophy, Theory and
Abstract Thinking
- 4 PSY 226 - Statistical Methods in Psychology
- 3 PSY 2##
- 3 Elective
- 3 Elective
- 16 **TOTAL CREDITS**

1ST SEMESTER

- ☐ Attend career fairs and industry conferences to network with professionals and meet recruiters in healthcare/mental health services, education, corporate businesses, research, government, and law enforcement/legal.
- ☐ Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐ Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐ Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume, cover letter and explore full-time roles or plan for a career change.
- ☐ If pursuing graduate study, begin exploring the process for applying to graduate school. Schedule an appointment with Dr. Keith Happaney (Pre-Graduate School Advisor) for support.

2ND SEMESTER

- 3 LEH 352 - Studies in Literature **OR**
LEH 353 - Studies in the Arts **OR**
LEH 354 - Studies in Historical Studies **OR**
LEH 355 - Studies in Philosophy, Theory and Abstract
Thinking
- 3 PSY 2##
- 3 PSY 2## or PSY 3## or PSY 4##
- 3 Elective
- 12 **TOTAL CREDITS**

- ☐ Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐ Attend the 'Networking Strategies' workshop to widen your network of contacts across Lehman and platforms like LinkedIn.
- ☐ Research graduate schools or other postgraduate opportunities if considering further education.
- ☐ Reach out to the Psychology Department Faculty member to inquire about research opportunities.

CREDITS

- 4 PSY 305 - Experimental Psychology I
- 3 Elective Course **OR** PSY 485 - Independent Study in
Psychology
*Notes: Students who wish to qualify for Department Honors are
required to complete PSY 485 and PSY 495. PSY 485: May be
used to fulfill the requirements of the major as a Psychology Free
Elective.*
- 3 PSY 3##
- 3 Minor or Certificate Course I
- 3 Minor or Certificate Course II
- 16 **TOTAL CREDITS**

1ST SEMESTER

- ☐ Meet with your Career Specialist for full-time job search preparation: finalize your professional resume and cover letter and prepare for interviews.
- ☐ As graduation nears, reconnect with mentors for career advice, job leads, references, and continued mentorship post-graduation.
- ☐ If applicable, begin drafting your application materials and identify faculty references for graduate school or other postgraduate opportunities and complete the process of applying.

2ND SEMESTER

- 3 PSY 348 - History of Psychology
- 3 Elective Course **OR**
PSY 495 - Honors Research in Psychology
- 3 PSY 2## or PSY 3## or PSY 4##
- 3 Minor or Certificate Course III
- 3 Minor or Certificate Course IV
- 15 **TOTAL CREDITS**

- ☐ Attend employment fairs, professional panels, and psychology conferences to widen your network and connect with recruiters. Apply for the Student Travel Grant with Student Affairs.
- ☐ Mine job sites (APA, PsychologyJobs.com, LinkedIn, Handshake) and apply for career-related roles. Record your progress and remember to follow up on your applications.
- ☐ Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continuous support.
- ☐ Complete the Cap and Gown Survey in CUNYfirst.