



Berkeley Study Abroad

160 Stephens Hall
(510) 642-1356

<http://studyabroad.berkeley.edu>

"Living in a world that is not your own and realizing-- quite suddenly-- that it has become your home for the last few months is an eye opening experience that is both humbling and empowering. I have learned to seize opportunities and take risks, and have become more comfortable with ambiguity and spontaneity through my adventures abroad--because that is where the best parts of my journey have come from."

Hannah Shin
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STUDY ABROAD IN PSYCHOLOGY

The Psychology department encourages its students to add an international dimension to their education by participating in Berkeley Study Abroad (BSA). Study abroad will open your mind and change your life! Exposure to various cultures and diverse human experience help students prepare for complex challenges professionals face in the field of Psychology. With proper academic planning, students can have the experience of a lifetime with no loss of time in completing their degrees.

"Go on an adventure that no textbook can parallel." – Hannah Shin

WHY STUDY ABROAD?

Psychology aims to describe, understand, and predict the behavior of living organisms. In doing so, psychology embraces the many factors that influence behavior. This approach is highly compatible with the study abroad experience, as it helps students develop an understanding of how environmental and cultural factors shape human behavior. Further benefits include:

- Unique academic and experiential opportunities in Psychology;
- Participation in a different educational system and a new cultural perspective;
- The study of fascinating topics not readily available on the Berkeley campus;
- An expanded world view from first-hand experience of another culture;
- Enhanced résumé and/or applications for graduate school;
- Development of self-confidence and independence;
- Preparation for a career in an internationally competitive world



Susan Cuong, Yonsei University (South Korea)
"One of my most unexpected and memorable experiences while abroad: befriending a cute and loving Korean family who owned an ice cream shop that I frequented. We still keep in contact!"

WHEN CAN I STUDY ABROAD?

While it is possible for Psychology students to go abroad at almost any point in their academic careers, the particular term and length of time that you study abroad depends on what requirements you have left to complete the major. Of your upper division requirements for Psychology, no more than **two courses** can be used to satisfy your major requirements. **Please note** that Psych 10/101 must be completed during your sophomore or junior year at UC Berkeley.

It is important to start early to develop a strategy to integrate study abroad into your academic program.

- THE COST OF BSA -

Study on BSA can be comparable to the cost of study at UC. In some cases, it is less. BSA participants pay UC fees and continue to receive UC financial aid while abroad. Furthermore, BSA students are eligible for special grants and scholarships from UC, the host country, and other sources.

- PLAN AHEAD! -

Applications typically are due six months to a year prior to the program's start date and some programs have academic or linguistic prerequisites that must be satisfied in advance. Please check the BSA website for guidance on "how to apply":

<http://studyabroad.berkeley.edu/how-to-apply>

WHERE CAN I STUDY ABROAD?

Psychology students planning to complete a portion of their major abroad have a wide variety of options. You will find that a large majority of the programs will work for you, especially if you are looking to fulfill your Psychology elective requirements. The type of program you choose may depend on language proficiency, academic goals, and time constraints.

Examples:

- **Pontificia Universidad Catolica (Chile):** Take Spanish language, social and educational psychology, education, and more. There are ample internships in the related areas of health and social services.
- **University of Cape Town (South Africa):** Learn at an internationally recognized department with strengths in clinical psychology.
- **University of Lyon (France):** Many courses at this university are supplemented by workshops that add depth to the topics covered in lecture.
- **Hebrew University of Jerusalem (Israel):** Study fascinating topics such as military psychology, trauma and resilience, while interning in fields such as cognitive psychology and other areas with private or government organizations.

WHAT CLASSES CAN I TAKE?

Psychology courses are widely available in universities worldwide. You will be surprised at how many options you have, and how you can integrate education abroad into your curriculum. Here are some tips when planning your coursework:

- Consider psychology courses not available at UC Berkeley to broaden your understanding of the discipline.
- Complete Psych 10/101 prior to departure.
- Consider adding an internship or research experience to your program to further immerse yourself in the culture and community of your study abroad program.
- You may fulfill your breadth requirements while abroad. Consult with an L&S adviser about this.

Coursework towards the Psychology major must follow these guidelines:

- Courses must be taken for a letter grade.
- Course content must be equivalent to an upper-division Psychology course.
- Each course must have a minimum of 2.7 semester units.
- A maximum of 2 courses can be used towards the major requirement.
- Plan on counting these courses towards your Psych elective requirements, not for your decade or Tier II requirements.

Students will earn UC credit for BSA courses they complete abroad. However, application of credit to major requirements is subject to the discretion of the department.

To search for program and course options, go to the BSA website:

<http://studyabroad.berkeley.edu/programs> and follow the links to courses offered through UCEAP and Berkeley Abroad.



Yatrika Ajaya- A view of Florence from the top of the Basilica di Santa Maria del Fiore

WHAT HAPPENS WHEN I RETURN?

Psychology students should meet with a Psychology adviser once they are back on campus if requesting course credit for the major.

Keep in mind:

- Stay in touch via email with your Psychology adviser, especially during TeleBEARS season.
- Submit the Exception to the Major Petition form (see bSpace/bCourses) along with the syllabi and reading lists, or exams. These course materials will be used to evaluate petitions for major requirement substitutions.
- Final approval granted only when grades and units are posted to UC Berkeley transcript (check BearFACTS), and completed paperwork has been submitted.

I'M INTERESTED, WHAT ARE MY NEXT STEPS?

Psychology students interested in study abroad through BSA should first research program options on the BSA website (<http://studyabroad.berkeley.edu>), then meet with a Psychology adviser in 3305 Tolman Hall to discuss departmental regulations and the academic planning process. Application information and BSA advising are available at the Berkeley Study Abroad office, 160 Stephens Hall.



Hannah Shin, University College Cork (Ireland)