



THE FIRST 15



THE NEXT 30



THE LAST MILE



PATHWAY TO PROMISE

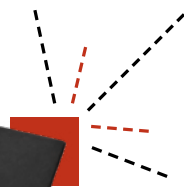


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Advisor Responsibilities

- My goal is to make sure you understand all you need to know about your degree requirements at Valencia College.
- I will provide a safe space for you to discuss your concerns and I will listen, be present, respectful, and genuine.
- Our resources are endless! I will always point you in the right direction if you connect with me.
- I will help you with your questions about colleges and universities you are thinking about transferring to and what it takes to get there.
- Helping you find a major and a career that is right for you is my goal. I will provide you with information and support you along the way.
- This is your journey, but you are not alone! I will help you select your courses, understand your prerequisites, create your plans and set goals.

Student Responsibilities

- I will connect with my advisor every semester.
- When I schedule an appointment, I will start thinking about what I want to talk about.
- I will bring my “note-taking tools” with me to my appointments (e.g., phones, tablets, or good old paper and pen).
- We will be going over important information, so I will keep all of it handy and refer to it often.
- If my advisor refers me to any resources, I will be sure to follow through and I will stay in touch.
- I will take responsibility, know the deadlines, ask questions, stay on track and be the one to know what to do.



Your Checklist

0-12 Credit Hour Checklist

∞ This symbol represents actions that you should take at every credit hour benchmark.

- Check your **Atlas** email daily. ∞
- Check if your meta-major matches your career of interest and change it if necessary. ∞
- Familiarize yourself with various educational and career options in psychology.
- Consider registering for PSY 2012: General Psychology.
- Learn about the resources available to you, such as the Learning Support Center, Tutoring, Counseling, Career Advising and Atlas. For more information and locations, go to the **Student Services page** on the Valencia College website.
- Explore and research your career interests by visiting the **Career Center website** or connecting with a career advisor.
- Research colleges and universities of interest and the admission requirements.
- Run your **degree audit** and use your **catalog** to help you choose the right classes each term. For assistance, connect with an academic advisor. ∞
- Register for **SLS 1122 New Student Experience course** within your first two terms at Valencia College.
- Consider registering for your first math course.
- Familiarize yourself with psychology research and American Psychological Association (APA) formatting.
- Check Important Dates & Deadlines by visiting the **Academic Calendar** on the Valencia College website. ∞
- Apply for scholarships by visiting the **Financial Aid Services** website. ∞
- Get involved** on campus by joining student clubs and organizations, attending **campus events** and participating in health and wellness activities. ∞
- Visit the **Career Center website** to learn how to create your resume and connect with a career advisor for feedback.

12-30 Credit Hour Checklist

∞ This symbol represents actions that you should take at every credit hour benchmark.

- Check your **Atlas** email daily. ∞
- Confirm that your meta-major matches your career of interest and change it if necessary. ∞
- Consider registering for your second math course.
- Consider registering for DEP 2004: Developmental Psychology.
- Explore your major and career interests by considering volunteering, employment, **internships**, job shadowing and service learning.
- Decide on a major and your transfer university of interest. If you are still undecided, meet with an academic advisor.
- Run your **degree audit** and use your **catalog** to help you choose the right classes. For assistance, **connect with your advisor**. ∞
- Check Important Dates & Deadlines by visiting the **Academic Calendar** on the Valencia College website. ∞
- Apply for scholarships by visiting the **Financial Aid Services** website. ∞
- Continue your involvement on campus with the Psychology Speakers Series and the Student Research Community (SRC).
- Get involved** on campus by joining student clubs and organizations, attending **campus events** and participating in health and wellness activities. ∞
- Keep your resume current by reviewing it every semester and consider scheduling a mock interview. For assistance, visit the **Career Center website** or connect with a career advisor.

30-45 Credit Hour Checklist

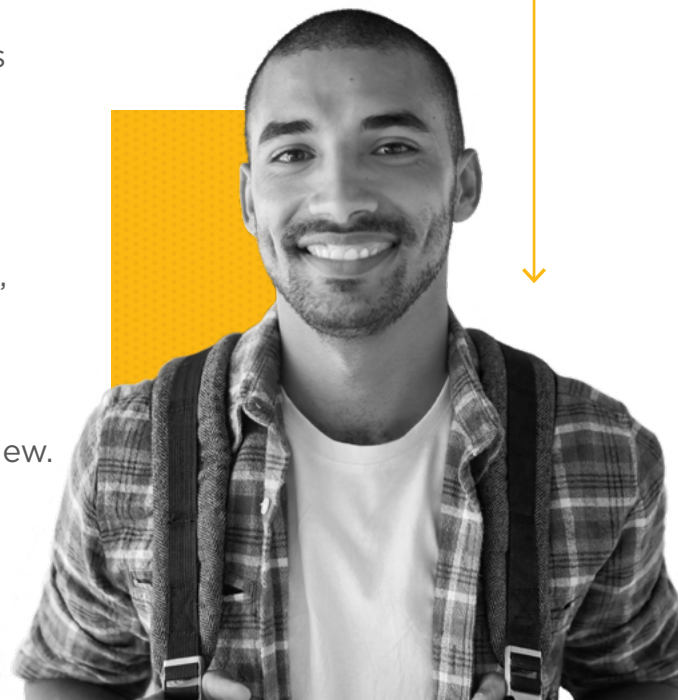
∞ This symbol represents actions that you should take at every credit hour benchmark.

- Check your **Atlas** email daily. ∞
- Confirm that your meta-major matches your career of interest and change it if necessary. ∞
- Decide on your educational goals by the time you complete 45 credit hours.
- Research colleges and universities of interest, including the admission requirements, application deadlines, housing options, campus tours and connect with the academic departments.
- Consider exploring graduate school (e.g., master's degree, medical or law school), advanced training, certifications and licenses.
- Run your **degree audit** to confirm you are on track for graduation. For assistance, **connect with your advisor**. ∞
- Check Important Dates & Deadlines by visiting the **Academic Calendar** on the Valencia College website. ∞
- Apply for scholarships by visiting the **Financial Aid Services** website. ∞
- Get involved** on campus by joining student clubs and organizations, attending **campus events** and participating in health and wellness activities. ∞
- Conduct an informational interview with a mental health professional.
- Enhance your work experience and skills by volunteering, employment, **internships**, service learning and job shadowing.
- Keep your resume current by reviewing it every semester and consider scheduling a mock interview. For assistance, visit the **Career Center website** or connect with a career advisor.

45-60 Credit Hour Checklist

∞ This symbol represents actions that you should take at every credit hour benchmark.

- Check your **Atlas** email daily. ∞
- Confirm that your meta-major matches your career of interest and change it if necessary. ∞
- Run your **degree audit** to confirm you are on track for graduation. For assistance, **connect with your advisor**. ∞
- If you are ready, submit your **graduation application** by the deadline.
- Explore housing options, develop a financial plan, schedule campus tours and connect with the academic departments.
- Submit your admissions applications early to your colleges/universities of interest (and any other materials, such as transcripts and recommendation letters, if required).
- Gain experience with research and poster presentations.
- Check Important Dates & Deadlines by visiting the **Academic Calendar** on the Valencia College website. ∞
- Apply for scholarships by visiting the **Financial Aid Services** website. ∞
- Get involved** on campus by joining student clubs and organizations, attending **campus events** and participating in health and wellness activities. ∞
- Enhance your work experience and skills by volunteering, part-time employment, **internships**, service learning and job shadowing.
- Keep your resume current by reviewing it every semester and consider scheduling a mock interview. For assistance, visit the **Career Center website** or connect with a career advisor.



Things to Consider

Academic Planning

The **Degree Pathways** outline the courses needed to complete your Associate's degree. They include sample term-by-term plans and helpful academic planning information.

Psychology Speakers Series (East & Osceola Campus)

The Psychology Speakers Series is a great opportunity for students who are interested in majoring in Psychology to meet many of the psychology professors, professionals in the fields of psychology, and to hear about many interesting topics. To inquire about dates contact the campus social sciences department.

Prior topics presented include:

- Emotional Intelligence
- Eating Disorders
- Forensic Psychology
- Nutrition
- Professional Psychologist and Counselor Panel

Valencia Psychological Association (West Campus)

The Valencia Psychological Association (VPA) is the psychology club on West Campus. The primary goal of VPA is to educate the Valencia community about topics in psychology through presentations, discussion panels, and other forums. To join, please apply through **Engage**, a student engagement resource, in Atlas.



Things to Consider

Undergraduate Research at Valencia College

Undergraduate research at Valencia College will give you an opportunity to increase your knowledge on how to conduct research, write research papers or articles, and how to create poster presentations. By joining this community, you will have an opportunity to present at the [Valencia College Undergraduate Research Showcase](#).

If you are planning on attending graduate school, participating in this community will give you the tools you need to set yourself apart on admissions applications. To participate, learn more at [Undergraduate Research at Valencia College](#).

Graduate School

Most careers in psychology require you to have a minimum of a master's degree in counseling, psychology, or a related field. In order to be a competitive candidate for graduate school, familiarize yourself with the requirements of the graduate programs within your field of interest.

Research your graduate school options by visiting websites such as [GradSchools.com](#).



Things to Consider

Careers in Psychology

Degrees in psychology can lead to a variety of careers. Below are some examples of careers you can pursue depending on the level of degree you obtain.

Bachelor's Degree

- Psychiatric Technicians
- Case Manager
- Social Work Assistant
- Child Care Worker
- Coordinator, Non-Profit Sector (Girl Scouts, Boys and Girls Club, etc.)
- Elementary School Teacher
- Secondary School Teacher
- Special Education Teacher
- Registrar and Financial Aid Advisors
- Academic Advisors

Master's Degree

- Mental Health Counselor
- Marriage and Family Therapist
- School Counselor
- Music and Art Therapist
- Drug and Alcohol Specialist
- Academic Dean
- Social Services Manager
- School Administrator
- Adjunct or Full Time Professor

Doctorate Degree

- Psychologist
- Psychology Program Director
- Director, Institutional Research Program
- Researcher
- Dean of Students
- Consultant

Other Career Options for Psychology Majors

A psychology degree can help you develop transferable skills such as analytical, critical thinking, problem solving and research skills that are valuable to employers within a variety of industries. A few example careers include:

- Marketing Professionals
- Sales Representative
- Public Relations Representative
- Advertising Professionals
- Recruiter
- Human Resources

Things to Consider

Additional Resources

O*Net OnLine is a resource that provides detailed career information for job seekers. It includes data on local and national salaries and growth.

The Occupational Outlook Handbook is the government's premier career resource featuring hundreds of occupations. National data on career salaries and growth is also available.

NCES College Navigator is a free tool designed to help students find their program of interest at various colleges and universities. This resource provides information on transfer institutions.

MyCareerShines is a comprehensive career and educational planning system that is tailored to meet Florida requirements.



Recognition and Scholarships

“The difference between ordinary and extraordinary is that little extra.” – Jimmy Johnson

Career Action Distinction for Psychology

The Career Action Distinction for Psychology Majors provides an opportunity for students to become highly engaged in skillshops, events, and activities that focus on their academic, career, and professional development. This specialized program has an emphasis on careers and pathways related to psychology. Students will earn a certificate of completion and a cord for graduation.

Minimum requirements to participate:

- complete at least 12 credit hours before starting CAD
- a minimum of a 2.5 GPA upon completion

To register email CareerCenter-East@valenciacollege.edu with your VID number and “Psychology CAD sign-up” in the subject line. You will be enrolled in Psychology CAD Canvas Group upon registration.

Seneff Honors College

The **Seneff Honors College** is a comprehensive approach to learning that includes specialized courses and unique out of class experiences. It can provide personal and professional opportunities as well as a rewarding college experience. Students admitted to the Seneff Honors College have the opportunity to earn an honors graduation distinction.

Valencia Foundation Scholarship

The Valencia College Foundation offers a number of privately funded scholarships that are donated by organizations and individuals interested in supporting Valencia’s students. Most scholarships offered through the Valencia College Foundation require a student to demonstrate need by completing the Free Application for Federal Student Aid (FAFSA). Valencia encourages all students to complete the FAFSA early each year by the priority deadline for the upcoming academic year.

[Click here to apply for the Valencia Foundation Scholarship.](#)

Valencia College Resources

Need more information? Check these out!

VALENCIA COLLEGE

Internship and Workforce Services

Find an internship and
be ready for the job



Engage in about over 150 clubs
and organizations



Learn more about over 150
clubs and organizations

VALENCIA COLLEGE

Learning Support

Get help with your studies



Build academic and
emotional fitness

VALENCIA COLLEGE

Veterans Affairs

Essential resources and
support for veterans



Free fitness and
recreational sports



Get help with behavioral health and
more by calling **800-878-5470**

VALENCIA COLLEGE

Career Center

Explore careers and
prepare for what's next

Questions to Ask Your Advisor

- What's the difference between dropping a class and withdrawing from a class, and how does this impact me?

- What are some things I should consider before withdrawing from a class?

- What are some important academic policies that I should be aware of? (e.g., grade forgiveness, academic probation)

- What are some resources that I should be using at Valencia College if I'm struggling in my classes?

- What are some resources that will help me explore different majors and careers?

- How can I raise my GPA?
- What are some things I should consider when creating my class schedule?
- What are the prerequisites for my major?
- What are the admission requirements for my program at my transfer college/university of interest?
- How do I choose my electives?



- Is my major limited or restricted access? If so, what does that mean?
- How do I know that I'm on track for graduation?
- How do I know that I've met all my graduation requirements for my major?
- How do I apply for graduation?
- How do I apply to my college/university of interest?
- How do I request/submit my college transcripts?

How Do I Run My Degree Audit?

The degree audit is a great tool to help you plan out your courses. It is a summary or audit of your degree. It will show you the classes that you have completed and the ones you have yet to complete. Here are the steps on running a degree audit. We encourage you to consult with your advisor.

1. Log in to **Atlas**.
2. Click on Students on the left hand side.
3. Look for the Path to Graduation box and click on My Academic Progress (Degree Audit).
4. Click on Generate New Degree Audit.
5. Select the term you are currently in, click submit.
6. Click on the button next to the name of your degree.
7. Click on Generate Request.



The path
to promise
takes you
from
“what is”
to
“what can be.”



WHAT'S NEXT?

Valencia College is an equal opportunity institution. We provide equal opportunity for employment and educational services to all individuals as it relates to admission to the college or to programs, any aid, benefit, or service to students or wages and other terms, conditions or privileges of employment, without regard to race, ethnicity, color, national origin, age, religion, disability, marital status, sex/gender sexual orientation, genetic information, gender identity, pregnancy, and any other factor prohibited under applicable federal, state, and local civil rights laws, rules and regulations.