

Applied Psychology

Academic Planning Worksheet 2025-2026

Simmons University

Office of Undergraduate Advising

Notes:

- Simmons requires that all undergraduates complete a minimum of 128 credits of coursework, fulfill PLAN and major/program requirements, and submit a Senior Audit form to graduate.
- You may declare a major after you have earned 32 credits. You must declare a major prior to earning 80 credits.

Core Requirements

Majors will complete the core of the following courses.

| Course # | Course Title | Credits | Completed |
|-------------|--|---------|-----------|
| PSYC 101CD* | Introduction to Psychological Science | 4 | |
| STAT 118CD | Introductory Statistics (or higher) | 4 | |
| PSYC 201CD | Biological Psychology (prereq: PSYC 101) | 4 | |
| PSYC 203CD | Research Methods in Psychology (prereq: STAT 118 & PSYC 101) | 4 | |

*AP Psychology Test Score of 4 or 5 may be used to replace the PSYC 101 requirement

Additional Requirements

In addition to your core Psychology courses, you will choose six additional courses:

- At least three must be PSYC courses
- At least one must be a capstone PSYC course; the capstone must be taken at Simmons (cannot be transferred from another institution)
- The remaining three courses may be in related disciplines outside of PSYC, as listed below)
 - PSYC 217CD And the Pursuit of Happiness
 - PSYC 231CD Psychopathology and Mental Health
 - PSYC 235CD Developmental Psychology
 - PSYC 244CD Drugs and Behavior
 - PSYC 251CD Neuroscience of Music
 - PSYC 308CD Research in Social Psychology, with Lab (Capstone Course)
 - PSYC 331CD Seminar in Clinical Psychology (Capstone Course)
 - PSYC 360CD Applied Psychology Capstone (Capstone Course)
 - BUS 230CD Why We Buy
 - BUS 234CD Organizational Communication & Behavior
 - SOCI 239CD Introduction to Social Research
 - PH 241CD Health, Illness, & Society
 - SOCI 249CD Inequalities
 - SW 101CD Introduction to Social Work and Social Welfare

| Course # | Course Title | Credits | Completed |
|----------|--------------|---------|-----------|
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PLAN Requirements

PLAN (Purpose Leadership Action) is the Simmons undergraduate general education program. Some PLAN requirements can be fulfilled with courses required for this major, as indicated below. Additional PLAN requirements may be fulfilled through electives. PLAN requirements, with the exception of the capstone, are waived for students who have an associate's degree from an accredited institution. We highly recommend that you work closely with your advisor(s) to choose all of your courses.

| Course Title | | Credits | Completed |
|---|---|----------------------|-----------|
| Math*: 1) Prior to first term, pass the mathematics competency requirement or 2) enroll in MATH 101CD the first semester it is available | | 0/4 | |
| CNCT 101CD: Simmons Connect** | | 3 | |
| LDR 201CD: Gender and Leadership | | 4 | |
| CDA 201CD: Cross-Disciplinary Approaches to Public Issues | | 6 | |
| CNCT 201CD: Pathways to Career and Leadership (Recommended after CDA) | | 1 | |
| 3D Design Across Diverse Disciplines *** (Students work on this requirement while enrolled in CNCT 201CD) | | 12 | |
| Requirements | | Course Selected | |
| Language & Culture****: Two (additional) Global Cultural (GC) courses | | 4 | |
| | | 4 | |
| Quantitative Literacy (QL) | | STAT 118CD or higher | 4 |
| Key Content Areas ***** (KCAs) | Aesthetic, Literary, and Artistic (ALA) | | 4 |
| | Global Cultural (GC) | | 4 |
| | Scientific Inquiry (SCI) | PSYC 201CD | 4 |
| | Social and Historical (SH) | | 4 |

*Students must satisfy the math competency requirement during their first semester at Simmons. Students who do not pass the mathematics competency exam by orientation or who do not meet the math competency requirement in one of the other ways described above must take MATH 101CD in the first semester it is available.

**We highly encourage all students to take Simmons Connect in their first semester, and we recommend this course for all students, even those who enter with an associate's degree.

***The 3D (Design Across Diverse Disciplines) requirement may be met with one course in your major and two additional courses (which may also satisfy KCA requirements).

****Students admitted in the May 2021 cohort are required to take two sequential courses in the same language (for example, French 101 and 102).

*****KCA requirements may be satisfied by courses in your major, LC courses, and/or 3D courses.

Program Contact

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