PSYCHOLOGY, BACHELOR OF SCIENCE (BS) / PRE-COUNSELING (SRU) (3+3)

Psychology 3+3 Pre-Counseling is an accelerated program that prepares you to enter graduate school to become a licensed Counselor, working in a variety of counseling settings, including community mental health centers, college counseling centers, and others.

Earn a Master of Arts in Clinical Mental Health Counseling in six years rather than seven. This program is unique because it offers a strong basis in the biopsychosocial processes of human functioning. You will receive personal attention and gain insightful knowledge through activities both inside and outside of the classroom. Our goal is not only to prepare you for a future career, but also to enhance your personal, academic, and professional growth, so you can go on to promote the well-being of others.

At the end of your second year, you apply for admission to the SRU Clinical Mental Health Counseling program. If accepted, your first year in the SRU Clinical Mental Health Counseling program meets the remaining requirements for your undergraduate degree. If not accepted, you continue to complete your undergraduate degree and can reapply to the program. The accelerated option can be declared up to the semester where the student will earn 45 credits.

Psychology (BS) - 3+3 Pre-CounselinG

3+3 Pre-Counseling program requirements:

- Students are required to maintain minimum Overall and Psychology GPAs of 3.0 in order to retain the major in Psychology. Students are required to earn a grade of C or higher in Introduction to Psychology (PSYC 105) in order to take all other Psychology courses. Students are required to earn a grade of C or higher in Psychological Science I: Research Methods (PSYC 231) and Psychological Science II: Statistical Applications (PSYC 232) in order to progress in the program. Each course can only be repeated once.

Program Learning Outcomes

- **Theory and Content of Psychology:** Students should be familiar with the major theoretical approaches, findings, and historical trends in psychology. (UG2)
- **Methodology:** Students should understand and be able to use major research methods in psychology, including design, data analysis, and interpretation. (UG3 & UG4)
- **Critical Thinking, Logic, and Problem-Solving:** Students should use and respect skeptical inquiry, critical thinking, and the scientific approach to understanding behavior. (UG3 & UG4)
- **Information Competence, Technology, and Computers:** Students should demonstrate information competence and the ability to use computers and other technology for multiple purposes. (UG10)
- **Communication Skills:** Students should be able to express themselves effectively in written and oral communication. (UG1)
- **Application of Psychology:** Students should have an understanding of applications of psychology to personal, social, and organizational issues. (UG5, UG8, UG9)

Related Links

Psychology - Pre-Counseling, BS Program Page (https://www.sru.edu/academics/majors-and-minors/psychology-pre-counseling-33/)

Professional Licensure/Certification Page (https://www.sru.edu/students/student-consumer-information/professional-licensures/)

Curriculum Guide

GPA Requirement

Major GPA: 3.0 or higher
Overall GPA: 3.0 or higher

Summary*

Code	Title	Hours
Rock Studies 2 Requirements		42
Other Basic Requirements		0-3
Major Requirements		42-44
Electives		36

* All undergraduate degree programs require a minimum of 120 credits. Some courses meet multiple requirements, but are only counted once toward the 120 credit total required to graduate. However, because this is a pre-professional program, credits taken during the 1st year of the graduate program are applied toward the undergraduate credit hours to meet the 120 credits required for your undergraduate degree.

This major can be declared until the semester during which the student will reach 45 credits.

Rock Studies 2 Requirements

Code	Title	Hours
The Rock		
SUBJ 139	Foundations of Academic Discovery [1]	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
STAT 152	Elementary Statistics I	3
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLI 235	Civil Discourse and Democracy	
Subtotal		15
Integrated Inquiry		
Creative and Aesthetic Inquiry		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Humanities Inquiry		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Social Science Inquiry		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Natural Sciences Inquiry		
SCI 101	Science of Life	3
Physical Science Inquiry		
SCI 102	Understanding the Physical World	3
Subtotal		15

Thematic Thread

Select 12 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/) [2]		12
Total Hours		**42**

[1] Course offered in multiple subjects; cannot take course in first major subject.

[2] One course from each category; six credits must be 300-level or above; no more than 4 credits from one subject area; specific courses required in first major, regardless of prefix of course, cannot be used to satisfy thread requirements; any course with same prefix as first major cannot be used to satisfy thread requirements, even if it is not a course in the first major.

Basic Math Requirement

Check with your adviser or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.

Code	Title	Hours
Complete one of the following:		0-3
Meet required minimum SAT or ACT math score OR		
ESAP 110	Beginning Algebra	
Total Hours		**0-3**

DIVERSITY, EQUITY, AND INCLUSION REQUIREMENT

Students must take and pass a course with the Diversity, Equity, and Inclusion (DEI) designation prior to graduation. Students can meet this requirement by taking any DEI - designated course in any program at any time during their undergraduate career.

Major Requirements

- 21 major credits must be taken at SRU or PASSHE
- 21 major credits must be taken at the 300 level or above
- Overall, 48 credit hours must be completed at the 300 or 400 level
- Students who do not meet minimum standards will be dismissed from, the program. All dismissals are permanent.

Code	Title	Hours
Required Courses (Grade of 'C' or higher required) [1]		
Required Courses may only be repeated once.		
PSYC 105	Introduction to Psychology	3
PSYC 231	Psychological Science I: Research Methods	3
PSYC 232	Psychological Science II: Statistical Applications	3
PSYC 244	Developmental Psychology	3
PSYC 276	Introduction to Abnormal Psychology [2]	3
PSYC 375	Psychopathology of Adulthood	3
Subtotal		18
Applied Psychology Electives [1]		
Select two of the following:		6
PSYC 208	Personality	
PSYC 304	Theories of Counseling	
PSYC 306	Introduction to Psychological Testing	
PSYC 318	Psychopathology of Childhood and Adolescence	
PSYC 320	Introduction to Clinical Psychology	
PSYC 475	Behavior Modification	
Subtotal		6
Biobehavioral Elective [1]		
Select two of the following:		6-8
PSYC 233	Sensation & Perception	
PSYC 289	Positive Psychology	
PSYC 303	Learning	
PSYC 311	Introduction to Behavioral Neuroscience	
PSYC 321	Drugs and Behavior	
PSYC 334	Health Psychology	
PSYC 338	Cognitive Psychology	
PSYC 471	Psychopharmacology	
PSYC 473	Hormones and Behavior	
PSYC 476	Clinical Neuroscience	
Subtotal		6-8
Developmental Psychology Electives [1]		
Select two of the following:		6
PSYC 364	Child and Adolescent Development	
PSYC 365	Psychology of Aging	
PSYC 415	Multicultural Identity Development	
PSYC 428	Social and Emotional Development Across the Lifespan	
PSYC 435	Resilience Across the Lifespan	
PSYC 445	Infant and Child Cognition	
PSYC 477	Developmental Neuroscience	
Subtotal		6
Diversity Elective [1]		
Select one of the following:		3
PSYC 240	Human Sexual Behavior	
PSYC 300	Psychology of Women, Gender and Culture	
PSYC 315	Psychology of Sexual and Gender Diversity	
PSYC 392	Cross Cultural Psychology	
Subtotal		3
Required Professional Competency		**1**
PSYC 420	Community Service Internship in Psychology	3
or PSYC 430	Research Practicum in Psychology	
Total Hours		**43-45**

[1] Courses count for 50% of Major requirements and Major GPA

* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

Electives

Code	Title	Hours
PSYC 350	Contemporary Topics in Psychological Science (Course may be repeated for a total of 2 credits)	1

Writing Competency Requirements

Code	Title	Hours
Writing in Psychology #1		
Writing in Psychology #2		
Writing in Psychology #3		

Co-curricular and Experiential Learning

Students are encouraged to explore additional curricular and co-curricular opportunities. There is a strong correlation between long-term student success and participation in the following types of programs and activities:

1. International Study Programs
2. High-Impact Practice (HIP) designated classes
3. Student-faculty research
4. Student leadership (Psi Chi, Psychology Club, Reflections Body Image Organization, Nu Rho Psi, Neuro Rocks)
5. Service-learning classes
6. Career education planning (Office of Career Education and Development)
7. Internships
8. Volunteering in local human services and mental health agencies
9. Job shadowing Volunteering

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions

PSYCHOLOGY - BS (6170)
Pre-Counseling 3+3 (617C)
This program is effective as of Summer 2023
Revised 09.22.2025
UCC 09.19.23

Recommended Three-Year Plan

Course	Title	Hours
First Year		
Fall		
PSYC 105	Introduction to Psychology	3
ENGL 102	Critical Writing	3
LIBR 110	Introduction to Library & Information Resources	1
ESAP 101	FYRST Seminar [*]	1
STAT 152	Elementary Statistics I	3
SUBJ 139	Foundations of Academic Discovery [1]	3
Creative and Aesthetic Inquiry (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
	Hours	**17**
Spring		
PSYC 231	Psychological Science I: Research Methods	3
PSYC 276	Introduction to Abnormal Psychology	3
ENGL 104	Critical Reading	3
SCI 101	Science of Life	3
Humanities Inquiry (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Free Elective		3
	Hours	**18**
Second Year		
Fall		
PSYC 232	Psychological Science II: Statistical Applications	3
PSYC 244	Developmental Psychology	3
PSYC Elective #1		3
Civil Discourse Requirement - select one		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLI 235	Civil Discourse and Democracy	
SCI 102	Understanding the Physical World	3
Thematic Thread Requirement		3
Declare a Thematic Thread [2]		
	Hours	**18**
Spring		
PSYC Elective #2		3-4
PSYC Elective #3		3-4
PSYC Elective #4		3
Thematic Thread Requirement (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Thematic Thread Requirement (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Social Science Inquiry or Free Elective (if all other courses are 3 credits) (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
	Hours	**18-20**
Third Year		
Fall		
PSYC 375	Psychopathology of Adulthood	3
PSYC Elective #5		3
PSYC Elective #6		3
PSYC Elective #7		3
Thematic Thread Requirement (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Free Elective (if needed)		3
	Hours	**18**
Spring		
PSYC 420 or PSYC 430	Community Service Internship in Psychology or Research Practicum in Psychology	3
Free Elective		3
Free Elective		3

Free Elective	3
Hours	**12**
Total Hours**	**101-103**

[1] Course offered in multiple subjects; cannot take course in first major subject.

[2] Work with your Academic Adviser to declare a Thematic Thread by the end of your fall semester in your second year.

* Students are encouraged to take ESAP 101 as a Free Elective.

**This document serves as a guide. Earning a degree requires at least 120 credits, though some majors require more. Before registering for courses, consult your academic adviser and review your curriculum guide. Be sure to review and confirm your plan with your adviser at least once each academic year.

Major Code: 6170
Concentration Code: 617C
Revised: 09.24.2025