

Applied Psychology

Academic Planning Worksheet 2026-2027

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 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)
 - BUS 230CD Why We Buy
 - BUS 234CD Organizational Communication & Behavior
 - SOCI 239CD Introduction to Social Research
 - PH 241CD Health, Illness, & Society
 - RGS/WGSS 101CD: Identity and Power
 - SW 101CD Introduction to Social Work and Social Welfare
 - ODC 395CD Capstone (Capstone Course)

Course #	Course Title	Credits	Completed
		4	
		4	
		4	
		4	

		4	
		4	

PLAN Requirements

PLAN (Purpose Leadership ActionN) 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) Students who do not pass the mathematics competency placement 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.		0/4	
CNCT 101: Simmons Connect**		3	
LDR 201: Gender and Leadership		4	
CDA 201: Cross-Disciplinary Approaches to Public Issues		6	
CNCT 201: Pathways to Career and Leadership (Recommended after CDA)		1	
3D Design Across Diverse Disciplines *** (Students work on this requirement while enrolled in CNCT 201)		12	
Requirements		Course Selected	
Language & Culture****: Two (additional) Global Cultural (GC) courses			4
			4
Quantitative Literacy (QL)			4
Key Content Areas ***** (KCAs)	Aesthetic, Literary, and Artistic (ALA)		4
	Global Cultural (GC)		4
	Scientific Inquiry (SCI)		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 the end of their first semester or who do not meet the math competency requirement must take MATH 101 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).*

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

Program Contact

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