



# Education Abroad in PSYCHOLOGY

## Benefits of International Experience

For students in psychology, an international experience can be an integral component to the discipline and their studies at UVA. Education Abroad can further provide students with the skills and intercultural competence that is becoming invaluable in our increasingly multicultural and interconnected world. Upon return from studying abroad, many students report that they are equipped with greater language proficiency, deeper knowledge and understanding of various cultures, as well as a broader, more global perspective that is often valued by employers.

There is a wide range of opportunities available for coursework abroad in psychology. Students can integrate a semester, year, summer, or January-term program into their academic plan, earning both major credit and general elective credit toward their UVA degree.

## Student Testimonial

"Amsterdam is an incredibly international city, which granted me the opportunity to meet people from dozens of different countries. The trip brought to life what I've learned about in psychology and anthropology classes at UVA: though some things are innate to the human experience, how we construct meaning from events and social encounters is dependent on the culture in which we are raised. At the University of Amsterdam I took psychology classes on the Ethics of Privacy, Prosocial Behavior and Volunteerism, and Organizational Culture and Change, all of which gave me a unique perspective on the field of psychology that I would not have gotten at UVA. I always assumed I would go into clinical or developmental psychology, but these classes showed me in a very concrete way how else psychology could be applied in the work force. I learned so much about psychology, myself, and different cultures while abroad, and it was an experience I wouldn't trade for anything." - Julia Rauen, UVA Exchange: University of Amsterdam



## Academic and Timing Considerations

Depending on the program you enroll in, you may receive either direct or transfer credit for the courses that you complete abroad. Please note that some programs have a language prerequisite. All students who wish to study abroad must have a GPA of 2.5 or higher, depending on the program you choose.

A maximum of 12 credits can be transferred towards the psychology major. Courses at the 2000-level are most suitable for transfer. Elective credit toward the major may be given for substantial courses, even if a comparable course is not offered in this department. Transfer credit for PSYC 3005, 3006, or 4000- and 5000-level courses is rarely given. Please note that PSYC 3005 must be completed before the fourth year (it is recommended that PSYC 3005/3006 are taken early on in the major). Students who wish to seek major credit through coursework at another institution must submit the Request for Transfer of Credit Form to the Director of Undergraduate Studies before going abroad.

To ensure a well-integrated study abroad experience, the Psychology department and the International Studies Office recommend planning early in your academic career. Speaking with an education abroad advisor and your Psychology academic advisor will help you find the best program with the best coursework to meet your personal and academic goals.

### Steps to go abroad

- Get a passport
- Complete the online Education Abroad Workshop
- Meet with an ISO education abroad advisor and explore opportunities
- Talk with your department about timing and course requirements
- Learn about funding resources (financial aid, scholarships)
- Research programs and apply online
- Participate in cross-cultural seminars (CORE)

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Interested in other disciplines?  
Explore additional major advising sheets online at  
[educationabroad.virginia.edu/your-major](http://educationabroad.virginia.edu/your-major)

# International Opportunities in Psychology

This list is a starting point; you are *not* limited to these options.

## Africa

- **South Africa:** Arcadia: Cape Town: University of Cape Town
- **South Africa:** CIEE: Cape Town: Arts & Sciences

## Asia

- **South Korea:** UVA Exchange: Seoul National University

## Europe

- **Denmark:** DIS: Denmark: Psychology
- **Ireland:** UVA Exchange: University College Dublin
- **Italy:** Arcadia University: Umbra Institute
- **Netherlands:** UVA Exchange: University of Amsterdam
- **Spain:** IES: Barcelona: Liberal Arts and Business
- **Turkey:** CIEE: Istanbul: Arts & Sciences
- **United Kingdom:** IFSA-Butler: University of Sussex
- **United Kingdom:** IFSA-Butler: Oxford University

## Oceania

- **Australia:** UVA Exchange: University of Melbourne
- **Australia:** UVA Exchange: University of New South Wales
- **Australia:** UVA Exchange: University of Queensland
- **New Zealand:** UVA Exchange: University of Otago

## Multiple

- **Semester at Sea**