Hello Psychology Majors! We hope your semester has started smoothly. There are LOTS of ways to connect with us for all your advising needs.

- Most everything you need to know can be found on our “Advising” website: [https://www.pbs.umass.edu/undergraduate/advising-center-tobin-501](https://www.pbs.umass.edu/undergraduate/advising-center-tobin-501)
- You can find instructions and links here to connect including:
  - Got a quick question? Email us at: psyadvising@umass.edu
  - Want to just drop-in for advising? Peer and Faculty advisors are on stand-by to help you every day (Tobin 501: M-F, 10 am–3pm)
  - Want to make a 20 minute appointment? Use Navigate to schedule an appointment with a faculty advisor. Appointments should be made at least 24 hours in advance.

Reminders and Dates:

- Add/Drop ends on Monday, February 7
- Last Day to drop with a W is mid-semester date: Tuesday, March 29
- Last Day to change course to Pass/Fail is: Tuesday, March 29
- Starting F21, courses fulfilling the major/minor requirements can no longer be taken P/F.

Scholarships!

Check out Psychology Scholarships available to our majors! Here you will find both Psychology and general scholarship options. Go to: [https://umass.academicworks.com/](https://umass.academicworks.com/) to learn more. Applications for these psychology scholarships are due April 15.

Upcoming workshops—watch your email for notices/descriptions

[https://www.pbs.umass.edu/undergraduate/workshops](https://www.pbs.umass.edu/undergraduate/workshops)

**PBS WORKSHOPS:** Be on the lookout for emails describing an array of workshops to be held both in person and remotely this semester including:

- Study Abroad Workshop (February)
- Everything you need to know about the Psychology Major (March)
- Getting Involved in Research (March)
- All about Internships (April)

Office of Student Success: Attend one of the many “Success Toolkit Series” found here: [https://www.umass.edu/studentsuccess/successtoolkit](https://www.umass.edu/studentsuccess/successtoolkit)

Get involved!!

The [Psi Chi](https://www.pbs.umass.edu/undergraduate/internships) honor society offers biweekly meetings that are operated by our student officers and intended to assist students in preparing for graduate school, expanding their knowledge of available career opportunities, and stimulating and encouraging leadership, group involvement, and community service.

The [Diversity and Psychology Club](https://www.pbs.umass.edu/undergraduate/internships). DPC undergraduate organization focuses on increasing awareness, knowledge, and skills regarding multicultural/diversity/social justice issues. We define diversity broadly to include race, ethnicity, language, gender, social class, sexual orientation, religion, disability, and physical appearance.

The [Neuroscience Honor Society](https://www.pbs.umass.edu/undergraduate/internships), Nu Rho Psi, is the national honor society in neuroscience. The society is a nonprofit organization of graduate and undergraduate students wishing to promote and engage in neuroscience research. Applications for induction are available in the spring semester from [Dr. Astheimer](https://www.pbs.umass.edu/undergraduate/internships).

The [UMass Neuroscience Club](https://www.pbs.umass.edu/undergraduate/internships) was established to strengthen the relationship between faculty, undergraduate, and graduate students interested in neuroscience and related disciplines.

**Mental Health/Wellbeing**

Find lots of tips, links and resources to support your well being here: [pbs.umass.edu/pbs-coping-during-covid-19](https://pbs.umass.edu/pbs-coping-during-covid-19)