



WHAT'S YOUR MAJOR?



NAME: Brendan

MAJOR: Psychology

CLASSIFICATION: Sophomore

TELL THE STORY OF HOW YOU FOUND THIS MAJOR:

Initially, I was a computer science major looking to develop video games. However, midway through my first semester, I reevaluated my interests and what I wanted, and still want, my career to be. The moment I realized psychology would be the right choice for me was a simple glance at my collection of books. Consisting of largely Jung, Rogers, Peterson, Freud, alongside many philosophical texts pushed me toward psychology and philosophy. Reading the theory and application was not enough for me, I wanted to contribute to both theory and application in a way I feel is unique to me, potentially bringing a perspective that could influence the field. So, I set up appointments with my advisors and made the switch.

WHAT TIPS DO YOU HAVE FOR FIRST-YEAR STUDENTS: The best advice I can possibly give to anyone is first and foremost accepting responsibility for yourself, attending university is a lot of people's first exposure to the real world and accountability that comes with it. Great discipline brings great success, truthfully take this time seriously and you will see that success. Second, practice being more social. The faculty and your peers you meet during this time period are paramount for maintaining connections, both supportive and professional. The third tip is closely related to the second, find a faculty mentor. A faculty member you can rely on is very important, regardless of whether this professor is in your major or not, having that connection can help you with plenty of things throughout your undergraduate career. The fourth and final tip is also related to the former tip two and three, get involved with your peers in some way. Joining an organization, be it service, social, professional, or some combination of all of them to build real connections with people, all the while helping to relieve some of the stressors that come with attending university.

