

## Psychology

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### International Degree

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### Office of Global Opportunities (OSU GO)

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# Go Abroad in Psychology

Many exciting options are available for you to add an international component to your Psychology degree. Expand your horizons by continuing your studies in another country. An education which demonstrates a student has high language proficiency, has developed cross-cultural skills, and has shown independence, maturity and self-assurance through studying or working overseas is valuable to any graduate. Studying abroad is a great way to develop these skills. There is an international experience that will work for every student.

## What types of international experiences can I participate in?

### • Study Abroad:

Students can study abroad at a variety of international English-speaking schools where they can focus on their major requirements and interests. Students can also elect to study abroad for intensive terms to work on a foreign language. Students who achieve a high enough proficiency in another language can choose to study their major in several other languages around the world.

### • IE3 Global Internships:

IE3 Global Internships facilitate international internships for students around the world. Students can generally do internships starting in their junior year. During internships, students can earn up to 12 upper-division credits per term at OSU.

### • International Degree:

Students planning to study a foreign language may want to consider the prestigious OSU International Degree (ID). The ID is a unique undergraduate major obtainable only as a second degree. In addition to the students' major requirements, the ID candidate must: (1) take an additional 32 credits; (2) demonstrate proficiency in a foreign language equal to the completion of the fourth year; (3) spend a minimum of one ten-week term abroad on an approved program (IE3 Global Internships, study abroad, or independent research projects can count for this), and (4) complete a senior thesis. International Degree students can also get special funding for their research abroad.



Psychology major, Morgan Thompson, completed the IE3 Global Cape Town Human Rights internship in South Africa.

## INTERNATIONAL EXPERIENCES CAN HELP YOU...

- Gain research experience
- Learn about international perspectives
- Gain new professional skills
- Improve your language skills
- Expand your cross-cultural communication and problem-solving skills
- Globalize your world view and prepare for work in an increasingly diverse and international workplace

## Can I afford an international experience?

**Yes!** If going abroad is a priority, there is generally a way to make it affordable. Early planning for international experiences helps students make cost-effective program decisions, and it also helps them prepare their finances through savings, scholarships, and financial aid. There is a great deal of variation in costs between programs, and students should carefully consider all of their options before making a decision. Students can apply financial aid and scholarships to approved international programs and, in some cases, financial aid eligibility will increase to cover additional expenses. When comparing the cost of programs abroad, be sure to look at the estimated costs of attending OSU for living and tuition. In many cases the cost of an international opportunity can be comparable or not much more than attending OSU, and the difference can be made up with scholarships or financial aid. The latest estimates for attending OSU can be found at: [financialaid.oregonstate.edu/review\\_costofattendance](https://financialaid.oregonstate.edu/review_costofattendance)

## Will it take me longer to graduate if I go abroad?

With planning, students can complete an undergraduate degree in four years which could involve up to a year of education abroad experiences.

### STUDENTS WHO CHOOSE TO GO ABROAD MAY ALSO BE ELIGIBLE FOR ADDITIONAL SCHOLARSHIPS:

- Students can apply for scholarships through the International Programs Office.
- Students who meet certain criteria such as studying specific languages or being from a small town in Oregon can apply for additional scholarships.
- All OSU students can apply to the OSU Research Office for URISC (Undergraduate Research, Innovation, Scholarship, & Creativity) grants to support their undergraduate research abroad. See the URISC Website [research.oregonstate.edu/incentive/undergraduate-research-innovation-scholarship-creativity-urisc](https://research.oregonstate.edu/incentive/undergraduate-research-innovation-scholarship-creativity-urisc) for details.
- International Degree students can seek additional funding through the International Programs Office for their experience abroad. More information about these scholarships can be found at [international.oregonstate.edu/degree/scholarships](https://international.oregonstate.edu/degree/scholarships)
- All OSU students can apply for numerous national awards that offer larger scholarships. These scholarships are competitive and often have early deadlines so planning ahead is essential. Contact the [International Programs Office](#) for more information.

## When should I go abroad?

- **Freshman Year:** Students should begin planning for a future study abroad or IE3 Internship. Summer after freshman year is the earliest time.
- **Sophomore Year:** Students can study abroad for the entire year or for a single term.
- **Sophomore/Junior Summer:** Students can study abroad for the entire year or a single term.
- **Junior Year:** Students could do an international experience for a single term or a year. Students planning to do an IE3 Internship should plan in advance with their academic advisor.
- **Junior/Senior Summer:** Students can study abroad or do an IE3 Global Internship.
- **Senior Year:** Students can study abroad or do an IE3 Global Internship. Consultation with their advisor prior to participation is strongly recommended. It is generally not a good idea to go abroad the last term of senior year.
- **Senior Summer:** Some students choose to go abroad during their senior summer. In particular, students have done an IE3 Global Internship to cap off their undergraduate career. Students can still walk in the Spring as long as they complete their coursework for graduation over the summer.

## How do I select an international program?

- **Start planning now.** Begin to plan at least six months in advance of going abroad. Give yourself time to research programs and talk to advisors and students who have gone abroad to the site(s) you are interested in. It is never too early to start planning.
- **Set goals.** There is not one program best suited for all students. The best one for you depends on your specific needs and wants. If you plan to study abroad, one important consideration is whether you want to study a language, focus on your major, minor, electives, or Baccalaureate Core courses.
- **Prioritize your goals.** Consider your long-term academic and professional goals, as well as your on-campus degree requirements. Study abroad courses may count toward courses in your major, while internships give you upper-division credits and a valuable professional experience.
- **Prepare academically.** You may need to take language or other prerequisite courses for your chosen program. You should also talk to your academic advisor about the timing of when you take sequences or single-term courses related to progress in your major. IE3 Internships are open to juniors and seniors. Students can study abroad as sophomores.

## What are my first and next steps?

### IE3 GLOBAL INTERNSHIPS STEPS

1. View the online First Steps presentation:

[oregonstate.edu/instruct/dce/idea/fs/](http://oregonstate.edu/instruct/dce/idea/fs/)

2. Research internships

- Check the list of IE3 Global Internship positions at the back of this brochure.
- Research IE3 Global Internships:

[international.oregonstate.edu/osugo/international-internships](http://international.oregonstate.edu/osugo/international-internships)

Use the descriptions to find out more about the internship site – type and size of organization, position requirements, length and timing, etc.

- Come up with a list of several internship options that look good to you.

3. Talk to an academic advisor in your department

- Make a plan for the timing of your internship, based on your program requirements and availability of your major courses.

4. Complete the [pre-advising form](#) by following the instructions provided in the First Steps presentation and [email](#) with your availability or bring to your Pre-Advising session (peer-advising appointment) with an International Ambassador.



Psychology major, Courtney Kutzler interned abroad in Mexico and then studied abroad in Costa Rica during her undergraduate career at OSU.

5. Meet with an education abroad advisor (to be scheduled following your Pre-Advising appointment at OSU GO to discuss questions, applications and other information about each program.

6. Application

- Fill out the OSU GO application by clicking the 'apply now' button on the [OSU GO internship page](#).
- There is a second application found on [IE3 Global's website](#) specific to your internship

- Take note of application deadlines. (Deadlines for IE3 Global Internships are generally two terms prior to departure.

- Application deadlines can be found at website referred to in step two.

- Applications typically include recommendation forms, essays, a current resume and college transcripts.

- Plan to start your application one month before it is due.



## STUDY ABROAD STEPS

1. View the online First Steps presentation to learn the basics of education abroad: types of programs, credits, scholarships and financial aid. [oregonstate.edu/instruct/dce/idea/fs/](https://oregonstate.edu/instruct/dce/idea/fs/)
2. Check the list of study abroad options in this document, research programs you are interested in at the International Programs website: [international.oregonstate.edu/osugo/programs/search](https://international.oregonstate.edu/osugo/programs/search) and/or come to University Plaza for any questions to be answered by ambassadors.
3. Talk to an academic advisor in your department
  - Make a plan for the timing of your study abroad, based on your program requirements and availability of your major courses.
4. Complete the [pre-advising form](#) by following the instructions provided in the First Steps presentation and [email](#) with your availability or bring to your Pre-Advising session (peer-advising appointment).

5. After you've attended a Pre-Advising meeting, schedule an appointment with a study abroad advisor by calling 541-737-3006 or following your Pre-Advising meeting with the help of an ambassador. The advisor can answer your questions regarding further site specific information and the application process.
6. Application
  - Fill out the OSU GO application by clicking the 'apply now' button on the specific OSU GO program page.
  - Complete all items on your dashboard
  - Take note of application deadlines. Each program has a specific application deadline. Deadlines are typically six months before the start of the program. Application deadlines can be found on each program webpage.

- Plan to start your application one month before it is due.
  - There is a second application required. This will be found on the program provider's website. Follow the link listed on the OSU GO program page.
7. Final Course Selection
    - Research specific courses that would be offered at the foreign university during your time abroad. Find out what an average course load is for students at the foreign university.
    - Fill out an Academic Planning form found at: [international.oregonstate.edu/osugo/academic-resources/academic-planning-form](https://international.oregonstate.edu/osugo/academic-resources/academic-planning-form) and make an appointment with your Academic Advisor to discuss what you have come up with.

**Finalize your course plan before you leave and keep in contact with your Academic Advisor if you have any questions while abroad.**

**DEFINITIONS:** Program provider: Company providing international experiences to US college students [CIEE, IFSA-Butler, AHA, API, SIT, SFS, IE3-Global, SAS, SEA Semester]

OSU Exchange: OSU students take classes with host-country students; these can be more competitive, but allow Oregon-residents to pay in-state tuition while studying abroad

Direct Enrollment: OSU students enroll in university courses with host country students and pay host university tuition or program provider rates [OSU, IE3 Global, IFSA-Butler]

Departmental/Faculty-led: Program led or sponsored by OSU department

### STUDY ABROAD OPPORTUNITIES

Contact International Programs  
541-737-3006 or [study.abroad@oregonstate.edu](mailto:study.abroad@oregonstate.edu)

### MULTIPLE COUNTRIES

#### [SEMESTER AT SEA](#)

Semester at Sea is a pioneer and leader in global, comparative education—a form of international study that focuses on surveying the world’s peoples, patterns, cultures, and traditions. Global, comparative education is the element that distinguishes Semester at Sea from other study abroad programs. Operating a traveling shipboard campus allows diverse learning communities to live and learn in close quarters as they travel the world, and SAS provides opportunities for intensive engagement, reflection, interaction, and exchange that simply aren’t available with other programs. Available: Fall, spring-winter. Language: English.

#### AUSTRALIA

##### [IE3: Deakin University](#)

Students can pick to study in a metropolitan area or a smaller community. Students can study fisheries & wildlife or marine biology among other subjects. Available: Summer-Fall (July-November), winter-spring (February-June), or year-long. Language requirement: English.

##### [IE3: James Cook University, Queensland](#)

James Cook has long been respected as a world leader in several biology-related fields, especially marine science and tropical environment studies. Located in Townsville near Cairns and the Great Barrier Reef. Available: Summer-Fall (July-November), winter-spring (February-June), or year-long. Language requirement: English.

##### [OSU Exchange: Macquarie University, Sydney](#)

Study biology coursework, as well as health and behavioral sciences. Macquarie is located among rolling hills just twelve miles north of warm and sunny Sydney. Macquarie is a large, comprehensive university with 30,000 students. Available: Summer-Fall (July-November), winter-spring (February-June), or year-long. What: Study biology coursework, as well as health and behavioral sciences. Language requirement: English.

#### BELGIUM

##### [CIEE: Vesalius College](#)

The international English-language college in Brussels, is a small, independent, academic institution with a student body of approximately 300. Vesalius is located southeast of central Brussels, next to the Vrije Universiteit Brussel (VUB), a partner of Vesalius College. Brussels has emerged as the “Capital of Europe” in political and economic terms. Study international affairs and political science with field trips to UN and European Union institutions. Available: Winter-spring, Fall-winter, spring-summer. Language requirement: none.

#### CHILE

##### [IFSA-Butler: Valparaiso](#)

Situated between the mountains and the sea, the Chilean Universities Program, Valparaíso provides a unique setting for study abroad. Cobble streets, Victorian houses and a bustling port, the city is famous for its charm and picture-perfect views. Available: Fall, winter-spring, or academic year. Language Requirement: Two and a half years of college level Spanish.

#### COSTA RICA

##### [API: Universidad Veritas](#)

Located in the central valley of Costa Rica, San José is a vibrant urban center in the heart of a serene and beautiful nation. Three volcanoes surround the city, and quaint villages, farms and coffee plantations dot the hillsides. Available: Fall, winter-spring, summer, or academic year.

#### FRANCE

##### [IE3: Poitiers](#)

Located in the west of France, Poitiers is in close proximity to the Loire Valley, dozens of charming chateaux, an excellent wine region, and Basque country just to the south. Today, Poitiers is a center for education, agriculture, industry and communications. A university town, it boasts a

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population of 120,000 and offers students a chance to live in a manageable-sized city while still being close to larger metropolitan centers in France. Many in France consider it the smallest of the big cities – une ville à taille humaine. Available: Winter-spring, summer-fall, or academic year. Language Requirement: At least 2 years of college level French.

[API: Paris](#)

One of the most romantic and intriguing cities in the world, Paris has something for everyone: education, history, culture, cuisine, and nightlife! Like many large European cities, Paris is divided into districts, or "arrondissements," totaling twenty, that spiral the city beginning at the Louvre. Available: Fall, winter-spring, summer, or academic year.

**GERMANY**

[IE3: Baden-Württemberg Universities](#)

Explore the beauty and diversity of Baden-Württemberg, Germany. With 13 different universities from which to choose, OSU students can study in Freiburg, near the French border; in Konstanz, on the border of Switzerland; in Heidelberg, with its romantic castle; in Stuttgart, home of DaimlerChrysler; or in many other cities in the picturesque forests and valleys of southwestern Germany. Available: Fall, fall-winter, spring, or academic year. Language Requirement: Two years of college level German.

**IRELAND**

[IE3: University College Cork](#)

The University College Cork (UCC) program is ideal for students in diverse majors as students may enroll in a wide variety of regular university classes in majors including sciences and engineering, social sciences, Celtic studies, humanities and languages. Available: Fall, winter-spring, summer, or academic year.

**ITALY**

[John Cabot University, Rome](#)

The capital of Italy, Rome has always been a cultural and political stronghold and crossroads for people from across the globe. The glorious history of the eternal city can be seen in the form of artwork, exquisite monuments, museums, churches and architecture. John Cabot University was founded in 1972 as a small US Accredited Liberal Arts Institution in the quaint Trastevere neighborhood. Political Science courses ranging from Italian Politics and Society to Public International

Law are offered each semester. Available: Fall, winter-spring, summer, year. Language requirement: none.

**JAPAN**

[IE3: Waseda University](#)

From the imperial palace to the skyscrapers of Japan, Tokyo is home to more than 11 million people and a dynamic confluence of commerce, culture, and industry. Tucked among the thriving financial, industrial and entertainment districts of the city are smaller neighborhoods with narrow streets, wooden houses and handicraft shops, each with a flavor and history all its own. Available: Fall-winter, spring, or academic year. Language Requirement: One year of college level Japanese.

**NEW ZEALAND**

[IFSA-Butler: University of Otago, Dunedin](#)

Study biology at New Zealand's oldest university. Dunedin, the second-largest city in the South Island, stretches gracefully across steep hills that sweep down to the head of the long inlet that forms Otago Harbor. It is a true university town with the university being the city's main feature. Available: Summer-Fall (July-November), winter-spring (February-June), or year-long. Language requirement: English.

[IFSA-Butler: University of Canterbury, Christchurch](#)

The University of Canterbury is located in the largest city on the South Island of New Zealand. Christchurch is a charming city of traditional English architecture and modern buildings. It attracts art lovers to its array of galleries. Outdoor activities are within easy access and the campus has good recreation and athletic facilities. The University of Canterbury has an international academic reputation. Available: Fall, Winter-Spring, or academic year. Language requirement: English.

**SOUTH AFRICA**

[CIEE: University of Cape Town](#)

Situated on the southern tip of Africa, Cape Town is a vibrant multi-cultural city with a rich selection of day and night activities. The city is also a microcosm of the challenges facing many African countries in transition: how to successfully operate within a global economy while at the same time grappling with the vast socio-economic inequalities that are the legacy of the colonial and apartheid

past. Available: Fall, winter-spring, summer, summer-fall, or academic year. Language Requirement: English.

### **SOUTH KOREA**

[OSU Exchange: Dankook University](#)

Dankook University has two campuses, Jukjeon campus and Cheonan campus, located outside of Seoul. Available: Fall, winter-spring, or academic year. Language Requirement: None.

### **SPAIN**

[API: University of Salamanca](#)

Students can choose from undergraduate programs in Spanish language and culture, Hispanic studies, or a Special Integrated Program that allows advanced level students to enroll directly in regular university classes with native Spanish students. Students can also pursue graduate programs in Spanish teaching. Available: Fall, winter-spring, winter, spring, summer, summer-fall, or academic year. Language Requirement: Open to beginning, intermediate, and advanced Spanish speakers.

### **UNITED KINGDOM**

[OSU Exchange: University of Lancaster](#)

The spectacular mountains of the Lake District form a beautiful backdrop for the University of Lancaster. The main location of the University is just on the southern outskirts of the city of Lancaster, and about three miles from the city center. Lancaster is a modern city of about 50,000 people with a theatre, concerts, literary festivals, international restaurants, 54 pubs, and a warm, friendly atmosphere. The university is very much a part of the city of Lancaster. Available: Fall, winter-spring, or academic year.

[API: University of Westminster, London](#)

The University of Westminster, with 20,000 students, is divided into four campuses. Every campus has its own individual character and is home to a significant international student body, its own library and catering facilities. The central campuses are all just a short distance from many famous London landmarks. Available: Fall, winter-spring, summer, or academic year.

[IFSA-Butler: University of Edinburgh, Scotland](#)

The gorgeous capital city of Scotland offers breathtaking views, hundreds of years of history, and a great nightlife. Edinburgh is one of the most architecturally beautiful cities

in Europe, but you'll find much more than just lovingly preserved buildings. The city has the advantage of a compact, convenient layout and warm, welcoming people, yet with a cosmopolitan atmosphere. Available: Fall, winter-spring, or academic year.

### **IE3 GLOBAL INTERNSHIPS**

Contact International Programs

541-737-3006 or [study.abroad@oregonstate.edu](mailto:study.abroad@oregonstate.edu)

### **CAMBODIA**

[Sovann Komar Children's Village](#)

Sovann Komar is a philosophically unique organization committed to improving the lives of children, families, and communities in Cambodia. Interns contribute to projects in EFL, public health, special education, physical education, library science, fundraising, and more. Available: Any term. Language Requirement: English.

### **INDONESIA**

[Yayasan Compassion First Indonesia \(YCFI\)](#)

Intern with an organization where the goal is to serve the victims of child exploitation. Yayasan Compassion First Indonesia (YCFI) provides counseling and quality education for girls brought out of the Indonesian sex trade and works to restore their lives so that they may be fully stabilized upon returning to society. Interns support in areas of education, program development, activity planning, communications and media, and more. Available: Any term. Language Requirement: English.

### **IRELAND**

[University College Cork](#)

The International Education Office (IEO) serves more than 2,400 international students for the University, helping them to integrate into the academic culture of UCC and of Ireland. Interns will gain broad experience in working with international students, including arrival programming, adjusting to University, and leading excursions. They will gain first-hand experience of working with academic and administrative departments within a university setting. Available: Any term. Language Requirement: English.



## JAPAN

### [Tokyo English Life Line \(TELL\)](#)

Tokyo English Life Line (TELL) is a nonprofit mental health services organization that has been serving the international community since 1973. Gain valuable experience in a multi-cultural environment in the field of counseling, fundraising or event planning for a non-profit mental health organization. Available: Fall, winter, or spring. Language Requirement: English fluency or Japanese fluency with conversational English.

## JORDAN

### [Ruwwad: The Arab Foundation for Sustainable Development](#)

This organization has been providing essential services to the Jabal Natheef neighborhood in several key areas: health, safety, decent living, education, employment, sustainability and legal aid. Join Ruwwad in its unique community empowerment model and help the communities of Amman. Three internship positions are available, each requiring different skill sets: Child Development, Youth Organizing and Community Support. Available: Any term. Language Requirement: Second year of university level Arabic.

## SOUTH AFRICA

### [Cape Town Human Rights](#)

Cape Town is home to the South African Parliament and as a result, there are many wonderful NGOs and government organizations based in and around the city that promote the causes of social justice and human rights. The Cape Town Human Rights Internship is an individualized placement where you are placed in an internship that best suits your professional interests and experience. Available: Any term. Language Requirement: English.

## UGANDA

### [PROMETRA Uganda](#)

PROMETRA Uganda, founded in 2000, is a non-governmental organization whose mission is to promote traditional medical knowledge and practices for improved health through mutual cooperation amongst health systems. Its vision is to see a healthy, well informed productive population. Available: Any term. Language Requirement: English.

### [CFHI Uganda: Community-Based Programs](#)

Interns with Child and Family Health International (CFHI) in Uganda will complete rotations in a variety of non-profit care facilities throughout Kabale (Uganda) and the surrounding area. The intern will join healthcare initiatives implementing education, counseling, and clinical care alongside community healthcare workers, volunteers and others mobilizing for improved health and livelihoods in the countryside of southwestern Uganda. Available: Any term. Language Requirement: English.

## REMEMBER!

This document highlights just a few of your options. If you prefer to do an intensive language program or work on back core and elective credit for a term, there are many other OSU sponsored programs. Visit the OSU Study Abroad Website for a complete list of international opportunities <http://international.oregonstate.edu/osugo>