Sociology examines stability and change in social life by addressing the underlying patterns of social relations in formal organizations, in legal institutions, and in the family, economy, and political arena. Our coursework focuses on the criminal justice system and criminal behavior, mental health, families and close relationships, education, urban and rural communities, politics and policy formation, social movements and social change, diverse racial and ethnic groups, and social psychology. Faculty interests in the comparative study of social relations and institutions in various countries add an international emphasis to these areas of study. All sociology courses emphasize the skills of social inquiry necessary for analyzing patterns of social relationships.

The Sociology B.S. program is for students interested in developing a rigorous mathematical concentration in research methodologies. This option builds on the course requirements for the Sociology B.A. program by featuring 12-16 additional credits of upper-division coursework in one of four clusters: (1) Organizations, Business, or Non-Profits, (2) Health Care and Careers, (3) Policy Analysis, or (4) Quantitative Emphasis.

**The College of Liberal Arts Advantage: More Than a Major**

When you study Sociology at the University of Minnesota, you gain the added advantage of a College of Liberal Arts education. At CLA, the liberal arts mean you get more than just a degree in one major or another; it means you will be exposed to different areas of study, to different ways of thinking and learning. In fact, the
liberal arts teach you how to learn—how to ask the right questions, how to problem solve, and how to innovate. The liberal arts highlight the complexities of our world, because here at CLA you will study not just, say, politics or art but also where politics and art intersect, where science and ethics intersect, where economics and the environment intersect.

Meet Our Students

Ambitious from the start, Marianne Zarzar moved to the US as a sophomore in high school to achieve academic success. “My parents told me if I could make it happen, I could go. So I did.” Here at the U, Zarzar is using her experience as an international student to shape her interest in law, deviance, and criminology, and her ambitions to enact political change.

Read more about Marianne's story, and learn more about our undergraduate program.

Humans have been expanding their lifespan over the past century, but what do we
do with this extra time? Sociology major Miles Sebald has been working with UMAC, a University program providing meaningful engagement for the boomer generation and fostering multigenerational learning.

Read more about Mile’s story.

Student Experiences

Internships: Gain Valuable Experience in the Twin Cities and Beyond

Did you know? CLA Career Services has its very own internship reflection course! Students taking an internship can use this course to reflect on ways that their work experience is preparing them for successful careers - and receive credit for the work.

Learning Abroad: Prepare to Lead in a Global Economy

Learn more about study abroad for Sociology majors.

Student Organizations: Find Friends and Grow as a Leader

- University of Minnesota Sociological Association (UMSA)

Undergraduate Research: Turn Curiosity into New Knowledge

Because we are housed in one of the country’s top research universities, our department has multiple major research projects in progress at any one time. Research projects provide opportunities for many graduate students to engage in the practical work of academics and fund their education at the same time including:

- The Society Pages
- American Mosaic Project
- Kids Involvement and Diversity Study
- Minnesota Population Center Data Infrastructure Projects
- Youth Development Study

Meet Our Faculty
How can a country’s culture and migration regulations affect an immigrant’s ability to adjust? Professor Cawo Abdi studies the diaspora of Somali people and how they’ve adjusted to their new homelands. She finds that while Somali refugees remain hopeful that they will find a sense of belonging, they face unexpected challenges when adjusting to life in a new country.

Read more about Professor Abdi’s work.

Meet Our Alumni

CLA Graduates: Successful Careers and Purposeful Lives

CLA graduates succeed in many different careers — law, health care, medicine, business, government, teaching, advertising, arts and entertainment, international relations, and more — precisely because they understand how to navigate a complex and interconnected world. As our alumni explain below, “Being a good employee means being curious, and continuing to evolve, and learn, and educate yourself, and I can think of no stronger foundation for doing that than a liberal arts education.

“An education in the liberal arts is a springboard to lifelong career success”
-- Dean John Coleman
You might also explore

Anthropology  
Child Psychology  
Psychology  
Sociology of Law, Criminology & Deviance

Associated Careers

Community Organizers and Activists, Human-Service Assistants, Probation Officers and Correctional Treatment Specialists, Public Interest Advocates, Sociologists

Admission Information

FRESHMAN: Admission information

TRANSFER STUDENTS: Requirements for the College of Liberal Arts

• Did you know? CLA Transfer Advising has created an official "transfer guide" for a number of degree programs, including Sociology, to help you determine which credits will transfer, and how.

Beyond admission, if you have questions about transferring, the College of Liberal
Arts (CLA) has transfer advisors to help. Please feel free to contact them about any of the topics below!

- Course plans before transferring
- Estimated time to graduation
- Career preparation in CLA
- Getting ready for orientation, if admitted
- Connecting with major/minor departments