

## PSYCHOLOGY AND COUNSELING

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People throughout history have been intrigued by the question, “What is human nature?” Psychology’s approach to this topic is aimed at understanding basic patterns of thought, emotion, and behavior. It uses a variety of scientific methods, including interviews, case studies, field observations, neurophysiological recordings, and controlled experimentation. Psychology’s fund of knowledge has grown very rapidly over the past century. We now have a much clearer understanding of how people learn, how childhood experiences affect adult personality, how people influence one another during normal social relations, how to treat emotional and behavioral problems, how the brain’s biochemistry influences behavior, and many other significant topics.

The Department’s courses strive to blend general conclusions with practical application. Many topics are presented through role playing, discussions promoting personal involvement, and other experiential techniques. In addition to teaching established knowledge, the Department attempts to convey the excitement, controversy, and spirit of exploration that pervade the field of psychology today.

The Department offers a Bachelor of Science Degree in Psychology. The Department also offers minors in General Psychology (described below) and Personnel and Organizational Leadership (described under Interdisciplinary Majors and Minors in the Academic Programs section of the catalog) and an academic concentration in Psychology (described below).

These avenues of study prepare students for a variety of occupational paths. Many graduates build careers in human services, administration, entrepreneurship, and other fields of practical endeavor. Others enter graduate school and pursue careers as professional psychologists.

### BACHELOR OF SCIENCE IN PSYCHOLOGY

Requirements for a Bachelor of Science Degree in Psychology:	Sem. Hrs.
Freshman Seminar (FRS 100)*	1
General Education Requirements	44
Major Requirements	40
Electives	35
	<b>Total: 120</b>

\*PSY 190 is not the equivalent of FRS 100

**Major Requirements:** The major in psychology consists of 40 semester hours (of which at least 15 hours must be taken at the 300-level or higher)

*Note: No 300–400 level courses should be taken until PSY 200, 208, and 210 have been completed.*

I. **Core requirements (16 hours):** PSY 101, 190, 200, 208, 210, 304

II. **Psychology area requirements (18 hours).** Select two courses from each area.

*Experimental and Cognitive Area:* PSY 215, 312, 355

*Social and Personality Area:* PSY 216, 270, 316, 375

*Developmental, Clinical, and Counseling Area:* PSY 205, 305, 360, 403, 417

III. **Directed electives in psychology (6 hours).** Select psychology electives for least six semester hours.

All of the courses that are included in the computation of the student’s overall GPA and that have a PSY prefix will be included in the computation of the GPA for the psychology major.

## ACADEMIC CONCENTRATION

**Requirements for an Academic Concentration in Psychology:** The Academic Concentration in psychology consists of 24 semester hours. Six hours of this 24 may also be used to meet General Education or other requirements. At least 9 hours must be taken at the 300- level or higher.

*Note: No 300-400 level courses should be taken until PSY 208 or 210 has been completed.*

I. **Core requirements (6 hours):** PSY 101 (3 hours); PSY 208 or 210 (3 hours)

II. **Psychology area requirements (12 hours).** Select one course from each of two areas and two courses from one area.

*Experimental and Cognitive Area:* PSY 215, 220, 312, 355

*Social and Personality Area:* PSY 216, 270, 316, 317; 375

*Developmental, Clinical, and Counseling Area:* PSY 205 or EDN 310; PSY 305; 360, 403, 417

III. **Directed electives in psychology (6 hours).** Select psychology electives totaling at least six semester hours.

## MINOR

**Requirements for a Minor in Psychology:** The minor in psychology consists of 18 semester hours (of which at least 6 hours must be taken at the 300- level or higher).

I. **Core requirement (3 hours):** PSY 101

II. **Psychology area requirements (9 hours).** Select one course from each area.

*Experimental and Cognitive Area:* PSY 215, 312, 355

*Social and Personality Area:* PSY 216, 270, 316, 317, 375

*Developmental, Clinical, and Counseling Area:* PSY 205, 305, 360, 403, 417

III. **Directed electives in psychology (6 hours).** Select psychology electives totaling at least six semester hours.

## COURSES (PSY)

### PSY 101. Introductory Psychology

A survey of major areas of psychology, with emphasis on issues, concepts, and terminology needed for more advanced courses. Fall, Spring and Summer. Credit, 3 semester hours.

### PSY 103. Psychology of Parenthood

The application of psychological concepts by parents to the understanding and modification of child behavior at all stages of development. Fall. Credit, 3 semester hours.

### PSY 125. Human Potential

A survey of current knowledge about the potential for optimal human development. Classroom activities include lecture, discussion, and participation in growth exercises. Fall. Credit, 3 semester hours.

### PSY 190. Freshman Psychology Seminar

This course is intended for majors and will examine psychology as a discipline and a profession. Students will be introduced to career options in Psychology at the bachelor's, master's, and doctoral level. Strategies for job searches and graduate school admission will be discussed. Credit, 1 semester hour.

### PSY 200. Research Methods I: Communication Skills

Intended for psychology majors, the course is designed to teach written and oral communication skills used in psychological work. Students will learn to write journal article summaries, behavioral observation notes, and research papers in psychology. Students will be expected to develop skills using library resources and applying APA guidelines. Fall, Spring. Credit, 3 semester hours. PREREQ: C or better in ENG 105 and 106; declared major, minor, or concentration in PSY.

**PSY 204. Animal Behavior (BIO 205)**

A survey of the functional and complexity categories of behavior with emphasis in the animal kingdom. Examples will range from one-celled organisms to humans. Other selected topics will include the evolution of behavior, sociobiology, animal cultures, behavioral ecology, behavioral genetics, neurobiology, consciousness and others. Three one-hour lectures and one two-hour laboratory per week. Laboratory time will consist of a mix of demonstrations, experiments, and films. Spring of odd-numbered years. Credit, 4 semester hours. PREREQ: BIO 100, 102.

**PSY 205. Childhood and Adolescence**

A survey of the stages and processes of the development of human behavior from conception through adolescence. Emphasis on physical, cognitive and psychosocial development. Spring. Credit, 3 semester hours. PREREQ: PSY 101.

**PSY 208. Research Methods II: Statistics**

An introduction to simple descriptive and inferential statistics which are frequently used by psychologists. The selection and application of procedures appropriate to specific types of psychological research and the standardization of psychological tests will be emphasized. Fall, Spring. Credit, 3 semester hours. PREREQ: MAT 105 (or higher).

**PSY 210. Research Methods III: Methodology**

An introduction to research methods used in psychology. Experimental research will be emphasized, but survey and correlational research will also be included. Fall, Spring. Credit, 3 semester hours. PREREQ: recommended, PSY 200, PSY 208.

**PSY 215. Psychology of Learning**

An introductory survey of the major areas in the psychology of learning. Classical conditioning, operant conditioning, verbal learning, and memory will be included. Fall. Credit, 3 semester hours. PREREQ: PSY 101.

**PSY 216. Social Psychology**

An introduction to the concepts, principles, theories, and research of social psychology. Social psychology is the study of social influence processes. Topics such as attitude change, perception of other people, interpersonal attraction, aggression, altruism, prejudice, and group dynamics will be covered. Fall. Credit, 3 semester hours. PREREQ: PSY 101 or SOC 201.

**PSY 220. Behavior Modification**

Introduction to the principles and practice of behavior modification. Application in institutional and clinical settings will be discussed, exploring such topics as classroom behavioral problems, the control of smoking, weight loss, phobias, hypertension, and headaches. Alternate Spring. Credit, 3 semester hours.

**PSY 225. Health Psychology: Wellness and Health (HLTH 225)**

The course will cover the biopsychosocial dynamics of stress and wellness. Students will examine methods of managing stress and enhancing health through cognitive-behavioral modification, biofeedback, meditation, hypnosis, psychotherapy, nutrition, and exercise. Spring. Credit, 3 semester hours.

**PSY 270. Industrial/Organizational Psychology**

Applies psychological principles to the study of industrial and organizational effectiveness. Covers theory, research, and practical applications related to such topics as work motivation, the communicative process, and the selection, testing, and training of employees. Spring. Credit, 3 semester hours. PREREQ: PSY 101.

**PSY 304. History and Systems of Psychology**

A study of the development of psychology as a discipline from ancient Greece to modern times. Present issues in psychology are traced to their origins. Spring. Credit, 3 semester hours. PREREQ: Any three PSY courses; PSY 200 strongly recommended.

**PSY 305. Psychology of Adult Development and Aging (HLTH 305)**

The course is designed to survey, topographically and chronologically, the aging period from middle adulthood to older adulthood. Changes in biological, intellectual, memory, learning, personality, and social processes will be addressed. Fall. Credit, 3 semester hours. PREREQ: PSY 101.

**PSY 312. Cognitive Processes**

An examination of human memory and thinking within the human information processing model context. Alternate Spring. Credit, 3 semester hours.

**PSY 315. Guiding Young Children**

This course presents guidance, counseling, and discipline concepts within a framework of child development, developmentally appropriate practices, and constructivist education. Fall. Credit, 3 semester hours.

**PSY 316. Psychology of Leadership**

A look at the psychological processes in small group leadership. Topics include compliance, self-assertion, decision-making, and persuasion. Emphasis on theory, research, and practical leadership skills acquisition. Fall. Credit, 3 semester hours. PREREQ: PSY 101.

**PSY 355. Sensation and Perception**

A look at the structures and processes involved in perception. Visual and auditory perception will be emphasized. As announced. Credit, 3 semester hours. PREREQ: PSY 101.

**PSY 360. Abnormal Psychology**

A study of the history, theories, and causes of mental disorders. Various types of disorders are examined along with their typical symptoms. Uses of psychological testing and clinical interviews are studied. Spring. Credit, 3 semester hours. PREREQ: PSY 101; any other three PSY courses strongly recommended.

**PSY 375. Personality Theories**

Various theoretical approaches to the study of personality. Fall. Credit, 3 semester hours. PREREQ: Any three PSY courses.

**PSY 380. Supervised Research in Psychology**

Direct experience in the design of research studies in psychology; collection, management, and analysis of research data; and oral and written presentation of research results. Close collaboration between students and instructors. Credit, 3 semester hours. PREREQ: PSY 200 (waived if not required), PSY 208, PSY 210 or instructor permission.

**PSY 399. Directed Study**

Directed readings and/or research, leading to the preparation of a paper or research report. Exclusively for psychology majors. Amount of credit given will be agreed upon prior to registration and will depend upon the magnitude of the project chosen. Fall, Spring. Credit, 1-6 semester hours. PREREQ: A written plan of the project should be approved by the Department Chair no later than two weeks prior to registration.

**PSY 401. Physiological Psychology**

Study of psychological processes from a biological perspective. Covers both normal and abnormal functioning, with emphasis on basic neuroanatomy, basic biochemistry, psychoactive drugs, behavior genetics, and research methods. Spring, alternate years. Credit, 3 semester hours. PREREQ: 15 hours of psychology or biology.

**PSY 403. Psychological Testing**

An intensive lead into basic psychometric concepts including types of test scores, score transformation techniques, validity, reliability, and norms. Fall. Credit, 3 semester hours. PREREQ: PSY 208 recommended.

**PSY 415. Seminar in Human Motivation**

Integration of diverse theoretical perspectives into a coherent framework for analyzing human motivation, with a selective survey of contemporary research. Some practice in assessing adult motivation through interviews. Active oral participation is required. Credit, 3 semester hours. PREREQ: 3 courses in PSY or permission of instructor and junior standing.

**PSY 417. Clinical and Counseling Psychology**

A survey of the fields of clinical and counseling psychology with an emphasis on basic skills and knowledge of techniques. The course is both didactic (theories) and experiential (role-playing in class). Opportunities for classroom discussion, professional feedback about skills and potential, and video-taping. Fall. Credit, 3 semester hours. PREREQ: PSY 360, PSY 375.

**PSYS 3xx. Current Topics Seminar**

Comprehensive treatment of selected topics in psychology. Content will vary, depending on interests of participants. Offered on demand (see Department Chair). Credit, 3-9 semester hours in multiples of 3.

