

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	1
General Education Requirements	44
Major Requirements*	40
Electives	35
Total:	120

***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 2000, 2080, and 2100 have been completed.

I. **Core requirements (16 hours):** PSY 1010, 1900, 2000, 2080, 2100, 3040

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

Experimental and Cognitive Area: PSY 2150, 3120, 3550, 4010

Social and Personality Area: PSY 2160, 2700, 3160, 3750

Developmental, Clinical, and Counseling Area: PSY 2050, 3050, 3600, 4030, 4170

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 QPA and that have a PSY prefix will be included in the computation of the QPA 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 3000-level or higher.

Note: No 3000-4000 level courses should be taken until PSY 2080 or 2100 has been completed.

- I. **Core requirements (6 hours):** PSY 1010 (3 hours); PSY 2080 or 2100 (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 2150, 2200, 3120, 3550, 4010
 - Social and Personality Area:* PSY 2160, 2700, 3160, 3170; 3750
 - Developmental, Clinical, and Counseling Area:* PSY 2050 or EDN 3100; PSY 3050; 3600, 4030, 4170
- 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 3000-level or higher).

- I. **Core requirement (3 hours):** PSY 1010
- II. **Psychology area requirements (9 hours).** Select one course from each area.
 - Experimental and Cognitive Area:* PSY 2150, 3120, 3550, 4010
 - Social and Personality Area:* PSY 2160, 2700, 3160, 3170, 3750
 - Developmental, Clinical, and Counseling Area:* PSY 2050, 3050, 3600, 4030, 4170
- III. **Directed electives in psychology (6 hours).** Select psychology electives totaling at least six semester hours.

COURSES (PSY)

PSY 1010. Introductory Psychology

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

PSY 1030. Psychology of Parenthood

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

PSY 1250. Human Potential

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

PSY 1900. Career and Professional Perspectives in Psychology

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. Because course topics are highly relevant to their immediate and long-term success, students are strongly encouraged to take this course early in their undergraduate career, typically immediately after completing PSY 1010. Credit, 1 semester hour.

PSY 2000. 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. Credit, 3 semester hours. PREREQ: C or better in ENG 1050 and 1060; declared major, minor, or concentration in PSY.

PSY 2040. Animal Behavior (BIO 2050)

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. Credit, 4 semester hours. PREREQ: BIO 1000, 1020.

PSY 2050. 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. Credit, 3 semester hours. PREREQ: PSY 1010.

PSY 2080. 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. Credit, 3 semester hours. PREREQ: MAT 1050 (or higher).

PSY 2100. 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. Credit, 3 semester hours. PREREQ: recommended, PSY 2000, PSY 2080.

PSY 2150. 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. Credit, 3 semester hours. PREREQ: PSY 1010.

PSY 2160. 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. Credit, 3 semester hours. PREREQ: PSY 1010 or SOC 2010.

PSY 2200. 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. Credit, 3 semester hours.

PSY 2250. Health Psychology: Wellness and Health (HLTH 2250)

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, bio-feedback, meditation, hypnosis, psychotherapy, nutrition, and exercise. Credit, 3 semester hours.

PSY 2700. 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. Credit, 3 semester hours. PREREQ: PSY 1010.

PSY 3040. 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. Credit, 3 semester hours. PREREQ: Any three PSY courses; PSY 2000 strongly recommended.

PSY 3050. Psychology of Adult Development and Aging (HLTH 3050)

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. Credit, 3 semester hours. PREREQ: PSY 1010.

PSY 3120. Cognitive Processes

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

PSY 3150. 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 3160. 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. Credit, 3 semester hours. PREREQ: PSY 1010.

PSY 3550. Sensation and Perception

A look at the structures and processes involved in perception. Visual and auditory perception will be emphasized. Credit, 3 semester hours. PREREQ: PSY 1010.

PSY 3600. 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. Credit, 3 semester hours. PREREQ: PSY 1010; any other three PSY courses strongly recommended.

PSY 3750. Personality Theories

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

PSY 3800. 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 2000 (waived if not required), PSY 2080, PSY 2100 or instructor permission.

PSY 3990. 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 4010. 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. Credit, 3 semester hours. PREREQ: 15 hours of psychology or biology.

PSY 4030. Psychological Testing

An intensive lead into basic psychometric concepts including types of test scores, score transformation techniques, validity, reliability, and norms. Credit, 3 semester hours. PREREQ: PSY 2080 recommended.

PSY 4150. 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 4170. 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 3600, PSY 3750.

PSYS 3xxx. 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.