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Psychology

Program Advisor: Dr. Robert Santee

Faculty: Dr. Tim Ficklin, Dr. Dale Fryxell, Dr. Irene Mulford, Dr. Harlene Simonelli,
and Dr. Tracy Trevorrow

Psychology is the scientific study of how people think, feel and act as individuals and groups within a variety of interrelated environments. The Psychology program is student centered with the focus on the education of the whole person integrating cognitive, behavioral, emotional, and spiritual aspects within social contexts. Distinguishing features of the Psychology program are students from multi-cultural perspectives, dynamic and compassionate faculty, encouragement of self-awareness and exploration toward a deeper understanding of self, Asian perspectives in psychology, and fostering of the application of psychology to the self and others in the global community.

Mission

The Bachelor of Arts degree in Psychology is designed to educate, within the context of Marianist educational values, students in both theoretical and applied aspects of psychology for the purpose of assisting them in adapting to various, interrelated environments.

Requirements

Pre-major and pre-minor requirements: PSY 101 with a grade of "C" or better.

Minor requirement: 15 semester hours of upper division courses to be chosen with the approval of the program advisor.

Major requirements: PSY 200 and 39 semester hours of upper division Psychology courses to include PSY 315, PSY 316, PSY 321, PSY 322, PSY 406, PSY 424, PSY 434, PSY 451, PSY 490 (Senior Seminar in Psychology), and three elective courses.

Behavioral Sciences Division Requirement: PSY 327

In addition to University requirements of a minimum GPA of 2.0 to graduate, students must have **minimum GPA of 2.0** in their Psychology major or minor course work.

Program Student Learning Outcomes:

Student will demonstrate an understanding of

- 1. The Scientific Method and its Application in the Field of Psychology**
 - a. Skills and competencies in this area are primarily developed in the required courses of PSY 315 Statistics and PSY 316 Research Methods in Psychology. They are also addressed in all psychology courses. **Six Credits.**
- 2. Life Span Development**
 - a. Skills and competencies in this area are primarily developed in the required courses of PSY 200 Life Span Development, PSY 321 Personality, and PSY 424 Abnormal Psychology. **Nine Credits.**
- 3. Applied Psychology**
 - a. Skills and competencies in this area are primarily developed in the required courses of PSY 434 Organizational Psychology and PSY 451 Health and Stress Psychology. **Six Credits.**
- 4. Counseling Theory**
 - b. Skills and competencies in this area are primarily developed in the required course of PSY 406 Counseling Psychology. **Three Credits.**
- 5. Social and Cross-Cultural Psychology**
 - c. Skills and competencies in this area are primarily developed in the required course of PSY 322 Social Psychology. With the exception of PSY 315 Statistics, cross-cultural issues are discussed in all classes. **Three Credits.**

6. Psychology as an Integrated System

- a. Skills and competencies in this area are primarily developed in the required course of PSY 490 Senior Seminar in Psychology. **Three Credits.**

7. Specific Focuses in Psychology

- a. Skills and competencies in this area are primarily developed in the three required elective courses in Psychology. **Nine Credits.**

Assessment

The skills and competencies for the program student learning outcomes are developed and assessed in the courses and are known as *Student Learning Outcomes*. These are part of all syllabi. The specific program learning outcomes are cumulative in nature and assessed at the end of the program in PSY 490.

PSY 490 Senior Seminar in Psychology (3) This is a capstone course that collaboratively explores the relationship between the core and elective psychology courses for students majoring in psychology. This course will guide the student toward developing an understanding of the relationship and application of the course work they have taken in the field of psychology. Students will write a research paper that integrates the core and elective courses relative to a common thread weaving through the field of psychology. Students will also write a paper that examines the relationship between the field of psychology and the five Marianist educational values. At the end of the course students will sit for a Psychology program Comprehensive Exam. Students will also participate in an Exit Evaluation of the Psychology program. Offered annually in the Spring semester. *Prerequisites: PSY 101, 200, 315, plus six psychology core classes, and two psychology electives (one may be taken concurrently), and consent of the instructor* Description changed 06/19/2008 see changes page

Course Descriptions

Psychology (PSY)

PSY 101 General Psychology (3)

Survey of the major theories and concepts in the study of behavior. Introduction to the psychological aspects of sensory processes, normal and abnormal development, learning, drives, emotions and social behavior. Offered every semester. This course develops and assesses the skills and competencies for the General Education Core requirement of demonstrating an understanding of the Behavioral Sciences.

PSY 200 Life Span Development (3)

This course is a beginning developmental psychology course to introduce students to biosocial, cognitive, and psychosocial issues of the life span. The course focuses on growth and development beginning with conception and following the unfolding life through death/dying at the end of the life cycle. Offered annually in the Spring semester. Prerequisite: PSY 101. This course develops and assesses the skills and competencies for the program student learning outcome of Life Span Development. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 202 Child Development (3)

Psychological implications of human growth and behavior from infancy to adolescence, stressing affective and cognitive development. Prerequisite: PSY 101. This course is required for Early Childhood and Elementary Education majors.

English 102 and COM 101 are prerequisites for all upper division courses

PSY 304 The Psychology of Adolescence (3)

Psychological investigation of developmental factors in the crucial period of adolescence and analysis of youth problems in contemporary society. Offered annually in the Spring semester. Prerequisite: PSY 101. This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 315 Behavioral Sciences Statistics (3)

Introduction to the methods and rules for organizing and interpreting observations; descriptive and inferential statistics, including frequency distributions, hypothesis testing, simple analysis of variance, estimation, and Chi-Square. Cross-listed as CJ 315. Offered annually in the Fall semester.

This course develops and assesses the skills and competencies for the program student learning outcome of the Scientific Method and its Application in the Field of Psychology.

PSY 316 Research Methods in Psychology (3)

Introduction to quantitative research methodology and design; the research process; measurement; sampling; ethics in social research; survey, experimental and field research. As one of the requirements for this course, students will complete a research paper. Offered annually in the Spring semester. Prerequisite: PSY 315.

This course develops and assesses the skills and competencies for the program student learning outcome of the Scientific Method and its Application in the Field of Psychology. In addition, this course also addresses the program student learning outcomes Cross-Cultural Psychology.

PSY 321 Psychology of Personality (3)

This course reviews multiple perspectives of personality, including psychodynamics, trait behavioral, cognitive, and phenomenological approaches. Offered annually in the Fall semester. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Life Span Development. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 322 Social Psychology (3)

This course examines the impact of social interaction on how we think, feel, and behave. The course explores interpersonal relations, social attitudes, group dynamics, inter-group relations, class and cultural influences. Offered annually in the Spring semester. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Social and Cross-Cultural Psychology. In addition, this course also addresses the program student learning outcome of Scientific Method and its Application in the Field of Psychology.

PSY 327 Career Development in the Behavioral Sciences (3)

This course examines vocational values, interests, and aptitudes in the identification and development of a career in the Behavioral Sciences, specifically Behavioral Sciences (Sociology, Social Services), Criminal Justice, Environmental Studies, and Psychology. The vital role of a student's academic background is explored relative to creating a goodness-of-fit between the student and the world of work. Students will be introduced to career guidance programs, develop a career personality profile, generate a career road map, and investigate/utilize career development tools and techniques. A broad spectrum of resources will be explored against the backdrop of local, national, and international job market trends, and the goals, interests and abilities of the job seeker. Behavioral Science Division requirement. Offered annually in the Fall semester. Prerequisite: PSY 101

Behavioral Sciences Division Student Learning Outcome

Student will demonstrate an understanding of career development relative to the field of Behavioral Sciences.

PSY 340 Psychology of Sexual Expression (3)

Role of psychology in human experience as it relates to sexuality; development of individual self-concepts regarding sexuality as they relate to socially accepted behavior. Offered annually in the Fall semester. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 362 Biopsychology (3)

The study of the interrelation between the central nervous system and behavior. Course reviews the physiological components of such topics as: sleep, altered consciousness, aggression, and drug effects. Offered alternate years. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 406 Counseling Psychology (3) Counseling approaches and techniques used in helping relationships. The course combines experiential and didactic instruction, giving the student an opportunity to explore helping strategies and develop a philosophy of counseling. Offered annually in the Spring semester. Prerequisites: PSY 101 and PSY 321.

This course develops and assesses the skills and competencies for the program student learning outcome of Counseling Theory. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 411 The Psychology of Small Groups (3)

Behavior as a function of factors operating in groups, especially in face-to-face contact. Assessment of principles of group dynamics, alternative techniques for leadership, organization, and control. Offered alternate years.

Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 424 Abnormal Psychology (3)

Study of the development, treatment, and prevention of psychological disorders. Presentation of the dynamics of abnormal behavior from a biological, psychological, and socio-cultural context. Current research and assessment tools will also be covered. Offered each semester. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Life Span Development. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 434 Organizational Psychology (3)

The subfield of psychology that deals with work in commercial and industrial settings. Areas covered include job morale, satisfaction, organizational effectiveness, growth, and change. The field covers the individual worker plus the worker in a group setting. Offered annually in the Spring. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Applied Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 436 Cross-Cultural Psychology (3)

This course will provide an overview of the field of cross-cultural psychology and examine theories of psychology, which claim to be universal in scope. The student will learn how psychological problems and conditions vary across cultures and that the Western view of psychology should not necessarily be taken as the norm. Fulfills Global Awareness course requirement. Offered alternate years. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of Scientific Method and its Application in the Field of Psychology.

PSY 441 Community Psychology (3)

This course introduces students to the science and practice of community psychology. It provides an overview of theory, research and action in community psychology, which is the study and application of psychological solutions to community-based problems. It explores the relationship between stressful environments, supportive social systems and individual and family well being to the development of mental illness. Offered alternate years.

Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 451 Health and Stress Psychology (3)

This field of psychology deals with the relationship between psychological states, social contexts, and physical reactions. The course will examine the relationship between psychology and health exploring such topics as stress, illness, exercise, nutrition, sleep, coping skills, relaxation, social support, and life-style changes. The focus of the course will be on stress management, adaptation to change, and preventative psychology. Offered each semester.

Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Applied Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 455 Positive Psychology (3)

This course provides an in-depth overview of the rapidly growing field of positive psychology. Positive psychology is a scientific approach to maximizing human potential, well-being, and happiness. The course focuses on the psychological aspects of a fulfilling and flourishing life. Human resiliency, optimism, self-esteem, empathy, friendship, love, creativity, spirituality, humor, stress management, coping, human strengths, positive outcomes, resources, wellness and positive contexts/institutions are all central to the field of positive psychology. The domain of positive psychology will also be examined from Daoist, Confucian, and Buddhist perspectives. Offered alternate years. Prerequisite: PSY 101

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of: 1) Scientific Method and its Application in the Field of Psychology and 2) Social and Cross-Cultural Psychology, 3) and Applied Psychology.

PSY 463 The Psychology of Death and Dying (3)

The scope of this course is an exploration into the domain of death and dying. The focus of the course will be a psychological, philosophical, theological, ethical, biological, social and scientific inquiry to the nature of death. Topics to be examined include nature of death, life after death, assisted suicide, right to die, suicide, bereavement, death system, death counseling, death in society, and Eastern approaches to death. Focus on death will be guided by concepts derived from evolutionary theory, the stress response and stress management. Fulfills interdisciplinary course requirement. Cross-listed as PH/RE 463. Offered alternate years.

Prerequisites: PSY 101 or RE 103.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 464 Evolutionary Psychology (3)

This course focuses on the application of Darwinian and cognitive psychology principles of evolution to the domain of psychology. It will examine how psychological processes have evolved to assist the individual to adapt to the environment. Offered alternate years. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 471 Existential Psychology (3)

A philosophical and psychological inquiry into the core of human existence. This course will examine the relationship between psychology and philosophy exploring such topics as anxiety, death, meaninglessness, freedom, isolation, free choice, and responsibility. Fulfills interdisciplinary course requirement. Cross-listed as PH 471.

Offered alternate years. Prerequisite: PSY 101 or PH 100.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 475 Transpersonal Psychology (3)

A phenomenological exploration of spiritual experience and self- transformation, with a focus on eastern and western traditions such as Hinduism, Buddhism, Daoism, mystic Judaism, Christian mysticism, and Sufism. The approach is interdisciplinary, integrating psychology, philosophy and religion. Meditation exercises will be taught as part of the class. Fulfills either interdisciplinary or global awareness requirement. Cross-listed as PH 475 and RE 475. Offered alternate years. Prerequisite: PSY 101 or RE103.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 476 Buddhist Psychology (3)

A phenomenological exploration of psychological concerns such as feeling, thinking, behavior and therapy from a Buddhist perspective, including classical Buddhism, Theravada Buddhism, and Mahayana Buddhism. Special emphasis will be given to Chan/Zen Buddhism. The focus will be on the Buddhist concepts of self, existence, meditation, suffering, consciousness, and causality. Fulfills either interdisciplinary or global awareness requirement. Cross-listed as RE 476. Offered alternate years. Prerequisite: PSY 101 or RE 103.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 477 Daoist Psychology (3)

This course will examine the domains of consciousness, self, behavior, spirit, social interaction, and therapeutic intervention from the perspective of Daoism. The course will explore Daoist psychology as found in the Yijing, Daodejing, Zhuangzi, Liezi, and Later Daoists. The course will examine the relationship between the Daoist perspective and the contemporary psychological perspectives of humanistic therapy, cognitive therapy, and existential therapy. To assist the exploration of the psychological approach to Daoism, Taijiquan, Qigong, and Daoist breathing exercises will be taught as part of the class. Fulfills either interdisciplinary or global awareness requirement. Cross-listed as RE 477. Offered annually in the Fall semester. Prerequisite: PSY 101 or RE 103.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 478 The Psychology Of Taijiquan (3)

This course explores the art of Taijiquan from an interdisciplinary perspective that incorporates psychology, philosophy, science and religion. The long form of the Yang style will be taught and Tuishou and Qigong will be included as supplements. The course will examine the cultural influence of Shamanism, Confucianism, Daoism, Chan Buddhism, Neo-Confucianism, and the Yijing on the moving meditation of Taijiquan. The influence of Taijiquan on such areas as physical health, mental well being, consciousness, spirituality, culture, and martial arts will also be explored. Cross-listed as RE 478. Offered annually in the Spring semester. Fulfills either interdisciplinary or global awareness requirement. Prerequisites: PSY 101 or RE 103, or permission of instructor.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 479 Psychology of Zen (3)

This course is a psychological examination of Zen and its relationship to the "self"; The focus will be on how Zazen and the Koan affect consciousness. Zen will be examined from neurological, cognitive, affective, behavioral, and spiritual perspectives. Students will engage in Zazen and Koan exploration and monitor changes in their conscious awareness. The course also explores the psychological aspects of Zen aesthetics in such areas as tea ceremony, painting, poetry, calligraphy, gardens, and martial arts. Meets Global Awareness Requirement. Offered alternate years. Prerequisite: PSY 101.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, this course also addresses the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 480 Special Topics (3)

Selected topics in psychology to be announced. Prerequisites vary according to topic.

These courses develop and assess the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. In addition, these courses also address the program student learning outcomes of 1) Scientific Method and its Application in the Field of Psychology and 2) Cross-Cultural Psychology.

PSY 487 Field Experience (1-3)

Forty hours per credit of field work experience/research at an approved site. Work done under site supervisor and instructor. Prerequisites: PSY 101, PSY 200, psychology major, junior or senior standing, and prior written consent of instructor.

This course develops and assesses the skills and competencies for the program student learning outcome of Specific Focuses in Psychology. This is only applicable if the course is for 3 credits.

PSY 490 Senior Seminar in Psychology (3) This is a capstone course that collaboratively explores the relationship between the core and elective psychology courses for students majoring in psychology. This course will guide the student toward developing an understanding of the relationship and application of the course work they have taken in the field of psychology. Students will write a research paper that integrates the core and elective courses relative to a common thread weaving through the field of psychology. Students will also write a paper that examines the relationship between the field of psychology and the five Marianist educational values. At the end of the course students will sit for a Psychology program Comprehensive Exam. Students will also participate in an Exit Evaluation of the Psychology program. Offered annually in the Spring semester. *Prerequisites: PSY 101, 200, 315, plus six psychology core classes, and two psychology electives (one may be taken concurrently), and consent of the instructor. Description changed 06/19/2008 see changes page*