

# PSYCHOLOGY (PSY)

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## **PSY 101. Introductory Psychology. 3 Credit Hours.**

A one semester broad overview of contemporary psychology-its diverse approaches to the understanding of behavior and the basic principles and research findings associated with each of these approaches. Specific areas of psychological inquiry discussed include physiological, cognitive and social psychology; learning, sensation and perception; emotion and motivation; personality and psychopathology. This course is a prerequisite for most psychology courses.

## **PSY 201. Intro to Research Methods. 4 Credit Hours.**

This course is designed to provide a working knowledge of the major research and data collection methods used in psychology. Topics will include the scientific method approach to research, ethics, and experimental design. Students will acquire proficiency in APA style writing, information and technological literacy, understanding basic statistical analyses, and the critical evaluation of evidence that includes academic and popular presentations of psychological science. Prerequisites: MTH 110 and PSY 101. Corequisite/ Prerequisite: MTH 112.

## **PSY 215. Child and Adolescent Development. 3 Credit Hours.**

An examination of the emergence of basic competencies (e.g., language, cognitive abilities, interpersonal skills) from birth to adolescence, and the integration of these competencies in the person of the growing child at successive life-stages. Various theoretical and experimental approaches to the study of human development are investigated. The practical implications of developmental processes will be explored in selected areas. Only one of PSY 215 or PSY 220 may be taken for major credit. Prerequisite: PSY 101 or permission of the instructor.

## **PSY 220. Human Life Span Development. 3 Credit Hours.**

This course is a general introduction to human development. The study of human development is a scientific analysis of patterns of change and growth across the entire lifespan from conception through very old age. The course will include the investigation of essential questions of human experience including, inherited factors, attachment to caregivers, mastery of the human body and the environment, meaningful social relationships, achievement, occupational choice, impact of societal expectations, the formulation of values and goals, the concept of generativity, and death and dying. The course will analyze human development from a biopsychosocial perspective looking closely at basic patterns of normal development. Students may receive major psychology elective credit for PSY 220 only if not also receiving major psychology elective credit from PSY 215 or PSY 320. Prerequisite: PSY 101.

## **PSY 230. Motivation and Emotion. 3 Credit Hours.**

A survey of the major theories concerned with the motivation of behavior. Individual and environmental determinants are examined. Emphasis is on the role of emotional and cognitive factors as motivational variables. Related research is presented and critically analyzed. Theories and research are applied to practical situations. Prerequisite: PSY 101 or permission of the instructor.

## **PSY 250. Cognition. 3 Credit Hours.**

A study of contemporary issues in human behavior. Specific topics include attention, memory, concept attainment, problem solving, the interaction of language with these processes and the disorders experienced by those with deficiencies in these areas. Research on these topics and various theoretical models designed to explain human information processing are examined.

Prerequisite: PSY 101 or permission of the instructor.

## **PSY 260. Social Psychology. 3 Credit Hours.**

Introduction to the theoretical and empirical investigations of how interaction with others influences the thoughts, emotions and behavior of the individual. Topics include person perception (e.g., impression formation, liking and loving), attitude formation and change (e.g., persuasion, conformity), aggression, helping behavior and group process (e.g., leadership, group decision making).

Prerequisite: PSY 101 or permission of the instructor.

## **PSY 270. Learning. 3 Credit Hours.**

A general survey covering principles of animal and human learning, theories of learning and application of learning principles. Topics include the basic learning processes of classical and instructional conditioning, discrimination and generalization, and escape and avoidance learning, as well as more complex processes of verbal learning, retention and transfer. Applications of basic learning principals such as behavior modification, with emphasis on helping those with learning disabilities, are presented. Prerequisite: PSY 101 or permission of the instructor.

## **PSY 275. The Psychology of Women. 3 Credit Hours.**

This course explores empirical research and theory in areas of psychology relevant to women and sex roles. Topics include sex roles and sex-role stereotyping; biological and psychosocial origins of gender; and gender differences in behavior personality and abilities. Readings and class discussions encourage application of concepts to a variety of settings, including female-male relationships, parenting, education, occupation, the media, et al. Students are expected to develop an in-depth topic of special interest for a term paper and/or class presentation. Fulfills Core diversity requirement.

Prerequisite: PSY 101 or permission of the instructor.

Cross-listed Courses: GWS 275

## **PSY 280. Abnormal/Normal Psychology. 3 Credit Hours.**

An introduction to the issues and problems associated with defining, understanding and relating to maladaptive behavior. Historical and philosophical perspectives on the subject covered briefly. The major schools of thought and systems of classifying abnormal behavior are presented and discussed. Questions related to diagnosis, treatment, and research are raised, and societal issues concerning maladaptive behavior are examined.

Prerequisite: PSY 101 or permission of the department chair.

## **PSY 297. Discovering Careers in Psychology. 1 Credit Hour.**

Psychology is a very broad discipline with many different professional opportunities. This course is designed to give students a survey of the variety of professions in psychology. Through the course, students will be encouraged to discern the way that they fit into the discipline Course objectives include an understanding of professional fields, planning undergraduate activities consistent with career goals, and the self-evaluation of personal interests, values, and abilities.

Prerequisite: PSY 101 or permission of the department chair.

**PSY 300. History and Systems Psychology. 3 Credit Hours.**

This course offers an historical survey of the evolution and systematic approaches to the discipline and practice of psychology that have arisen throughout the 19th and 20th centuries. Theoretical and systematic viewpoints such as psychodynamic, Gestalt, behavioral, and cognitive psychology are examined in terms of their scientific antecedents, philosophical foundations, and sociocultural determinants. Advances in understanding the contributions of women and other previously underrepresented voices to psychology will be explored. This course seeks to understand from the disciplinary research traditions of both history and psychology the intellectual and social contexts within which the discipline of psychology has been constructed over the past century and a half.

Prerequisite: PSY 101 or permission of the instructor.

**PSY 301. Psychological Testing. 3 Credit Hours.**

This course surveys the major psychological tests used in schools, clinics, industry, government and psychological research. This course covers how such tests are constructed, administered, interpreted and validated, and outlines current issues and controversies of the field. Topics include the history and ethics of testing; tests of achievement, interests and special abilities; personality assessment; the use of these tests in identifying exceptionality-, and the controversy surrounding intelligence tests.

Prerequisites: PSY 101 and MTH 110 (or an equivalent semester of Statistics I) or permission of the instructor.

**PSY 302. Personality. 3 Credit Hours.**

Introduction to the theoretical and empirical investigations of the development, maintenance and modification of the unique thoughts, emotions and behaviors characteristic of the individual. Topics include theoretical perspectives based primarily upon the concepts of conflict (e.g., Freud, Jung), fulfillment (e.g., Rogers, Maslow), consistency (e.g., Kelley), trait (e.g., Allport, Cattell) and learning (e.g., Skinner, Bandura) and empirical investigations of self-esteem, anxiety and defense mechanisms.

Prerequisite: PSY 101 or permission of the instructor.

**PSY 303. Animal Behavior. 4 Credit Hours.**

The mechanisms of animal and human behavior are investigated in a broad descriptive sample. Special emphasis is placed on the physiology, development and evolution of behavior patterns. Three hours lecture and three hours laboratory per week. Carries biology major credit.

Prerequisite: Eight credit hours of biology.

**PSY 309. Culture and Mental Disorder. 3 Credit Hours.**

This seminar examines mental disorders from bio-medical and social constructionist perspectives; both cross-cultural variation and universals are explored in traditional cultures and modern nations, e.g., Africa, Mexico, Native Americans, Hutterits, Near East. First-person accounts are used to analyze the inner world of mental illness, and bio-cultural models of psychosis is proposed.

Cross-listed Courses: CCM 409, CCM 509

**PSY 315. Childhood Disorders. 3 Credit Hours.**

This general introduction to the field of childhood psycho-pathology will consider basic issues in the etiology, diagnosis and treatment of common behavioral disorders and developmental deviations. Topics included are: childhood schizophrenia and autism, phobias and psychosomatic disorders, mental retardation and specific learning disabilities, hyperactivity and antisocial behavior.

Prerequisites: PSY 101; PSY 215 or PSY 220 highly recommended.

**PSY 320. Aging and Adult Development. 3 Credit Hours.**

This course will examine the psychological development of young adults through late adulthood. The primary focus of this course will be on the development of intelligence, memory and dementia, personality, interpersonal relationships and sexuality in older adults. This course will challenge popular stereotypes of older adults and discuss how culture influences adult development. Students will be required to write a term paper on a topic related to psychology and adult development. Only one of PSY 320 or PSY 220 may be taken for major credit.

**PSY 325. Sensation and Perception. 3 Credit Hours.**

The study of the physical structures and psycho- logical processes involved in sensory systems. Topics include how people see, hear, smell, taste and touch, as well as methods for studying both the senses and the way that people make use of sensory information. Various theoretical and philosophical questions about sensation and perception are also addressed.

Prerequisite: PSY 101 or permission of instructor.

**PSY 330. Cross-Cultural Psychology. 3 Credit Hours.**

Cross-cultural psychology is an approach emphasizing evaluation of psychological knowledge in the context of culture. Do the discoveries psychologists have made apply to all people from all cultures or only to some people, depending on culture? This course explores the impact of society and culture on human behavior, identity and personality development, social interaction norms, and even perceptual tendencies. We will examine what it means to say that humans are socio-cultural in nature. We will also examine those areas where humans differ, due to varied cultural experiences. Areas of interest will include education and development, views on intelligence, perceptual and cognitive processes, motivation, sex and gender and aggression. The examination of these issues will aid students in developing the ability to understand and interact with individuals and groups in other countries and in our own heterogeneous nation. Fulfills Core requirement(s): Diversity (DIV); and Interdisciplinary studies (IDS) \*OR\* Cultural Elective (CE). Course cannot fulfill all 3 requirements.

Cross-listed Courses: GLA 330, PGS 330

**PSY 335. Psychology and the Law. 3 Credit Hours.**

The legal system is a pervasive and important part of our lives. The goal of this course is to help students develop an understanding of the psychological aspects of the functioning of the system and the effects of the legal system on us. This course will address the social psychological aspects that impact and are impacted by the legal system. Students will develop an understanding of many issues, including how psychologists contribute to the law and the legal system, psychological theories of crime, psychological issues related to the selection and performance of police officers, the dynamics of eyewitness testimony, jury selection and performance and confessions. Junior standing required.

Fulfills Core Requirement(s): Interdisciplinary Studies (IDS).

Cross-listed Courses: LGS 335, CJS 335

**PSY 340. Brain and Behavior. 3 Credit Hours.**

A study of the relationship of the brain and body to behavior. Emphasis is on the central nervous system. Topics include neuroanatomy, neural cell processes, hemispheric functions, hormonal regulation of behavior, physiological mechanisms involved in attention, arousal and sleep, and the neural bases of emotions learning and memory and psychological disorders.

Prerequisites: PSY 101 or permission of the instructor.

Cross-listed Courses: BSC 340

**PSY 350. Health Psychology. 3 Credit Hours.**

Health psychology is a survey course exploring the relationship between behavior and health. All topics will be covered from a bio-psychosocial perspective, illustrating the interaction among variables within an individual's environment. Topics discussed within the course include: psycho-neuroimmunology, anger/hostility and health, smoking cessation, weight control, health care systems, heart disease, cancer, AIDS, psychosomatic illness, gender and socio-cultural differences, stress, pain management and alternative treatments.

Prerequisite: PSY 101.

**PSY 355. Psychology and Media in the Digital Age. 3 Credit Hours.**

Contemporary life increasingly challenges us to cope with many different and quickly emerging forms of communication and information media. Since the advent of the "Digital Revolution" of the late 20th century, the penetration of these new forms of media into daily life has spawned profound questions about the relationship of human beings and the technologies represented by communications, information, and entertainment media. We will explore various psychological theories (such as phenomenological/sensory-perceptual, narrative/cultural, & social network/systems approaches) that address how and why we engage with digital media and its products. This course will put these psychological insights into dialogue with traditions of media analysis, particularly the media ecology approach of figures such as McLuhan, Ong, and others. In doing so, we will consider a wide range of issues such as media-based violence, the media's impact on personal relationships and identity, problematic Internet use, online sexuality, and others. We will raise questions regarding the ethical and psycho-developmental implications of media consumption. Students will be invited to examine their own uses of media and how these may be affecting their current lives.

Prerequisites: PSY 101 (or equivalent) or permission of the instructor.

**PSY 360. Human Sexuality. 3 Credit Hours.**

An examination of the behavioral, emotional and cognitive components of human sexuality. An emphasis will be placed on psychological, social, health and legal aspects of behavior that define our human sexuality. This course intends to help students clarify their attitude toward their own and others' sexuality. Areas to be investigated include sexual values, intimacy, sexual anatomy, gender identity, STDs and sexual variance.

Prerequisite: PSY 101 or permission of the instructor.

**PSY 365. Growing Through Play. 3 Credit Hours.**

From building blocks and jungle gyms to organized sports and video games, this course will explore the nature of play and its contributions to our physical, cognitive, social, and emotional development from infancy through adulthood. In doing so, we will consider the many different ways in which we engage in both structured and unstructured play activities, as well as how the objects and people in our environment contribute to those activities. Throughout this course, we will explore a variety of developmental theories and research and you will be asked to apply those theories and the findings from that research to your own observations of play activities and modern day play environments and tools.

Prerequisites: PSY 101 and either PSY 215 or PSY 220.

**PSY 370. Organizational Psychology. 3 Credit Hours.**

A study of the behaviors of people employed in work organizations and of the techniques and systems used to stimulate, coordinate and control individual behavior in the work place. Individual motivations to work, interpersonal relations, group dynamics, leadership, influence and behavior modification techniques and the changing nature of work and work organizations are covered. Not open to students who have taken MGT 450.

Prerequisites: PSY 101 or MGT 301 or permission of the instructor.

**PSY 380. Counseling and Psychotherapy. 3 Credit Hours.**

An introduction to techniques and theories of counseling and psychotherapy. Components, which are believed to underlie effective counseling and therapy regardless of theoretical orientation and which are applicable to a variety of interpersonal situations, are studied in some detail. The major theoretical approaches to counseling are covered, and students are introduced to research on the process and effectiveness of psychotherapy. One area in which such skills are applied—the treatment of persons with emotional problems—will be examined. This course does not attempt to train professional counselors, but to provide a framework and a basis for understanding and evaluating the counseling process from which students can, after further training and experience, become effective counselors.

Prerequisites: PSY 101 or permission of instructor.

**PSY 390. Independent Study. 1-4 Credit Hours.**

A student who wishes to pursue an independent study project for academic credit must submit, prior to registration, a proposed plan of study that includes the topic to be studied and goal to be achieved, the methodology to be followed, schedule of supervision, end product, evaluation procedure and number of credits sought. The proposal must be approved by the supervising faculty member, the department chair and the academic dean. It will be kept on file in the academic dean's office. Three hours work per week for each credit. Hours and credit to be determined by the instructor and student. Experiential course.

**PSY 391. Internship in Psychology I. 3 Credit Hours.**

This course offers students an opportunity to synthesize and integrate their academic knowledge within an internship setting in psychology. Students are placed in a mental health or other human service agency in which psychologists work or psychological concepts and principles significantly inform the goals and practices of the organization. Each student receives close supervision within the agency setting. Students also meet weekly in a group with the course instructor to discuss issues and problems related to their experience. Offered on a high pass/pass/fail basis only. Eight hours internship experience and one hour classwork per week for two semesters. Only open to junior and senior psychology majors with permission of the instructor or department chair. Experiential course.

**PSY 392. Internship in Psychology II. 3 Credit Hours.**

This course offers students an opportunity to synthesize and integrate their academic knowledge within an internship setting in psychology. Students are placed in a mental health or other human service agency in which psychologists work or psychological concepts and principles significantly inform the goals and practices of the organization. Each student receives close supervision within the agency setting. Students also meet weekly in a group with the course instructor to discuss issues and problems related to their experience. Offered on a high pass/pass/fail basis only. Eight hours internship experience and one hour classwork per week for two semesters. Only open to junior and senior psychology majors with permission of the instructor or department chair. PSY 391 is a pre-requisite. Experiential course.

**PSY 393. Advanced Research in Psychology. 1-3 Credit Hours.**

Students carry out an independent research project on the topic of their choice with the advice and supervision of a faculty member. The course is designed to give the student an opportunity to use the skills acquired in Introduction to Research Methods (PSY-201) and to examine an area of interest through designing and conducting an original research study. Hours and credit to be determined by the instructor and student. Experiential course-does not count as PSY senior seminar.  
Prerequisites: PSY 101, 201 and permission of the instructor.

**PSY 394. Projects in Psychology. 1-3 Credit Hours.**

Under faculty supervision, students who are especially interested and qualified may assist faculty members in research. Requirements to be determined by the student and faculty member. Hours and credit to be determined by the instructor and student. Experiential course-does not count as PSY senior seminar.  
Prerequisite: permission of the instructor.

**PSY 397. Next Steps: Graduate Training in Psychology. 1 Credit Hour.**

The breadth of psychology training prepares students for a variety of career paths. This course is designed to support students as they navigate key points in the graduate school application process, including the following: identification of program type that matches vocational goals, identification of specific colleges and programs, evaluation of fit and preparedness for said program, introduction to norms of graduate school admissions, and development of materials needed for most graduate school applications.  
Prerequisite: PSY 101 or permission of department chair.

**PSY 402. Positive Psychology. 3 Credit Hours.**

Traditionally, the modern Western model of clinical psychology has focused on researching, diagnosing, and treating psychological disorders. Theoretically, clinical psychology is based on a deficit or disease model, describing how individuals are lacking psychological resources or evidencing abnormal thinking or behavior. Positive psychology provides a paradigm shift from this disease model, moving beyond just helping people survive their negative life experiences to offering them an enlarged vision of how they can thrive and actualize their potential. This course focuses on the research, techniques, and practical applications of positive psychology including the topics of well-being, character strengths, optimism, resiliency, values, happiness, wellness, accomplishments, and positive relationships. Senior standing required.  
Prerequisite: PSY 101 and PSY 201 or permission of the chair.

**PSY 404. Psychology of Decision Making. 3 Credit Hours.**

Following a seminar format, this course explores theoretical approaches to the process of decision making and relates theory and data to applied situations. The course addresses issues relevant to decisions made on both an individual and a group level. Discussions cover a range of settings including business, medicine and matters of personal relevance. A variety of factors is considered, including cognitive, perceptual and subjective value judgments. Senior standing required.  
Prerequisite: PSY 101 and PSY 201 or permission of the chair.

**PSY 442. Infancy. 3 Credit Hours.**

A comprehensive overview of growth and development during the first three years of life. Topics covered will include how infants gather information from the world around them, what we know about infants' relationships with other people, and about the uniqueness of their personalities. A concerted effort will be made to achieve a balance between theory, research and practical information.  
Prerequisite: PSY 215 or 220 and PSY 201 or permission of the instructor.

**PSY 444. Story in Psy:Narrative Perspectives. 3 Credit Hours.**

Employing a pro-seminar format, we explore how stories and story construction serve as an increasingly influential and integrating paradigm by which to understand human behavior. We will look at the historical and conceptual foundations of the narrative perspective and compare this approach with more traditional models of human psychological functioning. We will pay particular attention to autobiographical memory, self-narrative, and identity development of the contemporary world as well as narrative approaches to psychotherapy & health care as examples of the perspective's scope. We will consider recent advances in narrative research methodologies, particularly those qualitative approaches which focus upon interview and other autobiographical sources of data. Students will be expected to prepare an individual presentation on a topic of their choosing and personal interest. Senior standing required.  
Prerequisites: PSY 101 and PSY 201 or permission of the chair.

**PSY 445. The Psychology of Grief. 3 Credit Hours.**

Psychology 445 will examine grief processes that take place within individuals and families as they experience loss. The course will focus on the nature and causes of grief as well as strategies for effective counseling interventions. There will be an emphasis on loss due to death, however, other types of psychosocial and physical losses will also be considered. Accordingly, we will explore a variety of factors that facilitate and/or impede the ability to function after loss. The course will initially trace the development of dominant models of grief and their historical and theoretical underpinnings. Considerable emphasis will be on examining the grief process as it is played out in the context of family. The family is seen as an interactive system, with a complex mix of actions, perceptions and expectations that influences relationships and the experience of grief among family members. This course will also consider a postmodern view of bereavement as a complex phenomenon embedded in a unique context involving social, cultural, philosophical and psychological factors. Senior standing required.  
Prerequisite: PSY 101 and PSY 201 or permission of the chair.

Cross-listed Courses: NSG 545

**PSY 446. Sports and Human Development. 3 Credit Hours.**

This course examines human behavior in the context of athletic pursuits and exercise. Students will explore psychological science, theory, and practice as applied to the challenges commonly encountered in the arena of sport and physical activity. Important themes will include but are not limited to our understanding and maintaining a healthy orientation toward sport, achievement, and competition; encouraging personal growth for ourselves and others through athletic endeavors; and facilitating the pursuit of excellence. We will also examine such diverse concepts as group processes, leadership and coaching, performance enhancement, mental health, cultural differences, and issues around race and gender in sport. Senior standing required.  
Prerequisites: PSY 101 and PSY 201, or permission of the department chair.

**PSY 447. Psych of Stereotypes/Prejudice/Discrim. 3 Credit Hours.**

This course is designed to enhance the understanding of the development and persistence of stereotypes. The psychology of social cognition with regard to the accuracy and inaccuracy of those stereotypes will be addressed as well as how the inaccuracies may lead to prejudice and discrimination. We will explore how this affects our social interactions; specifically addressing the areas of race, class and gender. Students will read book chapters and journal articles and are expected to contribute to classroom discussions of these materials. Students will also complete a writing project. Senior standing required. Prerequisites: PSY 101 and PSY 201 or permission of the chair.

Cross-listed Courses: GWS 447

**PSY 448. Clinical Neuropsychology. 3 Credit Hours.**

Clinical neuropsychology studies human behavior following damage to or dysfunction of the nervous system. Such study seeks to establish both (a) the accurate assessment and remediation of damage or dysfunction and (b) a more complete understanding of the intact nervous system. Utilizing a proseminar format, this course is designed to introduce the advanced undergraduate student of psychology to the research findings and clinical applications of this developing subfield within psychology. Both case studies and laboratory-based research will be reviewed. Topics will include general principles of the brain-behavior relationship, basic and higher cognitive functions of the cerebral cortex, neuropsychological testing and assessment and processes of rehabilitation. Senior standing required.

Prerequisites: PSY 101, PSY 201 and PSY 340 (or equivalent) or permission of the chair.

**PSY 449. The Psychology of Disabilities. 3 Credit Hours.**

This course explores in-depth some of the major psychological issues relevant to the field of disabilities. Following a seminar format, topics to be discussed include: autism, cerebral palsy, mental retardation, deafness, blindness, dual diagnosis, housing alternatives, self advocacy, sibling relationships, the social meaning of disabled, deinstitutionalization and human relationships. The perspective of the person with a disability and/or their family and support systems will be considered. Senior standing required.

Prerequisites: PSY 101 and PSY 201, PSY 315 recommended, or permission of the chair.

**PSY 499. Departmental Honors in Psychology. 1-8 Credit Hours.**

An upper-class student who wishes to complete a research thesis for Departmental Honors must submit a proposal prior to registration and a research report at the end of the semester. The proposal must be approved by the research director, the department chair and the academic dean. It will be kept on file, along with the research report, in the chair's office and the library. Experiential course.

Prerequisite: PSY 401.