

# PSYCHOLOGY (PSY)

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## **PSY 501 Introduction to Psychology (4 Credits)**

This survey course provides an introduction to the science of psychology. It examines many of the major areas of applied and experimental psychology. A selection of topics from the following specialty areas are covered: History of Psychology, Research Methods, Biological Psychology, Cognition, Learning, Memory, Human Development, Stress, Emotion, Health Psychology, Personality Theories, Abnormal Psychology, and Social Psychology.

## **PSY 502 Social Psychology (4 Credits)**

Social Psychology is the scientific study of how individuals, groups, organizations, and culture influence and are influenced by their social environment. This course provides an overview of classic and contemporary work in this field and explores topics such as aggression, attitude formation and change, social thinking, individual and group influence, prejudice, friendships and romantic relationships, leadership, social influence, altruism, and/or conformity.

## **PSY 508 Child Development (4 Credits)**

This course focuses on the development of children from birth to early adolescence. It includes the major developmental theories and perspectives as well as an overview of the research methodology used in the field. Through reflective writing, current research in the areas of physical, cognitive, and social and emotional development is explored in the context of the child's environment.

## **PSY 509 Human Development (4 Credits)**

This course focuses on the development of the individual from conception to death. Major developmental theories, milestones, processes, and influences are covered. Research findings that bear on these topics are examined. Growth and development are viewed as products of interacting biological, psychological, and social factors. The risks and opportunities in the developing person's social environment as well as the application of theories and research findings are emphasized.

## **PSY 510 Infant and Toddler Development (4 Credits)**

This course focuses on major theoretical perspectives of child development with particular attention to infant and toddler development. Topics include the physical, social, emotional, and cognitive milestones of the growing child along with factors that contribute to optimal development. There is an emphasis on the importance of creating high quality, safe, and supportive environments as well as on attachment and the role of communication in the development of trust and autonomy. Students observe children to develop strategies for creating and maintaining developmentally appropriate environments. **RECOMMENDED:** Prior completion of PSY 509 Human Development or PSY 508 Child Development.

## **PSY 515 Core Principles of Addiction (4 Credits)**

This course introduces students to the basic issues discussed by addiction support workers including the Twelve Core Functions of the alcohol and other drug (AOD) counselor. Students will also have an opportunity to explore the possible professional certifications (e.g., Certified Recovery Support Worker (CRSW), Licensed Alcohol and Drug Counselor (LADC), etc.) within this career. A wide array of topics related to addiction may be discussed in this beginning level course. Topics may include the economic, political, and/or cultural consequences of addiction as well as some of consequences of addiction on the individual like relationships, mental health, and physical health.

## **PSY 521 Language Acquisition (4 Credits)**

This course introduces research, theory, and practical applications pertinent to first language acquisition. The development of language is explored through its five major components: phonology, pragmatics, semantics, morphology, and syntax. Stages of acquisition are traced from pre-linguistic communication in infancy through adolescents' use of abstract thinking and expressions. Distinctions between language disorders and developmental differences are considered, as are relationships between language and literacy skills (reading and writing).

## **PSY 601 The Human Brain (4 Credits)**

This course addresses the relationship between the brain and behavior to provide an overview of the biological basis of thoughts, actions, and feelings. Topics may include basic functional neuroanatomy and physiology, sleeping and dreaming, emotion, aggression and violence, learning and memory, development of the brain, sensation and perception, sexual processes and behavior, or language, as well as behavioral health problems (stress related disorders, anxiety, depression, schizophrenia) and their pharmacological treatment.

**Prerequisite(s):** IDIS 501 Research Methods. **NOTE:** SCI 505 Human Biology recommended.

## **PSY 602 Theories of Personality (4 Credits)**

This course examines specific theories of personality for the purpose of explaining normal and abnormal development and behavior. Psychoanalytic, Trait, Humanistic, Existential, Cognitive, Behavioral and Social Learning Theories, among others, are reviewed and critiqued based on research evidence. Each theory or theoretical perspective is presented in terms of historical context, basic assumptions, and hypothetical constructs. Students explore behaviors and motivations from the perspective of different personality theories. The application of personality theories in helping-profession contexts is introduced.

**Prerequisite(s):** PSY 501 Introduction to Psychology.

## **PSY 603 Crisis Intervention (4 Credits)**

This course focuses on crisis theory, methods of crisis intervention, and specific crises that occur with individuals and families such as suicide, unemployment, natural disasters, illness, divorce, and death. Students are expected throughout the course to apply their exploration of theory to their work and life experiences.

**Prerequisite(s):** PSY 501 Introduction to Psychology or SOC 501 Introduction to Sociology.

## **PSY 604 Counseling Theories (4 Credits)**

This course provides an overview of counseling theories developed by major theorists. The course examines how both the historical context and the scientific knowledge of the time helped to shape the theories developed during the past century. Research findings evaluating the effectiveness of therapeutic modalities are reviewed. Important elements of the counseling process which includes assessments, confidentiality, the therapeutic alliance, and the impact of funding sources on decision-making, are examined.

**Prerequisite(s):** PSY 501 Introduction to Psychology.

**PSY 605 Principles of Assessment (4 Credits)**

This course is a survey of assessment issues and methods for students pursuing studies in education-related fields or the behavioral sciences. Topics include: differences between formal and informal assessment and evaluation; issues such as reliability and validity, differences between norm-referenced and criterion-referenced tests, development of assessment and evaluation instruments and plans, methods for observing and recording behavior, and how to use assessment information to develop and/or modify programs and environments.

**Prerequisite(s):** MATH 502 Math for Our World or MATH 504 Statistics and PSY 501 Introduction to Psychology or PSY 508 Child Development.

**PSY 606 Educational Psychology (4 Credits)**

This course focuses on the study of teaching and learning, including several theoretical perspectives specific to human and cognitive development. Course topics will include motivation, critical thinking, student assessment and achievement, and implications of approaches to each. The course critically examines the relationship between research and education, including the contributions and limitations of measurement in instructional settings, and the interplay with educational policy.

**Prerequisite(s):** IDIS 501 Research Methods and EDU 510 Foundations of Education or PSY 501 Introduction to Psychology and PSY 508 Child Development or PSY 509 Human Development.

**PSY 609 Cognition and Learning (4 Credits)**

This course explores the major theories of cognition. Topics include the current cognitive theories of perception, attention, consciousness, memory, language, and/or reasoning. These approaches will be supplemented by relevant neuroscience research on brain based processes. Comprehension will be enhanced through the application of these approaches to everyday behavior.

**Prerequisite(s):** IDIS 501 Research Methods.

**PSY 610 Understanding the Disease Model of Addictions (4 Credits)**

This course provides an introduction to the biological mechanisms of addiction (e.g., nervous system activity, tolerance, withdrawal, and metabolism) and the resulting behavioral consequences displayed by those who are addicted. The therapeutic use of drugs for anxiety, depression, psychosis, and other conditions will be discussed and the effects of recreational drug use/abuse on the central nervous system will be examined. Other potential topics include behavioral addictions (e.g., gambling, eating, video games, or sex) or the effects of drugs on individuals, families, and society.

**Prerequisite(s):** PSY 501 Introduction to Psychology. NOTE: SCI 505 Human Biology or PSY 601 Human Brain is highly recommended.

**PSY 615 Psychology of Adulthood (4 Credits)**

This course is a life-span developmental approach to adulthood in contemporary American society that includes the major theoretical perspectives regarding developmental transitions and age-related tasks. The following topics are included: 1) methodological issues related to the study of development, 2) patterns of stability and change across adulthood with regard to processes such as biological functioning, sensation and perception, cognition, personality, identity, gender and social roles, relationships, career, and mental health, and 3) death and dying as the final stage of life. Students can consider their own development in light of this content.

**Prerequisite(s):** PSY 501 Introduction to Psychology.

**PSY 616 Psychology of Occupational Stress (4 Credits)**

This course focuses on primary areas in occupational stress research including the identification of work organization and psychosocial sources of stress and their influence on employees, treatment of occupational stress, and approaches that promote occupational health and create healthy workplaces. Each area is examined from the individual worker's perspective as well as from that of management. Once acquainted with the major theoretical principles and processes, learners apply these findings to their own experiences as employees, employers, or health professionals.

**Prerequisite(s):** CRIM 500 Introduction to Criminology, or ECO 512 Principles of Economics, or MGMT 500 Principles of Management, or PSY 501 Introduction to Psychology, or PSY 508 Child Development, or PSY 509 Human Development, or PSY 502 Social Psychology or SOC 501 Introduction to Sociology.

**PSY 617 Abnormal Psychology (4 Credits)**

The focus of this course is on the societal definitions of abnormal and deviant behavior, and what may be considered mental illness. It discusses the societal impact of mental illness, with a consideration of both how mental illness is regarded in different societies and how treatment may vary, depending on the society. It deals with major disorders and personality syndromes considered to be abnormal or deviant and examines the various etiologic factors known or believed to play a role in each of the disorders, considering them from varying perspectives, such as psychoanalytic, cognitive behavioral, biological, and humanistic. Differences in recognition and treatment of mental illness in varying cultures will also be considered.

**Prerequisite(s):** PSY 501 Introduction to Psychology.

**PSY 625 Foundations of Addiction Counseling (4 Credits)**

This course provides students with an opportunity to study the important theories, strategies, and skills of addictions-related counseling. Topics are derived from the Twelve Core Functions of Addiction Counselors and will include concepts like screening, referral, intake, assessment, crisis management, treatment, recovery, support, and/or client education.

**Prerequisite(s):** PSY 515 Core Principles of Addiction