

# PSYCHOLOGY (PSY)

## PSY-111 GENERAL PSYCHOLOGY (3 Credits)

A basic introduction to psychology covering influential people, concepts, theories and methods. Topics include development, personality, perception, learning, biopsychology, psychological disorders, and treatment.

*Prerequisite:* None

## PSY-211 INTRODUCTION TO RELATIONSHIP (3 Credits)

This course studies the formation, maintenance and termination of relationships before marriage. Issues such as self in relationship, family background, gender and personality differences are examined in friendships, dating and marriage. An emphasis will be placed on establishing healthy communication patterns, resolving conflict and setting realistic expectations to enhance long-lasting relationships.

*Prerequisite:* None

## PSY-221 INTERVIEWING & COUNSELING (3 Credits)

An introduction to theoretical concepts, primary principles, strategies and interventions implemented in the practice and delivery of human services to individuals and families using the human services interview techniques.

*Prerequisite:* None

## PSY-222 HISTORY/SYSTEMS OF PSYCHOLOGY (3 Credits)

An advanced study of the philosophical, socio-cultural and historical foundations of psychology, presenting the people, ideas, and influences that have contributed to the modern-day science and practice of psychology.

*Prerequisite:* PSY-111

## PSY-233 CHILD & ADOLESCENT PSYCHOLOGY (3 Credits)

Students will learn major developmental theories and seminal research in the field of child & adolescent psychology; they will also gain practice in applying theories to case studies, current events, and to their own developmental journey. In addition to readings, mini-lectures, and discussions, students will engage in a series of practical lab activities and field trips designed to promote comprehensive understanding of how to help children & adolescents develop and thrive within multi-leveled contexts. Course fee applies.

*Prerequisite:* None

## PSY-235 LIFESPAN DEV PSYCHOLOGY (3 Credits)

This course examines major developmental issues from conception through the end of life, from a bio-psycho-social-spiritual framework. Students will explore and apply major human development theories including, but not limited to, behaviorism, psychoanalytic, social learning, cognitive theory, psychosocial theory, and ecological theory. A variety of activities including lecture, discussion and case study application will be utilized in exploring the human lifespan.

*Prerequisite:* None

## PSY-237 CHILD PSYCHOLOGY (3 Credits)

An exploration of human development from conception/pregnancy through childhood and into late adolescence, using a developmental-contextual framework. Students will learn major developmental theories and seminal research in the field of child psychology; they will also gain practice in applying theories to case studies, current events, and to their own developmental journey. In addition to readings, mini-lectures and discussions, students will engage in a series of practical lab activities and field trips designed to promote comprehensive understanding of how to help children develop and thrive within multi-leveled contexts. Course fee applied.

*Prerequisite:* PSY-111

## PSY-238 ADOLESCENT PSYCHOLOGY (3 Credits)

An exploration of human development from tween years through adolescence and into emerging adulthood, using a developmental-contextual framework. Students will read about and discuss key adolescent development research and practical issues, including, but not limited to, puberty and sexuality, cognitive development, social/peer relationships, family influences, psychopathology associated with adolescence, educational experiences, spiritual formation, adolescent art/music/creativity, technology, and entry into the world of work and higher education. Students will also be asked to reflect on, write about and explore their own developmental journey into and through adolescence. Course fee applied.

*Prerequisite:* PSY-111

## PSY-239 ADULT PSYCHOLOGY (3 Credits)

An in-depth study of the psychological problems and development of the person from young adulthood through end of life.

*Prerequisite:* PSY-111

## PSY-241 INTRO PSYCH THEORIES, HIST & SYSTEMS (3 Credits)

A study of the philosophical, socio-cultural and historical foundations of psychology as well as people, ideas and influences that have contributed to the modern-day science and practice of psychology. An overview of the study of heredity and physiology, development theories, learning and thinking, motivation and emotion, and theories of personality is included.

*Prerequisite:* None

## PSY-322 THEORY OF PERSONALITY (3 Credits)

Addresses major theories with respect to the dynamics, structure, and development of personality.

*Prerequisite:* PSY-111

## PSY-332 CROSS-CULTURAL PSYCHOLOGY (3 Credits)

A study of the relationship between culture and psychological processes affecting human behavior. Emphasis is placed on developing self-awareness through an examination of culture, values and biases. Other topics include an investigation of diversity and inclusion (historical context and contemporary issues), and a survey of research traditions studying dimensions of culture.

*Prerequisite:* None

## PSY-335 LIFE SPAN DEVELOPMENT PSYCHOLOGY (3 Credits)

An exploration of developmental changes in the physical, cognitive, social and emotional dimensions of the development of human behavior from birth to adulthood. Physical characteristics and psychological concepts of learning, memory, motivation, perception, personality and thinking are examined from the standpoint of how they develop and change during an individual's life.

*Prerequisite:* None

**PSY-343 PSYCHOLOGY OF LEARNING (3 Credits)**

What engages and motivates human learners? Which factors contribute to an effective learning process? How does one's context affect learning and growth? This course seeks to answer these questions while examining human learning across the lifespan and in various contexts, using developmental and sociocultural frameworks. Students will discuss and apply key learning theories and concepts to case studies and practical real-world scenarios. Emphasis will be on enhancing one's metacognitive awareness and understanding of one's own learning style and learning experiences as a basis for continued growth and development. Students in this course will have ample opportunity to think about and reflect on one's own learning, as well as to observe and interact with other learners.

*Prerequisite:* PSY-111

**PSY-346 CHILD WELFARE (3 Credits)**

The examination of the philosophy of child welfare as a specific field in human services and a comprehensive overview of the programs, legislative provisions, policies, and services which comprise child welfare institutions. This course emphasizes the importance of culture and diversity as a major force in the delivery of child services.

*Prerequisite:* SOC-111 or PSY-111

**PSY-351 SOCIAL PSYCHOLOGY (3 Credits)**

An examination of how individual behavior is shaped by the situation in which the behavior is emitted. This course addresses the impact of one's physical and social environment upon behavior. Behavior is broadly defined and includes cognitive processing, attitudes, decision-making, and prosocial and deviant actions.

*Prerequisite:* PSY-111 or SOC-111

**PSY-352 HEALTH PSYCHOLOGY (3 Credits)**

Students in this course will examine health and wellness from a psychological perspective, examining how biological, psychological perspective, examining how biological, psychological and social factors influence human health. Topics will include promotion of positive health practices, illness prevention, impact of stress on health, holistic treatment for health problems, coping with and reducing stress and pain, and the recovery, rehabilitation and psychosocial adjustment of people with serious and chronic health challenges. The role of Christian faith in developing and maintaining physical and mental health will be explored.

*Prerequisite:* None

**PSY-353 ABNORMAL PSYCHOLOGY (3 Credits)**

This course examines the major categories of psychopathology, including anxiety disorders, affective disorders, schizophrenia, personality disorders, and organic syndromes, with emphases placed on the symptoms and causes of the disorders and therapeutic methods used to treat them.

*Prerequisite:* PSY-111

**PSY-354 RESEARCH METHODOLOGY & STATISTICS (3 Credits)**

An overview of major research designs and an introduction to basic statistical techniques using MS Excel™ and APA style for documentation. Focus is placed on research methodologies, conceptualization, hypothesis and measurement of sampling techniques, and evaluation and synthesis of data using statistical measurements, tools and software.

*Prerequisite:* None

**PSY-355 INTEGRATED STAT RESEARCH I (3 Credits)**

Designed to equip students with basic statistical knowledge and research skills, this course focuses on applications of these skills and competencies within the helping professions. Attention will be given to helping students become more skilled consumers of empirical research literature. In addition to lectures on basic statistical and research concepts, students will work in research teams to apply this knowledge in the context of a series of lab projects and comprehensive research project. The first semester will cover writing a research proposal, securing CU-IRB approval, basic quantitative and qualitative research design, research ethics, and survey/protocol development. In the second semester, students will gather empirical data, conduct SPSS data analysis, and prepare written and oral research reports. Students will be encouraged to seek conference presentation and/or publication of their original work. Note: This 6-credit course must be taken in sequence during consecutive semesters. Students who fail PSY-355 will not be allowed to advance to PSY-356 and must retake PSY-355.

*Prerequisite:* Math Core Requirement, Junior or Senior status required

**PSY-356 INTEGRATED STATS/RESEARCH II (3 Credits)**

Designed to equip students with basic statistical knowledge and research skills, this course focuses on applications of these skills and competencies within the helping professions. Attention will be given to helping students become more skilled consumers of empirical research literature. In addition to lectures on basic statistical and research concepts, students will work in research teams to apply this knowledge in the context of a series of lab projects and comprehensive research project. The first semester will cover writing a research proposal, securing CU-IRB approval, basic quantitative and qualitative research design, research ethics, and survey/protocol development. In the second semester, students will gather empirical data, conduct SPSS data analysis, and prepare written and oral research reports. Students will be encouraged to seek conference presentation and/or publication of their original work. Note: This 6-credit course must be taken in sequence during consecutive semesters. Students who fail PSY-355 will not be allowed to advance to PSY-356 and must retake PSY-355.

*Prerequisite:* PSY-355

**PSY-363 POSITIVE PSYCHOLOGY (3 Credits)**

This course will provide the philosophical and theoretical framework for the entire Child and Adolescent Services concentration. Students will explore positive psychology research in areas including gratitude, hope, mindset, and human flourishing. Practical applications for intervention in working with children, adolescents and families will be explored, situated within school, community, and medical settings.

*Prerequisite:* PSY-111

**PSY-370 CHILD & ADOLESCENT PRACTICUM (3 Credits)**

Students will gain practical experience in a child and/or adolescent-focused setting as preparation for internship placement. Students will spend 4-5 hours weekly in the field, gaining observational and shadowing experience and volunteering directly with children/adolescents. Students will also participate in a one-hour weekly seminar where experiences, case studies, ethical challenges and other practicum experiences will be discussed and debriefed. CAS students must complete this course before applying for their internship.

*Prerequisite:* None

**PSY-380 INTERNSHIP (1-6 Credits)**

Each psychology major will complete a minimum of 120 hours in an approved internship setting, under the supervision of a qualified professional. Students will work with both faculty and field supervisors to develop and work toward learning objectives relevant to the psychology disciplines and to their chosen career path.

*Prerequisite:* Junior or Senior status required

**PSY-400 CAPSTONE SEMINAR: PSYCHOLOGY (3 Credits)**

This required capstone seminar provides senior psychology majors the opportunity to explore and critically discuss seminal research in psychology, the integration of psychology and the Christian worldview, ethical responsibilities of psychologists, and current trends in research and practice. Attention will also be given to preparation for graduate school and professional employment. Students will prepare a comprehensive portfolio and discuss key issues related to interviewing and applying for jobs and graduate school admission. Each senior seminar group will also work collaboratively in a service learning project to emphasize the importance of ministry and outreach in the psychological profession. Course fee applied.

*Prerequisite:* Senior status required

**PSY-421 THEORIES OF COUNSELING (3 Credits)**

This course offers an overview of current approaches to psychological counseling, including psychodynamic, person centered, behavior, cognitive and reality therapy. Major Christian approaches to counseling are also examined with emphasis on theory and practical application.

*Prerequisite:* PSY-111

**PSY-423 ABNORMAL PSYCHOLOGY (3 Credits)**

An examination of the causes, dynamics, classifications and treatment of major psychological disorders. Utilizing the Diagnostic and Statistical Manual of Mental Disorders to classify abnormal behavior by identifying the incidence, frequency and various types of dysfunctions that occur, as well as the classification of these disorders, theories used and potential treatments.

*Prerequisite:* PSY-241

**PSY-424 INTRODUCTION TO COUNSELING (3 Credits)**

An introduction to counseling psychology theory and techniques. Topics include a specific emphasis on the practical application of counseling theory and techniques from a Christ-centered worldview, along with a consideration of the required professional and ethical standards of counseling.

*Prerequisite:* None

**PSY-425 ORGANIZATIONAL PSYCHOLOGY (3 Credits)**

A study of human behavior within organizations and the workplace. Topics include leadership styles and development, the evaluation, management and development of employees, job satisfaction and motivation, organizational culture and change management.

*Prerequisite:* None

**PSY-441 PHYSIOLOGICAL PSYCH (3 Credits)**

An exploration of the complex interplay between physiological structures/processes and human behavior. Focus topics include the neurological basis of psychological disorders, motor function, language, memory, learning and emotion. Emphasis will be given to gaining a basic understanding of neurological disorders.

*Prerequisite:* PSY-111, Junior or Senior status required

**PSY-445 EXPLORING CREATIVE THERAPIES (3 Credits)**

This experiential learning seminar investigates the historical development, theoretical grounding, empirical research, and practical techniques of art therapy and music-based therapies, with each student engaging actively in a variety of creative art-based projects and activities. The second week will focus on play therapy with children, adolescents, adults, families and groups. Emphasis is given to exposing students to a broad range of specific therapeutic techniques with various populations. This seminar is designed both to enhance academic knowledge, as well as to encourage personal growth and development. Course fee applied.

*Prerequisite:* PSY-111 or PSY-235

**PSY-446 INTRO TO RELATIONSHIPS IN PSYCHOLOGY (3 Credits)**

A study of the formation, maintenance and termination of relationships. Topics include friendship, courtship and marriage across cultures with an emphasis on currently changing values and cultural, social, cognitive and emotional bases of intimacy, commitment and family roles.

*Prerequisite:* None

**PSY-447 CURRENT TRENDS & SPECIALTIES IN PSYCH (3 Credits)**

An exploration of current trends and specialties in psychology including personal life coaching, art therapy, music therapy, play therapy, sports and exercise. Focus is on the investigation of careers and competencies needed to practice psychology in various fields.

*Prerequisite:* None

**PSY-448 CROSS-CULTURAL PSYCHOLOGY (3 Credits)**

A study of the multicultural components of human behavior, mental processes, and spirituality. Special attention will be given to research on cross-cultural aspects of critical thinking, perception, emotional states and expression, psychological disorders, cross-cultural social interaction, and spirituality. Applications to cross-cultural service will be discussed.

*Prerequisite:* None

**PSY-452 TECH OF COUNSELING (3 Credits)**

An advanced course designed to acquaint students intending to become counselors with biblically and psychologically sound techniques. Required reading and learning activities fulfill both practical and theoretical requirements.

*Prerequisite:* PSY-421

**PSY-455 PSYCHOLOGY CAPSTONE (3 Credits)**

A psychology capstone course integrating Christ-centered worldview, theory and real-life application. Students explore an area of their choosing, compiling resources for later use, sharing their findings with the class for mutual benefit, and celebrating completion of the bachelor's program.

*Prerequisite:* IDS-402, PSY-332, PSY-354

**PSY-456 MARRIAGE & FAMILY COUNSELING (3 Credits)**

This course provides an overview of the fields of premarital, marital and family counseling. Students are introduced to the unique contributions of the major theoretical approaches, with the intent to help the beginning counselor to develop basic skills necessary for clinical work.

*Prerequisite:* PSY-211

**PSY-470 READINGS IN PSYCHOLOGY (1-3 Credits)**

*Prerequisite:* None

**PSY-480 ADVANCED TOPICS SEMINAR (3 Credits)**

*Prerequisite:* None

**PSY-490 INDEPENDENT STUDY (1-3 Credits)**

*Prerequisite:* None