

# PSYCHOLOGY (PSY)

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## **PSY 101 Introduction to Psychology 4 credits**

This course introduces the scientific study of behavior and mental processes. Psychological, behavioral, cognitive, humanistic, psychodynamic and social-cultural perspectives are explored. Topics such as scientific method, statistical reasoning, neuroscience, learning, cognitive processes, development, psychological adjustment, therapy, social psychology, diversity and community are studied.

## **PSY 210 Child Psychology and Development 4 credits**

A broad sketch of human growth and development is provided from the prenatal stages up until the adolescent years. Developmental processes including physical and perceptual development, cognition and language, personality and social development, are studied from physical, cognitive, and socioemotional perspectives. (Prerequisite: PSY 101)

## **PSY 215 Child and Adolescent Developmental Psychology for K-12 Educators 4 credits**

This course will provide K through 12 educators an understanding of human growth and development from the prenatal stages through adolescence. Developmental processes are studied from both a biological and social-cultural perspective to understand physical and perceptual development, cognition and language, personality and social development. Child studies, examining various aspects of child and adolescent development, are required. (Prerequisite: PSY 101)

## **PSY 220 Adolescent Psychology 4 credits**

This course examines developmental phenomena of adolescence, its physiological, emotional, cognitive, parent-child, social, vocational and religious dimensions, with opportunity for personal exposure to youth's needs and interacting societal institutions. (Prerequisite: PSY 101)

## **PSY 230 Lifespan Developmental Psychology 4 credits**

This course is a scientific study of development from prenatal life through late adulthood, with emphasis on the interplay of psychological processes, heredity, and environment. This review addresses physical, cognitive, and socioemotional changes across the lifespan. (Corequisite: PSY 101; Bachelor of Science Nursing students no prerequisite)

## **PSY 260 Adverse Childhood Experiences 4 credits**

Adverse Childhood Experiences (ACE's) can have a negative impact on children. Research related to adverse childhood experiences is analyzed and a variety of resources and evidence-based interventions are explored.

## **PSY 300 Cognition, Learning and Memory 4 credits**

This course introduces students to important insights and theoretical principles of modern cognitive science. Students study human cognition, perception and attention, memory, knowledge representation, language, reasoning, problem solving, cognitive development, creativity, learning, and individual differences in cognition. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

## **PSY 310 Physiological Psychology 4 credits**

This course will provide a comprehensive understanding of brain and nervous system physiology. The focus will be on how the nervous system governs behavioral and cognitive processes. Functional and dysfunctional physiology and what this tells us about maladaptive behavior and cognition will also be discussed. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

## **PSY 320 Sensation and Perception 4 credits**

Sensing and perceiving the world involves an interaction between our bodies and minds. This course explores the neuroscience and psychological principles underlying human perceptual abilities. Students will encounter different theoretical approaches to the study of this question, as well as a variety of methodological techniques. Topics to be covered include the biological basis of vision, the perception of pattern, color, depth, and spatial layout. The senses of hearing, touch, smell, and taste will be similarly addressed. The course will conclude with an exploration of the relationship between perception to knowledge. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

## **PSY 330 Introduction to Counseling 4 credits**

Students are introduced to a variety of common, evidence-based counseling theories and techniques, and their application to counseling settings is explored. The roles, responsibilities, and ethical and legal issues involved in the client-practitioner relationship are considered. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

## **PSY 331 Group Counseling & Therapy 4 credits**

This course is designed to provide students preparing to enter a helping profession with an understanding of group theory, an understanding of the types of groups used in group counseling or group therapy, and the experience of being a member and co-leader in a counseling group. Emphasis is placed on methods, problems, and leadership skills in working with a group. In addition to group processes, this course also focuses on professional and ethical responsibilities, assessment, treatment planning, crisis intervention, and referral. (Prerequisites: PSY 101 and PSY 330; Strongly recommended sophomore standing or higher).

## **PSY 333 Cultural Competency in Chemical Dependency 4 credits**

This course offers in-depth analysis of cultural issues within the field of chemical dependency. It will explore themes of specific subgroups which Minnesota guidelines have identified as critical for chemical dependency treatment professionals: Native American Issues, Asian American Issues, Deaf and Hard-of-Hearing Issues, Chicano/Latino Issues, Disability Issues, African-American Issues. There will be an overview of alcohol and drug counseling focusing on the transdisciplinary foundations of alcohol and drug counseling and providing an understanding of theories of chemical dependency, the continuum of care, and the process of change. The course will address the pharmacology of substance abuse disorders and the dynamics of addiction. This will include issues among the subgroups as it relates to chemical dependency, including attitudes toward medication, response to medication, and other themes. (Prerequisite: Strongly recommended sophomore standing or higher).

## **PSY 340 Introduction to Industrial/Organizational Psychology 4 credits**

Applications of psychology to business and industry: employee selection, performance appraisal, training, leadership, motivation, work environment, job design, safety, and work stress. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

## **PSY 350 Forensic Psychology 4 credits**

This course covers the application of psychological science to the legal system. The broad impact of human cognition and behavior on police selection and procedures, victimology, deception, eyewitness testimony, jury selection, and jury decision making are examined. Mental illness and psychopathy within the legal system are also explored. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

**PSY 360 Abnormal Psychology 4 credits**

An introduction to the study of abnormal psychology. The course covers a wide range of behaviors that are distressing to a person or society or which are otherwise identified as abnormal. A comprehensive review of the etiologies of psychological disorders, discussion of available treatments and a focus on the effects that mental illness has on the individual, the family system, and society are included. Current controversies in the field are identified. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

**PSY 370 Introduction to Personality Theories 4 credits**

This course introduces the student to a variety of classic and contemporary theories of personality. Issues in personality measurement and assessment techniques will also be presented and discussed. (Prerequisite: PSY 101; Strongly recommended sophomore standing or higher)

**PSY 380 Research Methods with Statistical Applications 4 credits**

This course covers the comprehensive scope of best-practice research methods and statistical analysis techniques used in psychological research. Students will gain experience with different research methods and hypothesis testing as well as become proficient in writing within the realm of psychological research. An in-depth review of descriptive and inferential statistical analysis techniques applied within psychological research will also be conducted. (Prerequisites: PSY 101; Strongly recommended sophomore standing or higher)

**PSY 425 Health Psychology 4 credits**

In this overview of health psychology, students will learn about the major theories of health psychology and its role in the field of psychology. The course will include study of the biopsychosocial model of health, the interaction of physical and psychological factors, health-promoting and health-compromising behaviors, lifestyle choices and their impact on health and well-being, the role of health beliefs, importance of coping with stress, and the application of health psychology principles in the treatment of illness and promotion of health. (Prerequisite: PSY 101; Strongly recommend junior standing or higher)

**PSY 451 Social Psychology 4 credits**

Students examine how the individual's personality, behavior and attitudes are shaped through interaction with others. The course deals with such issues as conformity, persuasion, aggression, altruism, and attraction. Individual behavior is understood in light of symbolic communication and the social construction of the self. (Prerequisite: SOC 152 or PSY 101; Strongly recommend junior standing or higher)

**PSY 488 Independent Study 1-4 credits**

With the help of an instructor, students design their own learning activities, which may include readings, independent research, projects, and papers. (Prerequisite: PSY 101)

**PSY 490 Seminar on Psychological Topics 4 credits**

This course offers in-depth analysis of a selected topic in psychology such as intelligence, creativity, brain chemistry, cross-cultural psychology, group counseling and processes, advanced counseling, history and systems of psychology, psychology of religion, psychology of gender, forensic psychology, psychological testing, behavior modification, cognitive psychology and biofeedback in a seminar setting. Content determined by the needs of students and interest of psychology faculty. (Prerequisite: PSY 101; Strongly recommend junior standing or higher)

**PSY 496 Psychology Research Practicum 4 credits**

This course is designed for advanced psychology students who would like to broaden their knowledge of best-practice research methods and techniques. Through individual faculty mentoring, students will complete research projects and prepare them for presentation and/or publication. (Prerequisites: PSY 101 and PSY 380).

**PSY 497 Psychology Research Practicum 4 credits**

This course is designed for advanced psychology students who would like to broaden their knowledge of best-practice research methods and techniques. Through individual faculty mentoring, students will complete research projects and prepare them for presentation and/or publication. (Prerequisites: PSY 101, PSY 380 and PSY 496).

**PSY 498 Psychology Internship 1-8 credits**

This internship provides the student with an in-depth field experience in a work setting that provides services which are psychological in nature. The student will learn to apply psychological theories and principles to the internship experience via coursework that is conducted in conjunction with the internship. The student will independently select an appropriate internship site which meets the needs and vocational interests of the student. (Prerequisite: PSY 101 and Junior Standing or Higher).