

# Psychology

The psychology major presents a scientific approach to the study of individual behavior and experience. The goal of the major is to provide an empirical and theoretical understanding of the basic knowledge, concepts, and methods of psychology. Though such understanding may lead to greater personal insight, the study of psychology is focused primarily on a body of empirical knowledge and theoretical formulations that aim to predict and explain behavior. The approach emphasizes both critical evaluation of evidence and awareness of the implications of psychological knowledge and theory for the lives of persons. Most psychology courses emphasize self-awareness and critical thinking.

A major in psychology is intended to prepare students for advanced study or entry into pre-professional employment. A psychology major also may function as the core of an educational program in preparation for continuing informal learning. Courses in basic skills for human service workers and internship in psychology are included to facilitate application of basic knowledge in real-life settings.

A minor in psychology may be related to a wide variety of career preparations or may serve as part of a general liberal arts degree program.

Psychology majors use critical thinking to solve human behavioral problems, they develop insight into their values and career goals, they develop good oral and written communication skills, and they develop skills in understanding and using statistics and research methods.

Additional courses from the Perspectives or Focused courses may also count toward the Topics courses. Students must complete a minimum of 12 semester hours in the major at Mount Mercy. A Bachelor of Science (BS) degree will be awarded. Students planning to pursue teacher education should follow the program guidelines within the Education section (<http://catalog.mtmercy.edu/archives/2015-16/curriculum/education>) of this catalog and contact an advisor in the Education major for assistance.

## Academic Requirements

A grade of 'C' or above (C- does not count) must be earned in each course counted toward the major or minor (including PS 101 Introductory Psychology.)

## Career Opportunities

Social service agencies, government agencies and businesses are the prime employers of psychology majors.

See the Graduate section (<http://catalog.mtmercy.edu/archives/2015-16/graduateprograms>) of this *Catalog* for more information on Graduate programs offered at Mount Mercy.

## Major

Required courses:

|        |                                    |   |
|--------|------------------------------------|---|
| PS 101 | Introductory Psychology            | 3 |
| PS 102 | Orientation To Psychology          | 1 |
| PS 124 | Developmental Psychology           | 3 |
| PS 325 | Statistics For Behavioral Sciences | 4 |

|  |  |    |
|--|--|----|
| PS 345                                     | Psychological Research Methods                                 | 4  |
| PS 450                                     | Senior Seminar   | 3  |
| Two of the following Perspectives courses: |  | 6  |
| PS 306                                     | Abnormal Psychology  |    |
| PS 319                                     | Classic Theories of Personality                                |    |
| PS 371                                     | Introduction To Counseling                                     |    |
| Two of the following Focus courses:        |  | 6  |
| PS 221                                     | Social Psychology  |    |
| PS 259                                     | Health, Exercise & Sport Psychology: Health & Wellness Applied |    |
| PS 286                                     | Biological Psychology  |    |
| PS 385                                     | Cognitive Neuroscience   |    |
| Two of the following Topics courses:       |  | 6  |
| PS 214                                     | Psychology of the Middle School Student                        |    |
| or PS 215                                  | Adolescent Psychology  |    |
| SW 245                                     | Basic Helping Skills   |    |
| PS 349                                     | Industrial/Organizational Psychology                           |    |
| PS 401                                     | Directed Reading in Psychology                                 |    |
| or PS 402                                  | Directed Reading Psychology                                    |    |
| or PS 403                                  | Directed Readings Psychology                                   |    |
| PS 411                                     | Psychology in Practicum  |    |
| or PS 413                                  | Internship in Psychology                                       |    |
| PS 425                                     | Research Seminar   |    |
| PS 441                                     | Independent Study in Psychology                                |    |
| or PS 442                                  | Independent Study in Psychology                                |    |
| or PS 443                                  | Independent Study in Psychology                                |    |
| BI 357                                     | Animal Behavior  |    |
| ED 253                                     | Educational Psychology   |    |
| Total Hours                                |  | 36 |

Additional courses from the Perspectives or Focused courses may also count toward the Topics courses. Students must complete a minimum of 12 semester hours in the major at Mount Mercy. A Bachelor of Science (BS) degree will be awarded. Students planning to pursue teacher education should follow the program guidelines within the Education section (<http://catalog.mtmercy.edu/archives/2015-16/curriculum/education>) of this catalog and contact an advisor in the Education major for assistance.

## Academic Requirements

A grade of C or above (C- does not count) in each course counted toward the major or minor including PS 101 Introductory Psychology. Other options for the study of psychology include endorsements in Elementary and Secondary Education.

## Minor

|                          |                                 |   |
|--------------------------|---------------------------------|---|
| PS 101                   | Introductory Psychology         | 3 |
| PS 124                   | Developmental Psychology        | 3 |
| One Perspectives course: |                                 | 3 |
| PS 306                   | Abnormal Psychology             |   |
| PS 319                   | Classic Theories of Personality |   |
| PS 371                   | Introduction To Counseling      |   |
| One Focus course:        |                                 | 3 |
| PS 221                   | Social Psychology               |   |

|                                      |   |    |
|--------------------------------------|---|----|
| PS 259                               | Health, Exercise & Sport Psychology: Health & Wellness Applied  |    |
| PS 286                               | Biological Psychology   |    |
| PS 385                               | Cognitive Neuroscience  |    |
| One Topics course:                   |   | 3  |
| PS 214 or PS 215                     | Psychology of the Middle School Student or Adolescent Psychology                                      |    |
| SW 245                               | Basic Helping Skills  |    |
| PS 349                               | Industrial/Organizational Psychology  |    |
| PS 401 or PS 402 or PS 403           | Directed Reading in Psychology or Directed Reading Psychology or Directed Readings Psychology         |    |
| PS 411 or PS 413                     | Psychology in Practicum or Internship in Psychology   |    |
| PS 425                               | Research Seminar  |    |
| PS 441 or PS 442 or PS 443           | Independent Study in Psychology or Independent Study in Psychology or Independent Study in Psychology |    |
| Any college-level statistics course: |   | 3  |
| MA 135                               | Basic Statistics  |    |
| BA 270                               | Business Statistics   |    |
| Total Hours                          |   | 18 |

## Academic Requirements

A course from either the Perspectives or Focus courses may also count toward the Topics course requirement.

A grade of 'C' or above (C- does not count) must be earned in each course counted toward the major or minor (including PS 101 Introductory Psychology). Other options for the study of psychology include endorsements in Elementary and Secondary Education.

The following is the typical sequence of courses required for the major\*:

### Freshman

| Fall                       | Hours Winter | Hours Spring      | Hours |
|----------------------------|--------------|-------------------|-------|
| PS 101                     | 3 Elective   | 3 PS 124          | 3     |
| Portal                     | 3            | Literature Domain | 3     |
| Writing Competency         | 3            | MA 135            | 3     |
| PS 102                     | 1            | CO 101            | 3     |
| BI 123 or 125 <sup>1</sup> | 4            |                   |       |
| 14                         |              | 3                 | 12    |

### Sophomore

| Fall                    | Hours Winter | Hours Spring            | Hours |
|-------------------------|--------------|-------------------------|-------|
| PS 221                  | 3 PS 349     | 3 PS 345                | 4     |
| PS 325                  | 4            | PS 286                  | 3     |
| Self and Society Domain | 3            | Global Awareness Domain | 3     |

|                         |   |                  |   |
|-------------------------|---|------------------|---|
| Historical Roots Domain | 3 | Religion Domain  | 3 |
| Holistic Health Domain  | 3 | Fine Arts Domain | 3 |

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### Junior

| Fall     | Hours Winter | Hours Spring      | Hours |
|----------|--------------|-------------------|-------|
| PS 319   | 3 Elective   | 3 PS 371          | 3     |
| PS 259   | 3            | Philosophy Domain | 3     |
| PS 306   | 3            | Three Electives   | 9     |
| SW 245   | 3            |                   |       |
| Elective | 3            |                   |       |
| 15       |              | 3                 | 15    |

### Senior

| Fall           | Hours Winter | Hours Spring | Hours |
|----------------|--------------|--------------|-------|
| Five Electives | 15 N/A       | PS 413       | 3     |
|                |              | PS 450       | 3     |
|                |              | ME 450       | 1     |
|                |              | Elective     | 3     |
|                |              | Elective     | 3     |
| 15             |              | 0            | 13    |

Total Hours: 125

Note: Elective courses could be used for a second major, a minor, a course of interest, internship or study abroad experience.

<sup>1</sup> Students who elect to take BI 125 Foundations of Biology & Scientific Inquiry I will also need to complete BI 125L Biostatistics and Scientific Investigation I.

## \*Disclaimer

The course offerings, requirements, and policies of Mount Mercy University are under continual examination and revision. This *Catalog* presents the offerings, requirements, and policies in effect at the time of publication and in no way guarantees that the offerings, requirements, and policies will not change.

This plan of study represents a typical sequence of courses required for this major. It may not be applicable to every student. Students should contact a department faculty member to be sure of appropriate course sequence.

## Courses

### **PS 101 Introductory Psychology: 3 semester hours**

This first course gives a broad overview of the field of psychology. Major areas studied include the physiological basis of thought and action, perception of the environment, learning, motivation, behavior disorders, and behavior in groups. Though basic concepts and principles are stressed, the student is introduced to a variety of approaches to the subject matter of psychology. The student also becomes acquainted with some of the methods psychologists use to answer questions about behavior and mental processes. Students may have the opportunity to serve as research participants. Prerequisite for all other psychology courses. (Offered fall and spring semesters).

### **PS 102 Orientation To Psychology: 1 semester hour**

This course includes an introduction to the psychology department's curriculum and objectives, opportunities for campus involvement and community service, and career exploration in psychology. Topics include strategies for a successful transition to Mount Mercy and for achieving academic success, exploration of careers in psychology, strategies for resolving career indecision and strategies for implementing a career choice. (Offered fall semester).

### **PS 124 Developmental Psychology: 3 semester hours**

This course provides a comprehensive overview of normal human development throughout the entire life span. Similarities and differences in the normal biological, cognitive, social and emotional development of humans will be studied. Prerequisite: PS 101. (offered fall and spring semesters).

### **PS 205 Psychology Of Adjustment: 3 semester hours**

The focus of this course is on the study of the problems and processes of psychological adjustment to the stresses, conflict, anxieties, and frustrations of life today. This course focuses on several topics in depth: Stress and stress management, self-esteem, communication, relationships, and work adjustment. Student participation is required. (This course does not count toward the major. It counts toward the holistic health domain of the core curriculum).

### **PS 214 Psychology of the Middle School Student: 3 semester hours**

This class will examine the social, emotional, physical and cognitive development of children in middle school. Students in this course will learn about the unique needs, abilities, and interests of middle school-aged students as they experience conflicting societal expectations and options. Prerequisites: PS 101 and PS 124. (Students cannot receive credit for both PS 214 and PS 215).

### **PS 215 Adolescent Psychology: 3 semester hours**

The focus of this course will be on the social, emotional, physical, and cognitive development of persons aged 13-20. The course will examine how the concept of adolescence has changed over the years, and how families, peers, school, and the culture influence adolescent development. In addition the course will examine in depth a number of problems facing today's teenager like drug use, sexual activity, and violence. Prerequisite PS 101 and PS 124. (Students cannot receive credit for both PS 214 and PS 215).

### **PS 221 Social Psychology: 3 semester hours**

Social psychology focuses on human social relationships. This course studies the influence of others on individual behavior and attitudes, various sorts of interaction between individuals, and behavior of people in groups. Topics include conformity, helping behavior, persuasion, social cognition, attitude formation and change, aggression, sex roles, prejudice, and attraction. Prerequisite PS 101. (Offered fall and spring semesters).

### **PS 259 Health, Exercise & Sport Psychology: Health & Wellness Applied: 3 semester hours**

Health psychology is devoted to understanding psychological influences on how people stay healthy, why they become ill, and how they respond when they get ill. This course will explore the interface between biopsychological theory/research and health-related issues (e.g., stress, coping, behavior change) among healthy and clinical cohorts (e.g., cancer, diabetes, chronic pain). This course will also review how individual characteristics, behaviors, and lifestyles affect leisure and exercise behavior, including ways to improve the initiation and adherence of health behaviors for physical and mental health promotion. Students will develop an understanding of how participation in sport, exercise, and physical activity affects the psychological development, health, and well-being. Prerequisite: PS 101.

### **PS 286 Biological Psychology: 3 semester hours**

This course involves an overview of biological explanations of behavior. The course begins with a description of the dynamic activity of neurons and the basic anatomy of the nervous system. Building upon this foundation, topics include: methods of investigation, drugs and behavior, development and evolution of the brain, sensory and motor processes, waking and sleeping, hunger and thirst, sexual behavior, learning and memory, emotions, mood disorders, and schizophrenia. Prerequisites: PS 101 and BI 125 or BI 126 or Permission of instructor. (offered spring semester).

### **PS 306 Abnormal Psychology: 3 semester hours**

This course is an overview of disorganized states of human functioning, including disorders of mood, thought, and behavior. This course follows the DSM system of classification, while explaining disorders from various perspectives. Prerequisites: PS 101 and at least two other psychology courses, plus junior or senior status. Students are strongly encouraged to take PS 286 and PS 319 prior to taking PS 306. (Offered fall semester).

### **PS 319 Classic Theories of Personality: 3 semester hours**

The study of major personality theorists who did most of their theorizing prior to 1970 including early key psychoanalysts, behaviorists, trait theorists, and humanist. The focus will be on the theories of individual theorists. Topics include normal and abnormal psychology functioning, personality development, and research done on these theories. Representative assessment devices will be demonstrated and selected research will be noted. Along with textbook, students will be asked to read selected portions of theorists own writings. Prerequisite: PS 101. (Offered fall semester).

### **PS 325 Statistics For Behavioral Sciences: 4 semester hours**

This course involves application observational and survey methods, and it includes use of statistical procedures within the context of correlation research. Reading empirical literature and writing summaries of statistical analyses are emphasized. Use of computer Software (SPSS) is integrated throughout the course. Topics include descriptive statistics, estimation, hypothesis testing, t tests effect size, power analysis, bivariate correlation/regression, multiple correlation/regression and a brief introduction to nonparametric tests. A student-designed project will include research design, data collection, statistical analysis, preparation of a research report, and a formal presentation. Prerequisite: PS 101. Students should have the equivalent of one year of high school algebra before enrolling in PS 325. Completion of MA 135 (Basic Statistics) before PS 325 is strongly recommended. (Offered fall semester).

**PS 345 Psychological Research Methods: 4 semester hours**

This course includes use of statistical methods within the context of experimental research. Emphasis includes reading and evaluation of research articles, written summaries of statistical analyses, proposing and conducting experimental research, and APA-style research reports. Use of computer software (SPSS) is integrated throughout the course. Topics include hypothesis testing, one- and two-way analysis of variance, multiple-comparison tests, power analysis, effect size, and several research designs: randomized groups, within-subjects, and mixed factorial. A student-designed project will include research design, data collection, statistical analysis, preparation of a research report, and a formal presentation. Prerequisite: PS 101 and PS 325 (with a letter grade of at least a C-). (Offered spring semester).

**PS 349 Industrial/Organizational Psychology: 3 semester hours**

This course involves a general orientation to the field and is designed to familiarize students with application of psychological principles and theory in the workplace. Topics include methods of investigation, job analysis, employee selection, training, performance appraisal, employee motivation and job satisfaction. Prerequisites: PS 101. (Offered winter term).

**PS 371 Introduction To Counseling: 3 semester hours**

This course introduces students to various aspects of the counseling field. The course will focus on professional and ethical issues in counseling, and on major theoretical approaches to individual counseling. Attention will be given to evidence-based practice in counseling. Various approaches to counseling will be demonstrated. Prerequisites: PS 101, and junior or senior status. It is strongly recommended that students have completed SW 245, PS 306, and PS 319 prior to taking PS 371. (Offered spring semester).

**PS 385 Cognitive Neuroscience: 3 semester hours**

This course includes the study of mental processes based on information processing and cognitive neuroscience models. Topics include methods of investigation, visual and auditory processing, language, speech, working memory and long-term memory, autobiographical memory, executive processes, and consciousness. A brief introduction to affective and social neuroscience is included. Prerequisites: PS 101 and BI 123 or BI 125. (Offered fall semester).

**PS 401 Directed Reading in Psychology: 1 semester hour**

This course may be initiated by an instructor or by a student or group of students on a topic of special need or interest. Prerequisites: PS 325, PS 345 (with a grade of B- or better), psychology major, junior or senior status, courses related to reading objectives, and written consent of the instructor and the Department of Psychology. Formal application must be made to the department during or at the end of the semester preceding expected enrollment (no later than one week after final exams). Credit is variable (up to 3 semester hours), depending upon the scope of the topic.

**PS 402 Directed Reading Psychology: 2 semester hours**

This course may be initiated by an instructor or by a student or group of students on a topic of special need or interest. Prerequisites: PS 325, PS 345 (with a grade of B- or better), psychology major, junior or senior status, courses related to reading objectives, and written consent of the instructor and the Department of Psychology. Formal application must be made to the department during or at the end of the semester preceding expected enrollment (no later than one week after final exams). Credit is variable (up to 3 semester hours), depending upon the scope of the topic.

**PS 403 Directed Readings Psychology: 3 semester hours**

This course may be initiated by an instructor or by a student or group of students on a topic of special need or interest. Prerequisites: PS 325, 345 (with a grade of B- or better), psychology major, junior or senior status, courses related to reading objectives, and written consent of the instructor and the Department of Psychology. Formal application must be made to the department during or at the end of the semester preceding expected enrollment (no later than one week after final exams). Credit is variable (up to 3 semester hours), depending upon the scope of the topic.

**PS 411 Psychology in Practicum: 1 semester hour**

This course provides the student an opportunity for professional interaction in selected agencies or institutions under the supervision of a field professional. The student could take PS 413 (3 credit hours) in addition to this course, but for no more than four semester hours of internship in total. The amount of credit signifies the amount of time the student is at the agency. PS 411 (1 credit hour) implies being at an agency for three to four hours per week. This course will require weekly meetings with the instructor and is designated Pass/Fail by the instructor. Prerequisites: Permission of the department, sophomore or higher standing, and completion of at least three psychology courses with a C or better. Formal application must be made in the semester prior to the internship. (Offered fall semester).

**PS 413 Internship in Psychology: 3 semester hours**

This course provides the student an opportunity for professional interaction in selected agencies or institutions under the supervision of a professional in the field. The student could take PS 411 in addition to this course, but for no more than four semester hours of internship in total. PS 413 (3 credit hours) implies being at an agency for ten to twelve hours per week. This course requires meeting in a group with the instructor to discuss ethical issues in practice, to review and practice clinical skills, and to process the internship. This course is designated Pass/Fail by the instructor. Prerequisites: students must have permission of the department, have completed at least five psychology courses, including PS 306 and SW 245 or have permission of the instructor, have a minimum of 2.00 in both overall GPA and in all psychology courses. Formal application must be made in the semester prior to the internship. (Offered spring semester).

**PS 425 Research Seminar: 3 semester hours**

This course will give students experience with the entire research process. As a class, students will design and implement a research study. In addition, the class will gain experience at analyzing data and preparing the study for presentation at a psychological conference. Prerequisite: Psychology major or minor, junior or senior standing, and PS 325 and PS 345 with a grade of B- or better. This course is offered every couple of years.

**PS 441 Independent Study in Psychology: 1 semester hour**

Prerequisites: PS 325, PS 345, (with a grade of B- or better), psychology major and junior or senior status. Formal application must be made to the department during or at the end of the semester preceding enrollment (no later than one week after final exams). Credit is variable (up to 3 semester hours), depending upon the scope of the topic. (See Independent Study section).

**PS 442 Independent Study in Psychology: 2 semester hours**

Prerequisites: PS 325, PS 345, (with a grade of B- or better), psychology major and junior or senior status. Formal application must be made to the department during or at the end of the semester preceding enrollment (no later than one week after final exams). Credit is variable (up to 3 semester hours), depending upon the scope of the topic. (See Independent Study section).

***PS 443 Independent Study in Psychology: 3 semester hours***

Prerequisites: PS 325, 345, (with a grade of B- or better), psychology major and junior or senior status. Formal application must be made to the department during or at the end of the semester preceding enrollment (no later than one week after final exams). Credit is variable (up to 3 semester hours), depending upon the scope of the topic. (See Independent Study section).

***PS 450 Senior Seminar: 3 semester hours***

This course is designed as the final psychology course for psychology majors. In this seminar, students will review the entire field of psychology and study in-depth a number of topics selected by the class. Through discussion, guest lectures, and student presentations, students will have the opportunity to integrate, synthesize and apply the knowledge and skills they have gained from other courses.

Prerequisites: Senior psychology major, PS 325 and PS 345. (PS 345 may be waived after consultation with instructor. (Offered fall and spring semesters).