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.

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/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/graduateprograms/) of this *Catalog* for more information on Graduate programs offered at Mount Mercy. Juniors and seniors *may* be eligible to take up to 13 graduate-level credits through the MMU Plus program.

Psychology Major

Required courses:

PS 101	Introductory Psychology	3
PS 325	Statistics and Research Methods for Behavioral Sciences I	4
PS 345	Statistics and Research Methods for Behavioral Sciences II	4
PS 450	Senior Seminar	3
200-Level Requirement:		9 - 12
PS 201	History and Systems of Psychology	
PS 221	Social Psychology	
PS 224	Developmental Psychology	
PS 227	Cognitive Psychology	
PS 259	Health Psychology: Health & Wellness Applied	
SW 245	Basic Helping Skills	
300 & 400-Level Requirement:		9-12
PS 306	Clinical Psychology and Mental Health	
PS 319	Classic Theories of Personality	
PS 349	Industrial/Organizational Psychology	
PS 371	Introduction To Counseling	
PS 386	Biological Psychology	
PS 425	Research Seminar	
Electives		0 - 4.5
PS 205	Psychology Of Adjustment	
PS 210	Stress Management	
PS 214	Psychology of the Middle School Student	
PS 215	Adolescent Psychology	
PS 401	Directed Readings in Psychology	
PS 402	Directed Readings in Psychology	
PS 403	Directed Readings in Psychology	
PS 411	Psychology in Practicum	
PS 413	Internship in Psychology	
PS 441	Independent Study in Psychology	
PS 442	Independent Study in Psychology	
PS 443	Independent Study in Psychology	
ED 253	Educational Psychology	
SO 235	Social Inequalities	
SO 330	Global Race Relations	
BI 357	Animal Behavior	
Total Hours		**32-42.5**

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/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. *Students are not allowed to double major between Psychology and Psychology - Education.*

**This catalog applies to incoming students Fall 2023 onward. For prior catalog years, please contact the Psychology program coordinator.*

Psychology Minor

PS 101	Introductory Psychology	3
200-Level Requirement (2 courses)		6
PS 201	History and Systems of Psychology	
PS 205	Psychology Of Adjustment	
PS 221	Social Psychology	
PS 224	Developmental Psychology	
PS 227	Cognitive Psychology	
PS 259	Health Psychology: Health & Wellness Applied	
SW 245	Basic Helping Skills	
300 & 400-Level Requirement (at least 1 course)		3 - 6

PS 306	Clinical Psychology and Mental Health	
PS 319	Classic Theories of Personality	
PS 349	Industrial/Organizational Psychology	
PS 371	Introduction To Counseling	
PS 386	Biological Psychology	
PS 425	Research Seminar	
Electives		0 - 3
PS 210	Stress Management	
PS 214	Psychology of the Middle School Student	
PS 215	Adolescent Psychology	
PS 401	Directed Readings in Psychology	
PS 402	Directed Readings in Psychology	
PS 403	Directed Readings in Psychology	
PS 411	Psychology in Practicum	
PS 413	Internship in Psychology	
PS 441	Independent Study in Psychology	
PS 442	Independent Study in Psychology	
PS 443	Independent Study in Psychology	
Any college-level statistics course: *		3
MA 135	Basic Statistics	
BA 270	Business Statistics	
Total Hours		**15-21**

* A additional college-level statistics course is not required if a student completes BI 125 Foundations of Biology & Scientific Inquiry I, BI 125L Biostatistics and Scientific Investigation I, BI 126 Foundations of Biology & Scientific Inquiry II, and BI 127 Foundations of Biology & Scientific Inquiry III at Mount Mercy University with a grade of "C" or better in each course.

** This catalog applies to incoming students Fall 2023 onward. For prior catalog years, please contact the Psychology program coordinator.

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). 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 224	3
Portal	3			CO 101	3
Writing Competency	4			BI 123 or 125	4
Self and Society Domain	3			Historical Roots Domain	3
	13		**3**		**13**

Sophomore

Fall	Hours	Winter	Hours	Spring	Hours
PS 221	3	Elective	3	Global Awareness Domain	3
Fine Arts Domain	3			Literature Domain	3
Elective	3			MA 135	3
Holistic Health Domain	3			Self and Society Domain	3
				Elective	3
	12		**3**		**15**

Junior

Fall	Hours	Winter	Hours	Spring	Hours
PS 227	3	PS 349	3	PS 306	3
PS 325	4			PS 345 Must be taken with same instructor as PS325	4
PS 371	3			SW 245	3
Elective	3			Elective	2
				PS 386	3
	13		**3**		**15**

Senior

Fall	Hours	Winter	Hours	Spring	Hours
PS 259	3	Elective	3	PS 413	3
PS 443	3			PS 450	3
Philosophy Domain	3			ME 450	1
Elective	3			Elective	3
Elective	3			Elective	3
				Elective	2
	15		**3**		**15**

Total Hours: 123

Note: Elective courses could be used for a second major, a minor, a course of interest, internship or study abroad experience.
Note: See the Curriculum section *(*http://catalog.mtmercy.edu/curriculum/#corecurriculumtext*) for more information on Portal, Competency, Domain, and Capstone courses.*

[1] 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 201 History and Systems of Psychology: 3 semester hours
A study of the historical, philosophical, and conceptual foundations of contemporary psychology.

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 210 Stress Management: 3 semester hours
This multidisciplinary course examines stress from physiological, psychological, and sociological perspectives. Topics include the mind-body relationship, stress and disease, sociocultural inequities in stress/health, occupational stress, exercise and stress, and a multitude of interventions (e.g., breathing, progressive muscular relaxation, meditation, imagery, assertiveness training). This course may also include a number of physical activity days (e.g., yoga, recreational games, weight training).

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 224. (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 224. (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 224 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 227 Cognitive Psychology: 3 semester hours
The purpose of this course is to provide an overview of the field of cognitive psychology. The course summarizes experimental research in cognitive psychology, discusses the major theories in the field, and attempts to relate the research and theories to cognitive tasks that people, like you, encounter in everyday life - for example, reading, driving, studying, judging advertising claims, evaluating legal testimony, solving problems on the job, and making healthcare decisions. Includes.

PS 259 Health 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). Prerequisite: PS 101.

PS 306 Clinical Psychology and Mental Health: 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. (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 and Research Methods for Behavioral Sciences I: 4 semester hours
This course is the first of two courses in the statistics and research methods sequence. It involves application, observational, and survey methods, and it includes use of statistical procedures within the context of correlational research. Reading empirical literature and writing summaries of statistical analyses are emphasized. Use of statistical computer software 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 and junior standing. 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 Statistics and Research Methods for Behavioral Sciences II: 4 semester hours
This course is the second of two courses in the statistics and research methods sequence. 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 statistical computer software 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. Students must enroll in PS 345 the semester immediately following PS 325. To be taken with student's PS325 professor. 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 306 and SW 245 and junior or senior status (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 386 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 January term).

PS 401 Directed Readings 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 Readings in 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 in 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 a brief 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) at the same agency site 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 is designated Pass/Fail by the instructor. Prerequisites: (1) permission of the department; (2) sophomore or higher standing; (3) completion of at least three psychology courses; and (4) a minimum of 3.00 in both overall GPA and in all psychology courses. Formal application must be made in the semester prior to the internship (offered fall, spring and summer terms).

PS 413 Internship in Psychology: 3 semester hours
This course provides a concentrated opportunity for professional interaction in selected agencies or institutions under the supervision of a professional in the field. The student could take PS 411 at the same agency site 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 413 (3 credit hours) implies being at an agency for ten to twelve hours per week (e.g., 120 hours/semester). This course is designated Pass/Fail by the instructor. Prerequisites: (1) permission of the department; (2) completion of at least five psychology courses; (3) completion of PS 306 and SW 245 [or have permission of the instructor]; (4) a minimum of 3.00 in both overall GPA and in all psychology courses; and (5) junior or higher standing. Formal application must be made in the semester prior to the internship (offered fall, spring and summer terms).

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).