

# DEPARTMENT OF PSYCHOLOGY

*Mission: The Department of Psychology seeks to enhance students' understanding of human nature proceeding from a Christian understanding of humans created in the image of God. The psychology major explores multiple perspectives of human nature, including cognitive, behavioral, biological, social-cultural, and spiritual. All students learn the skills necessary to conduct research and to evaluate carefully others' research, with the goal of increasing students' understanding of human nature. Students interested in counseling are introduced to basic theories and methods relevant to providing counseling services. The psychology major prepares students either to secure employment immediately following graduation or to continue on to pursue advanced study in psychology or counseling at the graduate level.*

Both a major and a minor in Psychology are offered through the undergraduate Psychology Department. Refer to the Programs tab for more information.

## Program Learning Outcomes

Program Learning Outcomes (PLOs) for the Department of Psychology are:

1. Apply principles of cognitive, behavioral, biological, socio-cultural, and spiritual perspectives on human nature to practical issues such as personal, social and/or organizational issues.
2. Apply core principles of empirical research, including research design, data analysis, and interpretation, to critically evaluate scholarly research.
3. Practice professional ethics (as defined by American Psychological Association), cultural competency, and citizenship with the focus on core principles of beneficence, responsibility, integrity, justice, and respect.
4. Develop oral and written products that demonstrate information literacy skills in established scientific format (APA).
5. Apply psychological knowledge, skills and values to various careers and/or postgraduate study.
6. Integrate Christian worldview with knowledge of psychology

## Programs

### Major:

- Psychology B.A. (<https://catalog.vanguard.edu/archives/2020-2021/sobe/undergraduate/psychology/psychology-ba/>)

### Minor:

- Psychology Minor (<https://catalog.vanguard.edu/archives/2020-2021/sobe/undergraduate/psychology/psychology-minor/>)

## Courses

**NOTE: Some of the courses listed below may be applicable to general education requirements within the Professional Studies/Non-Traditional Education program (e.g. PSYC-103 Introduction to Psychology). Questions, contact the Department of Psychology or the Registrar's Office.**

### PSYC-103 Introduction to Psychology 3 Credits

Prerequisite to all other psychology courses. This course explores the fundamental issues of psychology, including research in psychology, biological influences on development and behavior, learning and memory, motivation, personality, psychological disorders, psychological interventions, and social behavior. (meets Social Science requirement)

### PSYC-103C Introduction to Psychology 3 Credits

Prerequisite to all other psychology courses. This course explores the fundamental issues of psychology, including research in psychology, biological influences on development and behavior, learning and memory, motivation, personality, psychological disorders, psychological interventions, and social behavior.

Terms Typically Offered: Fall and Spring.

### PSYC-220C Researched Writing/Psyc Majors 3 Credits

This course focuses on the process of writing in APA style. Students will be taught how to read and comprehend research in psychology and to write research papers from a place of understanding the context, process, and audience for research writing. This course also serves as an introduction to the major, informing students of scholastic expectations and of opportunities within their undergraduate experience. Additionally, students will be guided in thinking about and moving toward future educational and career pursuits. Must be passed with a "C" (not "C-") or better to fulfill the core curriculum requirement. Prerequisite for Research Methods. Satisfies ENGL-220C core requirement.

Prerequisite: PSYC-103C, ENGL-120C

Terms Typically Offered: Fall and Spring.

### PSYC-221 Developmental Psychology 3 Credits

An exploration of human development through the biological behavioral, cognitive, sociocultural, and spiritual perspectives in a lifespan approach (from conception through death). This course is recommended early in the major and is a prerequisite for other psychology courses.

Prerequisite: PSYC-103C

### PSYC-265C Introduction to Behavioral Statistics 3 Credits

A course in basic statistical concepts and methods of collecting, summarizing, presenting, and interpreting data in the behavioral sciences; including descriptive statistics (use of graphs and charts), normal distribution curve, measures of central tendency, deviation and dispersion, hypothesis testing, statistical fallacies, correlation, and topics in probability. Students majoring in Psychology, Sociology or History/Political Science must take PSYC-265C or SOC-265C to fulfill the core curriculum requirement in mathematics and the major requirement.

Terms Typically Offered: Fall and Spring.

### PSYC-291 Special Topic: 1 Credit

A lower division study of a special topic in psychology and may be repeated for credit.

### PSYC-292 Special Topic: 2 Credits

A lower division study of a special topic in psychology and may be repeated for credit.

**PSYC-293 Special Topic: 3 Credits**

A lower division study of a special topic in psychology and may be repeated for credit.

**PSYC-312 Death, Grief, and Loss System 3 Credits**

This course is cross listed with SOC-312. This course provides a comprehensive introduction to the study of death and dying. This course will discuss the intellectual, emotional, social, psychological, experiential, and spiritual aspects of death and loss as part of one's personal discovery. Prerequisite: ANTH-102C, PSYC-103C, or SOC-100C

**PSYC-320 Developmental Psychology 3 Credits**

An exploration of human development through the biological, behavioral, cognitive, sociocultural, and spiritual perspectives in a lifespan approach (from conception through death). The course is recommended early in the major and is a prerequisite for other psychology courses. (This course is no longer being offered. Refer to PSYC-221; 2019 Academic Catalog)

**PSYC-321 Adolescent Psychology 3 Credits**

A study of the period of life from puberty to the emergence from the teens, emphasizing the physical, mental, emotional, social, spiritual, and personality development of the individual. Diversity issues are considered.

Prerequisite: PSYC-103C

Terms Typically Offered: Fall and Spring.

**PSYC-323 Positive Psychology 3 Credits**

Positive Psychology is the scientific study of the factors that make one's life fulfilling. The course explores such concepts as happiness, meaning, flow, values, strengths, and virtues as they relate to an individual's ability to thrive, in turn affecting the health and well-being of family and society. Topics will be presented and evaluated in the context of Christian faith.

Prerequisite: PSYC-103C

Terms Typically Offered: Fall.

**PSYC-324 Social Psychology 3 Credits**

This course is cross listed with SOC-324. An examination of interpersonal behavior as it is influenced by social processes, culture, face-to-face interactions, and personality characteristics; including interpersonal and group behavior in relationship to social values, norms, attitudes, roles, and social needs.

Prerequisite: PSYC-103C or SOC-100C

**PSYC-331 Diversity in the Helping Professions 3 Credits**

Exposes students to the psychological literature relevant to becoming more culturally sensitive to diverse ethnic populations and other forms of diversity. It addresses the unique changes required to the traditional psychological counseling theories and counseling practices that are associated with helping individuals from diverse backgrounds. The course is applicable to students who intend to work with, minister to, or do clinical counseling with people of diverse ethnic and cultural backgrounds. Lab fee.

Prerequisite: PSYC-103C

**PSYC-332 Abnormal Psychology 3 Credits**

A study of sociocultural, spiritual, emotional, cognitive, and behavioral deviations with regard to description, patterns of development, measurement, and treatment methods.

Prerequisite: PSYC-103C, PSYC-221

Terms Typically Offered: Fall and Spring.

**PSYC-335 Social & Psychological Aspects of Aging 3 Credits**

An interdisciplinary and cross-cultural perspective on human aging. The physiology of aging and its psychological ramifications are explored, as is the sociology and spirituality of the older adult in contemporary society.

Prerequisite: PSYC-103C or SOC-100C

**PSYC-336 Managing Crisis 3 Credits**

This course is cross listed with SOC-336. This course examines the phenomena of social crises and emergencies. It will examine Crisis Theory, response, coping skills and intervention methods. Implications for gender, race, social class, and diverse backgrounds will be explored in light of how those differences influence differing needs, norms, and ways of coping.

Prerequisite: ANTH-102C, PSYC-103C, or SOC-100C

**PSYC-338 Child Psychology 3 Credits**

A study of the period of life from early childhood until puberty from a developmental psychopathology perspective. The course provides an overview of psychological disorders of childhood and an introduction to their clinical treatment.

Prerequisite: PSYC-103C, PSYC-221, PSYC-332

**PSYC-340 Biological Psychology 3 Credits**

This course is an introduction to the concepts of biological psychology. Beginning with a basic understanding of brain structures, students will gain an understanding of how brain structure relates to brain function and to behavior. Topics covered include brain structure, neuronal communication, drugs and hormonal influences on the brain, visual sensation and perception, sleep and waking states, sexual behavior, brain lateralization, language, and psychological disorders.

Prerequisite: PSYC-103C

**PSYC-344 Family Violence 3 Credits**

This course is cross listed with SOC-345. Investigates the identification, causes, and prevention of all types of intrafamily abuse: child, spouse, sibling, and parent. Explores theories and research findings for practical application. Studies the sociocultural contexts in which abuse and violence occur. For students whose careers will bring contact with victims and/or perpetrators of family violence.

Prerequisite: ANTH-102C, PSYC-103C, or SOC-100C

**PSYC-345 Theories of Personality 3 Credits**

A review and critical evaluation of the major personality theories and their supporting evidence.

Prerequisite: PSYC-103C, PSYC-221

Terms Typically Offered: Fall and Spring.

**PSYC-346 Human Sexuality 3 Credits**

This course is cross listed with ANTH-346 and SOC-346. Human Sexuality provides an overview of human sexual anatomy, gender identity, sexual orientation and expression, and the ways that contexts affect sexual meanings. Must have junior or senior class standing.

Prerequisite: ANTH-102C PSYC-103C or SOC-100C; must be Junior or Seniorstanding.

Terms Typically Offered: Fall and Spring.

**PSYC-351 Principles of Behavior 4 Credits**

This course introduces students to the principles of classical and operant conditioning that can be applied to clinical, counseling, child, sports, and organizational psychology. Examination of these principles and their role in substance abuse, behavioral addictions, autism, phobias, sexual behavior, developmental disabilities, behavioral medicine, animal training, and everyday life will be included. Students will participate in hands-on exercises with rodents to illustrate operant conditioning principles of behavior. Must be Junior or Senior standing. Lab fee.

Prerequisite: PSYC-103C and Junior or Senior Standing

**PSYC-352 Culture and Psychology 3 Credits**

Culture and Psychology will cover the nature of culture and its applications to understanding human functioning. Students will examine cultural influences on thought, emotion, behavior, and relationships through exploring their own and other domestic and international cultures.

**PSYC-354 Disability Studies 3 Credits**

This is a survey course of disability studies from an interdisciplinary approach. The course will investigate, critique, and enhance society's perception and understandings of disability both locally and globally. This course explores the concept of disability in health, education, legal systems, community, media, and diversity. This course will apply the core concepts of disability theory to analyze issues in history, policy, culture, and human rights. Students will participate in various assignments that will allow them to reflect and integrate key concepts from this course into their own disciplines.

Prerequisite: PSYC-103C

**PSYC-355 Survey of Human Services 3 Credits**

This course is cross listed with SOC-355. Survey of Human Services explores the ways in which care is provided for the whole individual, surveying community resources and developing an understanding of the ways in which human services are carried out in various settings. Ethical issues and the significance of a Christian worldview in human services are also examined.

Prerequisite: PSYC-103C or SOC-100C

**PSYC-373 Psychology of the Family 3 Credits**

Psychology of the Family explores the institution of the family from a multigenerational developmental perspective. Psychological, socio-cultural, and spiritual perspectives are also explored. Students will be introduced to family systems theory as a method of understanding family dynamics and to theoretical orientations of family therapy.

Prerequisite: PSYC-103C

**PSYC-374 Intro to Industrial/Organizational Psychology 3 Credits**

Psychology of Work examines the role of psychology in enhancing well-being and productivity of working individuals and performance of organizations that employ them. Issues concerning both individual and group functioning are discussed: employee selection, matching jobs and individuals, training, performance evaluation, productive and counterproductive behavior in organizations, stress, leadership and organizational development. Furthermore, all of these issues are considered in the context of multilevel cultural influences, from organizational cultures to demands due to globalization.

Prerequisite: PSYC-103C

**PSYC-381 Research Methods in Psychology 4 Credits**

An introduction to qualitative and quantitative research methods in psychology, including experimental, quasi-experimental, and correlation approaches. Students will learn to think critically about research, assessing threats to internal and external validity. Students will consider ethical issues in research and will learn to design and conduct research, including searching the literature, using SPSS to analyze data, and writing formal research reports using APA style.

Prerequisite: PSYC-103C, PSYC-220C or ENGL-220C; PSYC-265C, MATH-265C or SOC-265C

**PSYC-382 Mental Illness in Society 3 Credits**

This course examines the distribution of mental illness throughout society, the social conditions of processes that contribute to mental illness and mental health, and the individual experience of being labeled and treated as mentally ill.

Prerequisite: ANTH-102C, PSYC-103C, or SOC-100C

**PSYC-383 Addiction Studies 3 Credits**

This course will examine the psychological, social, and biological aspects of illicit drug use, alcoholism, compulsive gambling, over eating, and other addictions. The course will also explore drug prevention and treatment from the perspective of the Christian faith.

Prerequisite: PSYC-103C and PSYC-340

**PSYC-420 Behavior Modification 3 Credits**

An examination of the applications of cognitive and learning theories to a broad range of problems and settings, including child rearing, education, psychotherapy, and industrial settings. Integration of theological aspects of therapy is also addressed.

Prerequisite: PSYC-103C

**PSYC-434 Group Dynamics 3 Credits**

Group Dynamics explores the various stages of groups, including pre-group assessment and screening of group members, group development, the initial stage, the transition stage, the working stage, and the final stage of groups. Students will be introduced to different types of groups. Ethical and multicultural issues as they apply to groups are examined. This course incorporates experiential learning processes where students learn about group processes through participation in an ongoing class experiential group. Each student will attend one group meeting of an ongoing secular group in the community and one group meeting of an ongoing Christian group in the community. Students taking this class are asked to be committed to group participation.

Prerequisite: PSYC-103C

**PSYC-440 History & Systems/Psychology 3 Credits**

A survey of the origin, development and decline of each major school of psychology from the ancient period to modern times, giving attention to the social and intellectual milieu from which the new approaches to the scientific study of humans emerged.

**PSYC-443 Sport Psychology 3 Credits**

This course is designed to introduce students to the psychological aspects of sport and physical activity. From the sport perspective, emphasis will be placed on mental preparation of teams and individuals for competition. From the exercise perspective, group dynamics, motivation and exercise adherence will be covered.

Prerequisite: PSYC-103C

**PSYC-449 Cognitive Psychology 3 Credits**

Addresses the study of human cognitive processes including perception, memory, problem solving, thinking, and hemispheric specialization.

Cognitive aspects of psychological and learning disorders are also addressed.

Prerequisite: PSYC-103C

**PSYC-450 Psychology Teaching Internship 1-4 Credits**

Regular hours each week for classes and/or meetings are established at the beginning of the semester. Psychology Teaching Internship provides the student with the opportunity to assist an instructor in planning and conducting a course and/or laboratory sessions. The course may be repeated for a maximum of eight units. Three (3) units of PSYC 450 may be applied to the Psychology electives requirement with the balance of the units applied toward general elective units.

**PSYC-460 Field Practicum 1-4 Credits**

Field experience in a social service agency such as an outpatient health facility, a community organization, or a social program. The course can be taken from 1-4 units and may be repeated for credit. Thirty hours of field experience will be required for each credit hour. This course is controlled by the instructor and all field sites must be approved by the professor.

The course instructor and the university manage the course requirements and responsibilities, which may include: a research paper, weekly journals, and various written assignments. The course requires weekly interaction between professor and student, as well as training and preparation that are comparable with other courses within the major. May be repeated for credit.

Prerequisite: PSYC-103C, PSYC-221 and PSYC-332

Terms Typically Offered: Fall, Spring, and Summer.

**PSYC-462 Counseling Theories 3 Credits**

An examination of the personhood of the counselor, the major theoretical counseling models, and the dynamics of effective behavioral change. The integration of biblical principles in counseling theories is introduced.

Prerequisite: PSYC-103C, PSYC-221 and PSYC-332

**PSYC-463 Counseling Methods 3 Credits**

The Counseling Methods course is an introduction to basic skills used in the helping professions including interviewing, listening skills, and basic therapeutic techniques as applied to adults, children, and families. The course also covers the personal life of the counselor and the process of professional development. In addition, students will be introduced to a range of special topics which may include, but are not limited to, grief, trauma, positive psychology and art therapy.

Prerequisite: PSYC-103C, PSYC-221 and PSYC-332

**PSYC-470 Special Topic: 1-3 Credits**

An upper division study of a special topic in psychology. May be repeated for credit.

Prerequisite: PSYC-103C

Terms Typically Offered: Fall, Spring, and Summer.

**PSYC-474 Psychological Research I 4 Credits**

An examination of problems in advanced research and assessment, with an emphasis on research techniques. Research is carried out under the supervision of the instructor with weekly conferences to discuss results and direction. Offered in the Fall semester.

Prerequisite: PSYC-381

**PSYC-475 Psychological Research II 4 Credits**

Psychological research and assessment conducted in PSYC-474 will culminate in a written paper. The APA-formatted paper will include literature review, methodology, results, and discussion. The research paper or poster will be submitted for presentation at either an undergraduate or professional conference. Offered in the Spring semester.

**PSYC-477C Psychology and Christianity 3 Credits**

An examination of human nature from the perspectives of psychology and Christian belief. Among the topics covered are the relationship between mind, body, and soul; the nature of human freedom; Christian prayer; conversion; and the relationships between people's attitudes and their behavior. This course fulfills the Core Curriculum Capstone requirement for Psychology majors.

**PSYC-480 Individual Studies: 1-3 Credits**

This course is open to qualified upper division students who wish to engage in an individually tailored program of study. May be repeated for credit.

**PSYC-482 Research in Neuroscience 4 Credits**

This course provides students with an empirically-based research experience in the area of behavioral neuroscience. Students will be using an animal model of addiction and/or PTSD to study the neural mechanisms behind learning and memory. Students will gain a basic understanding of proper research methodology, memory consolidation, reconsolidation, conditioned place preference paradigm, brain anatomy, and pharmacology. Students will have hands-on experience learning various techniques, including stereotaxic surgery, animal handling and injection, behavioral analysis, and proper documentation. It is expected that a research report and an oral presentation of the results will be given at the conclusion of the course. Students must be declared Psychology Major with Junior or Senior standing. Lab fee.

Prerequisite: PSYC-103C, Declared Psychology Major with Junior or Seniorstanding.

**PSYC-483 Research Assistant 1-4 Credits**

The undergraduate research assistantship engages students in original research projects of the faculty or student's own design. Its aim is to apply those skills learned in prior research design and methodology coursework and/or expand on these as appropriate to the student's skill set. A research agenda will be developed with each student, which then becomes the guide for the class. Course may be repeated for credit.

Terms Typically Offered: Fall and Spring.

**PSYC-485 Experimental Psychological Research 1-4 Credits**

This course provides the student with an empirically-based research experience in psychology. Emphasis will be placed on experimental design and development, animal handling, instrumentation, behavioral and statistical analysis, and research documentation skills. It is expected that a research report be completed at the conclusion of the research project along with an oral presentation of results.

Prerequisite: PSYC-340, PSYC-381

**PSYC-490 Seminar 1-3 Credits**

Seminar investigates topics of particular relevance to upper division psychology students. Professional development and career issues such as vita preparation and interview protocol are addressed. May be repeated for credit.

