

# PSYCHOLOGY

The Psychology Department at St. Kate's features an energetic faculty specializing in the areas of mental health counseling, biological, developmental, educational, and industrial-organizational psychology. Faculty members are devoted to innovative teaching, and students work closely with faculty to perform research and develop written and oral reports of their findings. The department emphasizes the development of conceptual reasoning and critical thinking skills with a focus on scientific inquiry. As a result, our majors graduate with an impressive knowledge base combined with communication and analytical skills that can be applied in a variety of careers.

Upper division lab courses at St. Kate's are small - approximately 15-20 students - and students often work in groups of two to three to design and conduct empirical research studies. The department integrates career and professional development into two seminar courses for our psychology majors, one designed for sophomores and the other for seniors. Students also have the opportunity to do internships as part of their major, which attune students to issues of social justice and foster leadership skills.

## Majors

- Applied Science in Psychology - BS (<http://catalog.stkate.edu/undergraduate/humanities-arts-sciences/psychology/applied-science-psychology-ba-bs/>)
- Psychology - BA (<http://catalog.stkate.edu/undergraduate/humanities-arts-sciences/psychology/ba/>)

## Minor

- Psychology - Minor (<http://catalog.stkate.edu/undergraduate/humanities-arts-sciences/psychology/minor/>)

### PSYC 1000 General Psychology — 4 credits

Orientation to contemporary scientific psychology including the study of learning and memory, sensation and perception, motivation and emotion, biology and behavior, personality, individual differences, psychological disorders, therapy and treatment, and developmental and social psychology. Offered in the College for Women and the College for Adults.

### PSYC 1001 General Psychology with Lab — 4 credits

This course is an orientation to contemporary scientific psychology, including the study of learning and memory, sensation and perception, motivation and emotion, biology and behavior, personality, individual differences, abnormal psychology, psychotherapy and developmental and social psychology. Students in General Psychology in the baccalaureate day program will participate in weekly laboratories that focus on how psychologists ask and answer questions. Offered every semester. Offered in the College for Women.

### PSYC 1080 Abnormal Psychology Seminar — 1 credit

A concise review of selected psychological disorders, including etiology, prognosis, treatment options, and current issues. Disorders reviewed are within the categories of anxiety disorders, mood disorders, personality disorders, somatoform disorders, psychotic disorders, substance abuse disorders and eating disorders. This is an independent study course. This course supports the University's mission in its focus on human diversity and social responsibility. Offered in the College for Adults.

**Prerequisite:** PSYC 1000.

### PSYC 1090 Statistical Methods in Psychology — 4 credits

This course includes basic principles and techniques of statistical analysis, emphasizing the treatment and evaluation of representative psychological data, descriptive statistics including linear regression and correlation, hypothesis testing and inferential statistics through analysis of variance, confidence intervals and selected nonparametric statistics including chi square. Students will complete some homework exercises using statistical software. Offered every semester. This course meets the liberal arts and sciences core math/stats requirement. Credit is given for only one of the following courses: ECON 1080, ECON 1090, HLTH 1090, STAT 1089, STAT 1090, or PSYC 1090. Offered in the College for Women and the College for Adults.

### PSYC 2010 Psychology of Kindness — 1 credit

This course covers the study of definitions, scientific findings, and theories about kindness, including the study of what psychology has found about human tendencies toward kindness and aggression, the role of kindness in families, the characteristics of kind people, the benefits of kindness for a person, and working towards kindness in groups, communities and societies. This course is an online study course where students complete their work independently online.

### PSYC 2020 Lifespan Developmental Psychology — 4 credits

(Variable option, two credits each: see PSYC 2026 and PSYC 2027.)

Scientific study of development from prenatal life through late adulthood, with emphasis on the interplay of psychological processes, heredity and environment. Offered in the College for Women and the College for Adults.

**Prerequisite:** PSYC 1000 or PSYC 1001.

### PSYC 2025 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, and how these developmental processes are embedded in one's culture and society. This chronological review addresses physical, cognitive, social and emotional changes across the lifespan. Students in this course may engage in structured observations of children, as determined by the course instructor. These observations may take place in structured settings or via recordings of children. Offered every semester. Offered in the College for Women.

**Prerequisite:** PSYC 1000 or PSYC 1001.

### PSYC 2027 Lifespan Development: Adolescence, Adulthood and Death — 2 credits

In this course students will study the developing person from age 12 to late adulthood, including the physical, sexual, cognitive and social changes that occur with aging. Family, peer, school and work environments are covered in the teen and early adult years. Work and leisure environments, adult development within the family, and adjustment to aging, loss and death are covered in the middle and late adulthood periods. Offered in the College for Adults.

**Prerequisite:** PSYC 1000.

### PSYC 2030 Improvisation and Mental Health — 2 credits

The ability to tolerate ambiguity is essential to mental health. In this course, students will explore this premise by learning the fundamentals of improvisation and discovering how these skills can enrich their lives and make them more flexible, effective, and empathic, both personally and as future mental health workers.

**Prerequisite:** PSYC 1001.

**PSYC 2040 Basic Counseling Skills — 4 credits**

This course will introduce students to the core skills of counseling including attending, empathy, building rapport, and effective responding. This class will be interactive in nature with regular triad practice sessions. Students will be able to identify their specific skill strengths, as well as areas for future growth. Required reading will include text and journal articles. Students will be expected to maintain a journal during the course documenting their experience and submit two practice videos for evaluation. This course is a unique opportunity to not only learn the core essentials of counseling skills, but also to engage in practicing these skills in a learning environment. This course will NOT prepare students to be a counselor or a professional helper, rather it is designed to be an introduction to the interviewing process. This course will allow students to practice basic listening and interviewing skills that may motivate students to move forward towards a career in a helping profession.

**Prerequisite:** PSYC 1000 or PSYC 1001.

**PSYC 2850 Seminar I: Psychology Engages the World — 2 credits**

The first of two seminars required for the psychology major, this course is designed to assist students as they explore the psychological knowledge, skills and abilities they will gain through the psychology major, and plan their curriculum accordingly. Students will explore careers, graduate school options and learn about the professional world of work. Students will also learn about diversity and ethics as applied to the science and practice of psychology. Offered in the College for Women and the College for Adults.

**Prerequisite:** PSYC 1000 or PSYC 1001.

**Prerequisite with concurrency:** Third psychology course.

**PSYC 2994 Topics — 4 credits**

The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses. Offered in the College for Women.

**PSYC 3000 Research Methods in Psychology — 4 credits**

The goal of this course is to provide students with both the knowledge and experience of how psychologists ask and answer questions using empirical methods. Topics include the foundations and logic of science, ethical principles regarding scientific inquiry, and the tools of research, including surveys, experiments, qualitative research, and observational research. In addition to lectures and class activities, students will actively engage in the research process by designing, conducting, and presenting a group research project. Offered in the College for Women.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 1090 (may be taken concurrently with instructor approval).

**PSYC 3005 Psychology of Grief Loss and Trauma — 4 credits**

This course will provide an understanding of the effects of grief and loss on individuals. Students will explore theories around grief and loss, types of losses, the bereavement process, and treatment approaches. Special attention will also be given to understanding trauma and grief-related concerns such as Post Traumatic Stress Disorder (PTSD) and complicated grief.

**Prerequisite:** PSYC 1000 or PSYC 1001.

**PSYC 3010 Understanding Psychological Disorders — 4 credits**

This course provides an overview of psychological disorders such as anxiety, affective, eating, psychotic and personality disorders. Students will learn how abnormal behavior is conceptualized, about various theories of psychopathology and about clinical assessment, diagnosis, and treatment. For each disorder, students will explore etiology, prognosis, and empirically-supported treatments as well as general concerns related to mental illness. Offered every semester. Offered in the College for Women and the College for Adults.

**Prerequisite:** PSYC 1000 or PSYC 1001.

**PSYC 3020 Personality Theories — 4 credits**

This course covers major theories and research that consider the definition, development, motivation, assessment and change of personality, as well as evaluation and comparison of the cognitive, biological, behavioristic, trait, psychoanalytic and humanistic approaches in particular.

**Prerequisite:** PSYC 1000 or PSYC 1001.

**PSYC 3030 Health Psychology with Lab — 4 credits**

This course is a study of current literature, theory and application of health psychology and behavioral medicine principles to health-related issues. Students will learn about the psychological aspects of physical illness/wellness, modification of health-related behaviors, patient-practitioner communication, adherence to a treatment plan, stress and coping, and the management of chronic and terminal illness.

**Prerequisite:** PSYC 1000 or PSYC 1001, PSYC 3000.

**PSYC 3040 Introduction to Clinical and Counseling Psychology — 4 credits**

This course is designed to introduce students to the core aspects of clinical and counseling psychology. This course will include an overview of the history, guiding principles, methods of assessment, and approaches to intervention that exist within clinical and counseling psychology. The specific sub-specialties within clinical and counseling psychology will also be explored. Offered in the College for Women and the College for Adults.

**Prerequisites:** PSYC 1000 or PSYC 1001 and PSYC 3010 or permission of the instructor.

**PSYC 3050 Psychology of Gender — 4 credits**

This course addresses a basic question: How does gender influence identity and development? Students will review research about the patterning and origins of gender differences in behavior, cognitive functioning and personality. Students will also consider how cultural definitions of gender influence the socialization of men and women into adult social and occupational roles. Students will be expected to critically analyze psychological research and theory for gender-related biases. Also offered as WOST 3050.

**Prerequisite:** PSYC 1000 or PSYC 1001.

**PSYC 3150 Psychology of Adulthood and Aging — 4 credits**

This course involves the study of the course of human maturation and aging from adulthood until death, with a focus on how gender, social class, race, culture and ethnicity mediates the aging process. Topics include the self and the life story, marriage and the family, intergenerational influences, work, retirement, health, well-being, physical aging, death and dying.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 2025.

**PSYC 3250 Socialization Processes with Lab — 4 credits**

This is an advanced developmental psychology course about the role of socialization processes in personality and social development. Students will focus on cultural differences in socialization and the influence of different agents of socialization (parents, peers, teachers, media). Topics include gender role socialization, moral development, attachment and affiliation, and identity formation processes. Weekly laboratory sessions focus on descriptive and observational research methods. Students will design and complete an independent research project.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 1090, PSYC 2025, PSYC 3000.

**PSYC 3350 Learning Principles and Applications with Lab – 4 credits**

This course covers perennial and current issues in the study of learning: emitted behaviors, classical, operant and observational learning; behavior modification; biological limits on learning; and applications to education and training. Students will participate in weekly laboratory exercises and design and execute an independent research project.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 1090, PSYC 3000.

**PSYC 3450 Memory and Cognition with Lab – 4 credits**

This is a survey of current research paradigms, information processing theories and controversies in a wide range of areas, including attention, pattern recognition, mental imagery, models of memory and forgetting, language, concept formation, problem solving and creativity. Students will participate in weekly laboratory exercises and design and execute an independent research project. Offered in the College for Women.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 1090, PSYC 3000.

**PSYC 3550 Industrial/Organizational Psychology with Lab – 4 credits**

This is a survey of current theory and research in industrial and organizational psychology. Topics include worker attitudes and motivation, personnel selection and training, job performance and performance appraisal, occupational health, organizations and organizational development, work/life balance and leadership. Emphasis is placed on principles of measurement; individual differences in behavior at work and influences of organizational factors on individual behaviors. Students participate in weekly lab sessions and design studies, collect and analyze data, interpret study findings and write scientific reports.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 1090, PSYC 3000.

**PSYC 3650 Experimental Social Psychology with Lab – 4 credits**

Survey of current theory and research. Topics include effects of mass communication and group membership upon the attitudes and behavior of the individual, experimental methodology, attitude formation and change, interpersonal attraction, altruism, aggression, prejudice and group dynamics. Students will participate in weekly laboratory sessions and design and execute social psychological research projects. Also offered as SOCI 3650. Offered in the College for Women.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 1090, PSYC 3000.

**PSYC 3820 Philosophy of Psychology – 4 credits**

Philosophy offers a lens into the discipline of psychology that lets students ask important questions about psychology. Are people innately good or evil? Are people who are neurodiverse ill, or just different? Do we really have free will? Are lawbreakers responsible for their actions? How can our minds be purely physical? Or aren't they? Do non-human animals think and feel like humans? What's the ethics of all this: How do we properly respect neurodiverse individuals, people who break laws, non-human animals? Professors will vary the questions asked and discussed in each offering of this course. Be in touch with the professor teaching the section for details. Also offered as PHIL. Offered in the College for Women.

**Recommended:** One course in psychology, one course in philosophy.

**PSYC 3994 Topics – 4 credits**

A survey of current literature and theory in a selected area of contemporary psychology. The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses. Offered in the College for Women and the College for Adults.

**PSYC 4010 Educational Psychology – 4 credits**

Educational Psychology you will explore the theoretical and applied aspects of learning, motivation, human development, assessment, and diversity in the educational setting. You will study learning theories as well as cognitive, emotional, and social learning processes that underlie education and human development. The focus will be placed on diversity and developing skills to better understand learners to foster improved learning, influence and manage classroom learning, and recognize and consider individual differences.

**Prerequisite:** PSYC 1000 or PSYC 1001.

**PSYC 4220W History and Systems – 4 credits**

This course introduces students to some of the major philosophies, scientific discoveries and cultural developments that led to the formation of psychology as a discipline; surveys the major ideas and methodological approaches that form the foundation of modern psychological thought; and critically examines psychology's impact on society. Topics include key developments in the history of science and psychology, as well as the history of psychology's involvement in education, mental health and culture. Students will have the opportunity to research a topic in psychology of their choice. Offered annually. Offered in the College for Women and in the College for Adults.

**Prerequisites:** Four courses in psychology. Minimum of Senior status, may be a Junior if pursuing a BS in Applied Science in Psychology.

**PSYC 4450 Psychology of Eating with Lab – 4 credits**

This course will explore the psychological, cultural, environmental and biological factors that influence our eating behaviors. Topics that we will cover include the neurobiological regulation of energy intake and expenditure, how we regulate and fail to regulate our food intake, eating disorders (mainly over eating), issues of stress and comfort eating, the global obesity epidemic (and how it may look different in different socioeconomic settings), economic factors which influence who has access to what food, the influence of media on our food choice, and cultural norms and differences in our eating behaviors. Offered in the College for Women.

**Prerequisites:** PSYC 1000 or PSYC 1001, PSYC 1090, PSYC 3000.

**PSYC 4602 Internship – 2 credits**

This is a structured out-of-class learning experience that takes place on or off campus and includes a substantial work component. An internship involves students in a particular profession in an exploratory way to test career interests and potential. To initiate an internship experience, meet with the internship coordinator in the Career Development Office.

**Prerequisites:** Permission of the instructor and department chair.

**PSYC 4604 Internship – 4 credits**

This is a structured out-of-class learning experience that takes place on or off campus and includes a substantial work component. An internship involves students in a particular profession in an exploratory way to test career interests and potential. To initiate an internship experience, meet with the internship coordinator in the Career Development Office.

**Prerequisites:** Permission of the instructor and department chair.

**PSYC 4682 Directed Study – 2 credits**

Directed study is provided for students whose unusual circumstances prohibit taking a regularly scheduled course but who need the material of that course to satisfy a requirement. Availability of this faculty-directed learning experience depends on faculty time and may be limited in any given term and restricted to certain courses.

**Prerequisites:** Faculty, department chair and dean approval.

**PSYC 4683 Directed Study — 3 credits****PSYC 4684 Directed Study — 4 credits**

Directed study is provided for students whose unusual circumstances prohibit taking a regularly scheduled course but who need the material of that course to satisfy a requirement. Availability of this faculty-directed learning experience depends on faculty time and may be limited in any given term and restricted to certain courses.

**Prerequisites:** Faculty, department chair and dean approval.

**PSYC 4850 Seminar II: Current Issues in Psychology — 2 credits**

This is the capstone course for senior psychology majors in their final year. Students compile a portfolio of their papers from previous psychology courses and prepare a paper or poster for presentation to an external audience or submit a paper for publication. Students also lead discussions and engage in dialogue with faculty and student colleagues on timely and controversial issues in psychology and participate in the department's assessment program. Offered in the College for Women and in the College for Adults.

**Prerequisites:** Senior status, six courses in psychology or permission of instructor.

**PSYC 4912 Research — 2 credits**

This involves an assigned or original research problem under the direction of a staff member.

**Prerequisites:** Permission of the instructor and department chair.

**PSYC 4914 Research — 4 credits**

This involves an assigned or original research problem under the direction of a staff member.

**Prerequisites:** Permission of the instructor and department chair.

**PSYC 4952 Independent Study — 2 credits**

Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.

**Prerequisites:** Permission of the faculty and department chair or program director.

**PSYC 4954 Independent Study — 4 credits**

Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.

**Prerequisites:** Permission of the faculty and department chair or program director.

**PSYC 4992 Topics — 2 credits**

A survey of current literature and theory in a selected area of contemporary psychology. The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses. Offered in the College for Women and the College for Adults.

**PSYC 4994 Topics — 4 credits**

A survey of current literature and theory in a selected area of contemporary psychology. The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses. Offered in the College for Women and the College for Adults.