

# PSYCHOLOGY

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Psychology is the empirical analysis of mind and behavior. The department members believe that reliable knowledge of psychological processes represents a necessary condition for meaningful action in the world. Virtually all disciplines benefit from attention to psychological variables. Psychology is a versatile, inherently interdisciplinary, and multi-methodological enterprise.

The Department's mission is to engender the kind of student who possesses a diverse and clear understanding of the major concepts, traditions, and findings within the field of modern psychology. Our goal is to mentor students to think critically and independently; who are well versed in both qualitative and quantitative methodologies and regard both as potentially valuable and appropriate. Our classes incorporate discipline-specific writing, professional skills, and opportunities for creative as well as critical thinking about applied problems.

Based on the Guidelines of the American Psychological Association for the Undergraduate Psychology Major: Knowledge in Psychology; 2.) Scientific Inquiry and Critical Thinking; Ethical and Social Responsibility; Communication; and Professional Development, the goals of the Psychology Department are as follows:

## Program Learning Outcomes:

- **introduce** students to the scientific approach and methods of critical analysis in the interpretation and evaluation of research and theory
- **engender** curiosity and cultural humility in understanding, service and research with diverse populations
- **present** a selection of courses that typify the breadth of the discipline and the expertise of departmental faculty
- **instill** cooperative learning strategies that enable students to participate effectively in group projects and in circumstances surrounding employment
- **polish** student writing so that they communicate clearly, succinctly and with authority both in oral presentation and in essay form
- **mentor** students' by providing opportunity and instruction in basic and applied psychology through civic and community engagement, as well as allied health and service professions.

## Psychology: Requirements for the Major

All courses must be completed with a "C" or better.

### Category I: Core Courses (18 credits)

Complete all of the below courses

PSY 150	Introduction to Psychology	4 credits
PSY 348	Research Methods	4 credits
PSY 349	Research Methods Laboratory	2 credits
PSY 350	Behavioral Statistics	
<b>OR</b>		
SOC 301	Social Statistics	4 credits
PSY 490	Senior Capstone <b>—or—</b> PSY 499 Advanced Senior Research	4 credits

### Category II: Breadth Electives (16 credits)

Complete at least one course from four of the five groups below:

#### Group A

PSY 252	BIOPSY I: Behavioral Neuroscience with Laboratory	4 credits
<b>OR</b>		
PSY 352	Sensation and Perception with Laboratory	4 credits

#### Group B

PSY 202	Health Psychology	4 credits
<b>OR</b>		
PSY 211	Abnormal Psychology	4 credits
<b>OR</b>		
PSY 309	Personality Psychology	4 credits

#### Group C

PSY 316	Psychology of Studying	4 credits
<b>OR</b>		
PSY 314	Memory and Mind	4 credits
<b>OR</b>		
PSY 416	Cognitive Science	4 credits

#### Group D

PSY 240	Child Development	4 credits
<b>OR</b>		
PSY 281	Lifespan Development	4 credits

#### Group E

PSY 358	Psychology of Ethnic Diversity in the US	4 credits
<b>OR</b>		
PSY 308	Social Psycholog	4 credist
<b>OR</b>		
PSY 310	Community Psychology	4 credits

### Category III: Electives (16 credits)

Category III courses are elective options, emphases and special topics courses that count toward the major. Students must take an additional 16

elective credits; 8 of which must be upper division credits.

Any course not taken to fulfill Category II may be used for an elective, as can of the other Psychology courses except those required in Category I and the Professional Development courses.

The following classes from programs outside of psychology also can be electively used towards the major or minor (no more than 8 credits total):

BIOL 312	Genetics and Evolution
PHIL 310	Philosophy of Science
PHIL 314	Philosophy of Mind
SOC/GSS 316	Gender and Sexuality
SOCWK 325	Counseling and Interviewing Techniques

TOTAL: 50 credits required for the BA Psychology degree

TOTAL: 58 credits required, the BS Psychology degree (2 additional NS lab classes)

### Psychology: Requirements for the Minor

The following courses must be completed with a grade of "C" or better:

PSY 150	Introduction to Psychology	4.0
PSY 350	Behavioral Statistics	4.0

**OR**

SOC 301	Social Statistics
Electives	16.0

Students intending to minor in Psychology should consult with a department member prior to choosing electives. At least 8 of the elective credits must be at the upper division level and no more than 8 elective credits outside of the Psychology may be used toward a Psychology Minor. These interdisciplinary courses must be Psychology-approved courses. Psychology-approved interdisciplinary courses include:

EXIP 365	Perceptual Motor Learning (NOTE: counts for the Minor not the Major)
BIOL 312	Genetics and Evolution
PHIL 310	Philosophy of Science
PHIL 314	Philosophy of Mind
SOC/GSS 316	Gender & Sexuality
SOCWK 325	Counseling and Interviewing Techniques

TOTAL: 24 credits

### Professional Development Courses

The following courses are recommended for any student interested in pursuing a graduate or professional degree. These courses DO NOT count toward upper division credits within the Major. However, they do fulfill upper division credits toward core requirements.

PSY 351	Directed Research
PSY 448	Mentoring in Psychology
PSY 451	Senior Thesis

(4 credits of PSY 451 are required; more than 4 are considered "professional development" and don't count toward

the major)

PSY 475	Internship Experience
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## COURSES

### PSY-150 Introduction to Psychology

Psychology is the science of human and animal behavior and mental processes. As a survey course, Introduction to Psychology provides an overview of the methods, terms, theories, and research findings in the field. By understanding principles of psychology, students learn more about themselves, other human and non-human animals, historic and contemporary issues within the discipline and how to think about those issues critically. 4 credits.

### PSY-155 Special Topics - Psychology

Go to <https://www.pacificu.edu/about-us/centers-institutes/advising-center/new-topics-travel-class-descriptions> or see the Advising Center.

### PSY-160 Cultural Psychology

The goal of this course is to provide a cross-cultural review of general principles of human psychology. Emphasis is on the organizing syndromes of particular cultures and how these world-views affect an individual's emotions, cognitions and behaviors. Counts toward core requirement: Diverse Perspectives. 4 credits.

### PSY-195 Independent Study

See department for details. Independent study contract required.

### PSY-202 Health Psychology

This course provides an overview of research, theory, and contemporary issues in the area of health psychology focusing on the ways in which individual factors, interpersonal processes, and larger systems influence the psychological and physical well-being of individuals. Topics include lifestyle factors and theories of health behavior change, stress and coping, help-seeking and healthcare interactions, prevention and intervention strategies, as well as a discussion of pain, injury, and chronic illness. Prerequisite: PSY 150 with minimum grade C. Counts toward core requirement: Diverse Perspectives. 4 credits.

### PSY-208 Addictions and Society

Addictions and Society takes a historical and interdisciplinary approach to the question of alcohol, substance abuse and the social costs of addiction and use. The course investigates human motives to alter consciousness using classic and modern research in the physiology of addiction, sociocultural risk factors and changing cultural representations of drug use. Also listed as PSJ 208. Prerequisite: PSY 150 with a minimum grade of C. 4 credits.

### PSY-210 Current Issues in Psychology

This is a seminar-style course that varies from one semester to the next. Course themes are selected based on the contemporary issues in the field and the faculty member's area of expertise, interest, and background. Examples of "Current Issues" include: Peoples and Cultures of Hawaii; The

Nature of Self-Concept; Aging; Life-Story Models of Identity; Evolutionary Psychology; and Psychology of Mindfulness. Prerequisite: PSY 150 with a minimum grade of C; additional prerequisites may apply depending on topic. May be repeated for credit when topic varies. 2-4 credits.

**PSY-211 Abnormal Psychology**

Students critically explore major categories of disorders, with special emphasis on anxiety disorders, mood disorders, schizophrenia, and borderline personality. All original readings (no textbook). Questions are raised about the use of psychiatric drugs, and attention is paid to the history of insanity. This course includes both textbook and original readings. Also listed as DS 211. Prerequisite: PSY-150 with a minimum grade of C. 4 credits.

**PSY-216 Introduction to Psychology of Studying**

Students learn the essentials of Cognitive and motivational psychology as they apply to academic engagement. From Cognitive Psychology, students learn about the nature of knowledge acquisition, storage, and retrieval. Topics covered stem from both neuroscience and from traditional psychological research. Additionally, students learn about the psychology of motivation as it applies to academic settings by focusing on optimal ways of fostering healthy achievement motivation. Prerequisite: PSY 150 with minimum grade C. 2 credits.

**PSY-225 Comparative Learning & Behavior**

The discipline of "learning" stemmed from the Behaviorist and Gestalt Psychological camps during the early development of Psychology. Today, learning includes a broader swath of specialties including: Cognitive, Biological, Educational, Social, and Abnormal Psychology. The systematic study of learning is a comparative branch of Psychology, wherein human and nonhuman animal behavior is investigated. Students complete this courses with a more expansive understanding of semi-permanent changes in human and nonhuman animal behavior and the wide applicability and limited generalizability of those behaviors across species and contexts. Prerequisite: PSY 150 with a minimum grade of C. 4 credits.

**PSY-226 History and Systems of Psychology**

Psychology is often discussed as having a long past but a short history. This course investigates the past (early philosophy relevant to the "psych") and the history (the formal establishment and research within the discipline) through the social, political, and historic influences on the science of behavior. The goals of this course are to provide students with a more holistic appreciation and understanding of contemporary psychological theories, and the early foundations of modern psychology. Students consider major theories, emerging research directions and controversies within the specialty disciplines of psychology. Prerequisite: PSY 150 with minimum grade C. 4 credits.

**PSY-240 Child Development**

This course is an introduction to human development with an emphasis on early and middle childhood. Initial discussion focuses on how to best characterize behavioral change over time and the interactive roles of nature and nurture as facilitators of change. Through detailed discussion of theory and research outcomes, students attain a comprehensive understanding of normative trends in physical, cognitive, social, emotional, and personality development coupled with an understanding of the cause of such change. Prerequisite: PSY 150 with a minimum grade of C. 4 credits.

**PSY-252 BIOPSY I: Introduction to Neuroscience**

This lecture and laboratory course seeks to explain and identify the biological structures of behavior, relating to actions, experience, genetics and phylogeny of the organism. Students learn physiological function and brain injury sparing, assessment, and recovery through case studies, discussion, video, dissection and lecture. The goals of this course are to provide students with a strong background in neuroscience, neuroanatomy, neuropsychological assessment, and the ability to apply their knowledge to individual trauma case examples. This the first course in the Department of Psychology's Neuroscience Emphasis (PSY 252, 352, 452). Should a student choose to complete this three-course series, it is permissible to enroll in the courses out of sequence. Prerequisite: PSY-150 with a minimum grade of C. BIOL-110 or BIOL-200, and BIOL-231 or BIOL-240 strongly recommended. 4 credits.

**PSY-255 Special Topics**

Go to <https://www.pacificu.edu/about-us/centers-institutes/advising-center/new-topics-travel-class-descriptions> or see the Advising Center.

**PSY-275 Internship**

See department for details. Internship contract required. 1-4 credits.

**PSY-281 Lifespan Development**

In this course, students learn the fundamentals of human development from conception to death. Lifespan developmental psychology examines the extent to which genetics (nature) and the environment (nurture) shape who we are as living, thinking, and socializing people. Prerequisite: PSY 150 with minimum grade C. 4 credits.

**PSY-308 Social Psychology**

This course addresses social behavior from the perspective of humans as social agents, how they affect and are affected by others, topics include: perception of persons, affiliation, communication and attitude change, group processes, leadership, intergroup tension, cultural syndromes, and social roles. Prerequisite: Junior standing or above (60 or more completed credits), PSY 348, and PSY 349 both with a minimum grade of C. PSY 350 or SOC 301 are strongly recommended. 4 credits.

**PSY-309 Personality Psychology**

A survey of current leading models of personality science, with special attention paid to five-factor theory (or what is also known as the "Big Five"; attachment theory, especially adult attachment-related behaviors; and script and life story models of identity in which self is presumed to be at least partly a function of narrative story-telling. All original readings (no textbook). Prerequisite: Sophomore standing or above (30 or more completed credits) and PSY 150 with minimum grade of C. 4 credits.

**PSY-310 Community Psychology**

This course will feature relevant theory, research, and practice in community psychology. Students will examine the associations between individual and social/environmental systems, the role of applied and action-oriented research, and use of collaborative practices all aimed at understanding and solving social issues from a strength-based perspective to promote wellness and reduce social inequities. This course includes a student-initiated service learning component. Prerequisite: Junior standing or above (60 or more completed credits) and PSY 150 with minimum grade C. Counts toward core requirement: Civic Engagement and Diverse Perspectives. 4 credits.

**PSY-313 Ecopsychology**

This course is an overview of psychological research in environmental attitudes, conservation, sustainability, effects of the environment on human behavior and well-being, and how to design and implement programs to promote ecologically aware behaviors. Course will include seminar discussion, travel for field trips, and community-based programming. Also listed as ENV 313. Prerequisite PSY 150 with a minimum grade of C. 4 credits.

**PSY-314 Memory and Mind**

Students delve into Cognitive Psychology by studying the nature of memory-- a cognitive skill we all take for granted, but that is necessary for our survival. Topics covered include historical perspectives in the study of memory, theories and current research in Information Processing, Mental Representation, and Long-term Declarative Memory Systems, changes in memory abilities over the life-span, and applied issues related to memory (in)accuracy. Through in-class lab exercises, writing and class discussion, students achieve a deep understanding of the nature of cognition and key role that memory plays. Prerequisite: Sophomore standing or above (30 or more completed credits) and PSY 150 with minimum grade of C. 4 credits.

**PSY-316 Advanced Psychology of Studying**

Students learn the essentials of Cognitive and motivational psychology as they apply to academic engagement. From Cognitive Psychology, students learn about the nature of knowledge acquisition, storage, and retrieval, contrasting "informational processing" and "embodied cognition" perspectives. Topics covered stem from both neuroscience and from traditional psychological research. Additionally, students learn about the psychology of motivation as it applies to academic settings by focusing on optimal ways of fostering healthy achievement motivation. Prerequisite: PSY 150 with minimum grade C. PSY 252 recommended. 4 credits.

**PSY-344 Social & Personality Development**

Students will learn the essentials of social and personality development. By the end of the course, students will understand the fundamentals of child social cognition, emotional regulation, attachment, and moral as well as gender development. Students will also learn how the contexts of family, school, society, and culture influence the development of sociality and sense of identity. This course is highly recommended for students who are considering careers working with children, adolescents, or both. Prerequisite: PSY 150 with minimum grade C; and PSY 180 or PSY 240 with minimum grade C. PSY 308 recommended. 4 credits.

**PSY-348 Research Methods in Psychology**

This course examines the principles of research design, methodology, and data analysis in psychology. Method and design issues relevant to a wide range of substantive areas in psychology are covered, such as experimental designs, survey research, observational research, and qualitative content analysis. Further, students receive an introduction to data management and analysis, research ethics and the Institutional Review Board (IRB) process. Prerequisite: Sophomore standing or above (30 or more completed credits) and PSY-150 with a minimum grade of C. Corequisite: PSY-349. PSY 348 and PSY 349 must be passed in same semester with a C or better. 4 credits.

**PSY-349 Research Methods in Psychology Lab**

This course is graded separately, but is a required component of PSY-348 and must be taken concurrently. In this course students work in groups to design studies, collect data, analyze it and present it. This course also focuses on the writing standards in scientific publication and presentation of results. Prerequisite: Sophomore standing or above (30 or more completed credits) and PSY 150 with a minimum grade of C. Corequisite: PSY-348. 2 credits.

**PSY-350 Behavioral Statistics**

Behavioral statistics provides an introduction to experimental design, descriptive and inferential statistics as well as computer statistical analysis. Statistical analysis is an essential part of any behavioral research project. This course provides the professional scaffolding for critical thinking, research interpretation, and empirical evaluation. Prerequisite: Sophomore standing or above (30 or more completed credits). MATH-165 strongly recommended. Does not meet Social Sciences core requirement (2010 catalog). 4 credits.

**PSY-351 Directed Research in Psychology**

Directed Research provides students with the opportunity to participate in an ongoing research project with a psychology faculty member. This opportunity provides practical research experience for business, career development, and graduate school. Research experience at the undergraduate level facilitates a more competitive application for graduate programs and jobs. May not be used as elective credit in Psychology. Instructor's consent required. May be repeated for up to 6 credits total. 1-2 credits.

**PSY-352 BIOPSY II: Sensation & Perception**

This lecture and laboratory course explore the psychophysics of sensation and how that data is transduced into the energy of the central nervous system, a neural impulse. The central nervous system translates visual, auditory, somatosensory, gustatory and olfactory sensations into perceptual representations of the world. The goals of this course are to provide students with the skills and opportunities to conceptually integrate structure and function of the nervous system in an applied way; to further their empirical writing skills, and to explore neuroscience through both a lecture, laboratory and discussion format. This the second course in the Department of Psychology's Neuroscience Emphasis (PSY 252, 352, 452). Should a student choose to complete this three-course series, it is permissible to enroll in the courses out of sequence. Prerequisite: Sophomore standing or above (30 or more completed credits ) and PSY 150 with a minimum grade of C. BIOL-110, BIOL-224, or BIOL-240 recommended. 4 credits.

**PSY-355 Special Topics**

Go to <https://www.pacificu.edu/about-us/centers-institutes/advising-center/new-topics-travel-class-descriptions> or see the Advising Center.

**PSY-358 Psychology of Ethnic Diversity in US**

Psychological theory and research in ethnic identity and ethnicity and their effects on social relationships, well-being, and physical health will be reviewed. Current and classic research on ethnicity, resiliency, cultural, trauma, and family socialization will be discussed. Students will investigate current events and their own personal concepts of ethnic identity. How intersecting identities of race, ethnicity, gender, class and sexuality affect psychosocial adjustment are addressed. Prerequisite: PSY 150 with a minimum grade of C. ENGW 201 strongly recommended. Counts toward core requirement: Diverse Perspectives. 4 credits.

**PSY-361 Psychology of Gender**

Psychology of gender will provide students with a survey of psychological theory and research on the influence of gender, gender identity, and gender labels on the cognitive, social, physical states of humans across the lifespan. Course materials will include intersections of gender with other key social identities including race/ethnicity, socioeconomic status, ableness, ageism, and sexual orientation. Prerequisite: Junior standing (60 or more completed credits), PSY 150 with a minimum grade of C, and one of the following: PSY 350, PSY 348, SOC 301, SOC 300, ANTH 301, SOCWK 310, or PH 300. Counts towards core requirement: Diverse Perspectives. 4 credits.

**PSY-395 Independent Study**

See department for details. Independent study contract required.

**PSY-416 Cognitive Science**

By taking a Cognitive Science perspective to the study of mind and mental experience, students are engaged in understanding how Philosophical, Psychological, Neuroscience, and Computational approaches can intersect, yielding a rich and complex picture of what it means to think, reason, and remember. Students gain a deep appreciation for the complexity of the human mind by going beyond the contribution of a single discipline and by challenging themselves to see connections across traditional academic divides. Prerequisite: Junior standing or above (60 or more completed credits); and PSY 150 with a minimum grade of C. 4 credits.

**PSY-420 Special Topics in Psychology**

Special Topics is a seminar course focusing on topics of special interest to students and faculty, examples include: Psychopharmacology, Cognition, Face Perception, Personality, Sociocultural Psychology, Educational Psychology, etc. Instructor's consent required. May be repeated for credit as topic varies. 2 or 4 credits.

**PSY-444 Psychobiography**

Psychobiography attempts to understand the form and content of artistic work from the vantage point of the artist's life history. Previous classes have included analyses of artists Diane Arbus, John Lennon, Sylvia Plath, Elvis, Oscar Wilde, Jackson Pollack, Vladimir Nabokov, Roald Dahl, Jack Kerouac, van Gogh, Kurt Cobain, and Truman Capote, among others, as well as political figures such as George W. Bush and Bill Clinton. Significant use is made of psychological theory as a means of tracing meaningful connections between the life and creative products or political beliefs. All original readings (no textbook). Prerequisite: Junior standing or above (60 or more completed credits) and PSY 150 with a minimum grade of C. 4 credits.

**PSY-445 Children and Violence**

In this seminar, students will learn and discuss issues related to children and the culture of violence in which they live. This course will be roughly divided into three sections. Part 1 addresses children as victims of violence, including both direct (physical, sexual) and indirect (witnessing domestic violence) forms; Part 2 examines children as consumers of violence via the media (TV, music, video games, and so forth); and Part 3 investigates children who perpetrate violence ranging from those who bully peers to those with developmental psychopathologies. Although this course is heavily research based, it may be especially valuable to students who are considering careers with at-risk youths. Prerequisite: Junior standing or above; PSY 150 with minimum grade C; and PSY 180 or PSY 240 or 281 with minimum grade C. PSY 344 recommended. 4 credits.

**PSY-448 Mentoring in Psychology**

Advanced psychology students will serve as facilitators and laboratory assistants in psychology classes in which they have previously demonstrated excellence. Mentors attend all classes and co-curricular events and complete all of the readings. Mentors will assist in classroom management, study sessions, and laboratory activities. They will work closely with faculty in developing the means to good mentoring during independent meetings with the professor outside of class. Prerequisite: 15 credits in PSY. Instructor's consent required. May be repeated for credit. 1-4 credits.

**PSY-449 Directed Research & Community Outreach**

Directed Research and Community Outreach provides students with the opportunity to participate in a research project with a psychology faculty member AND a community organization. This opportunity provides practical research experience in a community service related project, as such it does have a civic engagement designation. Research that benefits community organizations facilitates a more competitive application for graduate programs and jobs. Although this experiential credit may not be used as elective credit in Psychology, it can be used toward civic engagement requirements. As such, students or their research supervisor must submit the project proposal to the Center for Civic Engagement for inclusion in their ongoing catalog of CE projects underway in the College of Arts and Sciences. Instructor's consent required. Counts toward core requirement: Civic Engagement. May be repeated for more than one semester for up to 6 credits. 1-6 credits.

**PSY-452 BIOPSY III: Endocrinology**

This course explores the mediating role of hormones on the reciprocal physiological systems and how neurochemicals influence behavior across species. A central topic of this course concerns the effects of sex steroid hormones on various reproductive behaviors (e.g., sexual and parental behaviors). Other topics covered include: the endocrine regulation of aggressive behavior, biological rhythms, energy balance, stress, learning, memory, and contemporary topics within endocrinology (e.g., the effects of hormone replacement therapy, anabolic steroids, and psychopharmaceutical medications on healthy hormone regulation). This is the second course in the Department of Psychology's Neuroscience Emphasis (PSY 252, 352, 452). Should a student choose to complete this three-course series, it is permissible to enroll in the courses out of sequence. Prerequisite: Junior standing or above (60 or more completed credits) and PSY 150 with minimum grade of C. 4 credits.

**PSY-455 Special Topics**

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**PSY-475 Internship**

See department for details. Internship contract required.

**PSY-490 Senior Capstone Seminar**

The Senior Capstone Seminar is a writing-intensive course. It requires students to formulate a compelling psychological question with the assistance of their capstone supervisor. The topics vary by faculty supervisor specialty, thus each section will be designated by topic name. Students develop an empirical question, assemble an array of articles, books, or book chapters, pursuant to that question, and review, organize and assess this literature to write a compelling formal paper and engaging "Ted Talk" to be presented during Senior Projects Day (Spring). Others may choose to present a poster at the Undergraduate Research Conference (Fall), or another public arena. Pre-requisites: PSY-150, PSY-348, PSY-349, PSY-350 passed with a C or better; permission of the instructor to enroll in specific sections. Credits: 2-4, (4 credits required for the major) however credits may be repeated across semesters (e.g., 2 and 2).

**PSY-499 Advanced Senior Research**

The Advanced Senior Research thesis option is by invitation or faculty permission only and is for select seniors who wish to pursue professional, academic research. Like graduate school, students become a research mentee to a faculty mentor in their research. Students join that laboratory's research team, investigate the literature, prepare a research proposal, receive IRB approval (if appropriate), solicit participants (if appropriate), collect and enter data, analyze the results, and write a formal APA style paper. In addition to presenting their work at Senior Projects and writing a formal academic paper, Advanced Senior Research (PSY 499) requires professional presentation at an academic conference. Pre-requisites: PSY 150, PSY 348, PSY 349, PSY 350 passed with a C or better. Minimum 3.25 GPA in the major and a 3.00 GPA overall. Instructor consent required. Credits: 2-6 (4 credits required in place of 490) and may be repeated for credit (e.g., 2 and 2; 2 and 4 for elective credit).