

Psychology

The psychology major at Cal Lutheran is structured to meet three important objectives for those interested in the study of human thought, emotion and behavior. First, students learn about the empirical foundations of psychology. Second, psychology is a broad discipline and students are exposed to the variety of areas encompassed in the field. Third, the major is designed to enable students to apply what they have learned to the real world, thus teaching analysis, synthesis and critical thinking skills.

While lecture and reading assignments are part of every course, faculty in the department encourage students to be active participants in learning through laboratory and case study projects. The three junior/senior capstone courses are practicums emphasizing the integration and application of theory and concepts, ethics, oral and written communication, and research methodology.

Cal Lutheran's Psychology Department has a chapter of Psi Chi, a national honor society for psychology majors, and each year several of our students receive support to present their research projects at regional and national conferences.

The bachelor's degree in psychology is excellent preparation for graduate work in psychology, law and business. With a bachelor's degree, employment opportunities can be found in psychiatric rehabilitation programs, as research assistants and in the business world. Those with master's degrees may work in clinics and institutions, teach at a two-year college or work as school psychologists and counselors. For some clinical and research work, a doctorate is required.

Cal Lutheran offers master of science degrees in clinical psychology and counseling psychology with a specialization in marital and family therapy as well as a PsyD degree in Psychology.

Bachelor of Arts in Psychology

36 credits minimum; 24 credits upper division.

Required Courses

PSYC 200	General Psychology	4
PSYC 222	Abnormal Psychology	4
PSYC 312	Research Design and Statistics I	4
PSYC 313	Research Design and Statistics II	4
PSYC 331	Physiological Psychology	4
Select one of the following:		4
PSYC 304	Child and Adolescent Development	
PSYC 305	Adult Development and Aging	
PSYC 325	Theories of Personality	
PSYC 401	Social Psychology	
Select one of the following:		4
PSYC 315	Principles of Learning and Memory	
PSYC 321	Human Cognition	
PSYC 340	History and Systems of Psychology	
PSYC 416	Social Learning Theory: Research and Application	
Select one of the following:		4
PSYC 430	Applied Psychology Practicum	
PSYC 435	Counseling and Psychotherapy: Theory and Practice	
PSYC 494	Clinical Practicum	
Psychology Elective Course (lower or upper division)		4
Total Hours		36

Bachelor of Science in Psychology

44 credits minimum; 32 credits upper division.

Required Courses

PSYC 200	General Psychology	4
PSYC 222	Abnormal Psychology	4
PSYC 312	Research Design and Statistics I	4
PSYC 313	Research Design and Statistics II	4

PSYC 331	Physiological Psychology	4
PSYC 412	Advanced Research Design and Statistics	4
PSYC 495	Research Practicum (capstone)	4
Select one of the following:		4
PSYC 304	Child and Adolescent Development	
PSYC 305	Adult Development and Aging	
PSYC 325	Theories of Personality	
PSYC 401	Social Psychology	
Select one of the following:		4
PSYC 315	Principles of Learning and Memory	
PSYC 321	Human Cognition	
PSYC 340	History and Systems of Psychology	
PSYC 416	Social Learning Theory: Research and Application	
Two Psychology Elective Courses (at least 4 credits upper division)		8
Total Hours		44

Minor in Psychology

19 credits, 12 credits upper division.

PSYC 200	General Psychology	4
Three Upper Division Psychology Courses		12
Psychology Elective Credits (lower or upper division)		3
Total Hours		19

Emphasis Area Option:

Because psychology may be applied to a wide range of human endeavors, students may add an emphasis area to the B.A. or B.S. to increase their marketability at graduation. Students select courses from an approved list of interdisciplinary courses to complete one of the following emphasis areas: Behavioral/Clinical Applications, Business/Organizational Applications, Family and Child Development, Health and Wellness Applications, Law and Criminal Behavior Applications, Psychobiology, Sports Psychology Applications.

Candidates for a California Secondary Teaching Credential should contact the School of Education Office for a complete list of course requirements for a Single Subject Waiver in Social Science.

Courses

Lower Division

PSYC 200. General Psychology. (4).

Covers the concepts and principles pertinent to psychological processes as social behavior, development, perception, thinking and symbolic processes, physiology, personality and psychological disorders. Introduces students to the empirical foundation of the discipline of psychology. Prerequisite to all courses in psychology except PSYC 203, PSYC 207 and PSYC 215.

PSYC 203. Understanding Emotion. (4).

This course provides an introduction to the study of emotions. Themes covered include the biological basis of emotions, individual differences in emotionality, emotions in social relationships, cultural understanding of emotions, emotions and psychopathology, and Ganzheitspsychologie. Emphasis on research methodology and ethics is also covered.

PSYC 207. Mentor Leadership. (1).

The Peer Advisor component of the first year of transfer student experience represents an ideal opportunity to positively influence undergraduate students' academics and personal success. Peer Advisors impact student development by supporting the acquisition and application of academic strategies, creating familiarity with campus resources and their appropriate use, and creating a sense of community at CLU in the first year. This important role can also be defined as a mentor. This course is designed to teach Peer Advisors the skills necessary to become mentors, and provides them with information and opportunities to help new students with their transition to college. We will examine various theories, and style types while honing in on leadership styles that are often found in mentors.

PSYC 215. Perspectives on Women and Men. (4).

An examination of current sociological and psychological theory and research on the causes and consequence of sex role expectations to individuals, society and the relationship between men and women.

PSYC 222. Abnormal Psychology. (4).

A survey and critique of traditional diagnostic categories of mental illness, plus an introduction to treatment approaches based on psychoanalytic, behavioral and humanistic models.

PSYC 282. Selected Topics. (1-4).**PSYC 282C. ST: (core). (1-4).**

Select Topic approved for core.

Upper Division**PSYC 304. Child and Adolescent Development. (4).**

Study of theories and principles pertaining to the developmental characteristics of children and adolescents in terms of the physical, mental, emotional and social development of the individual. Meets the gender/ethnic studies requirement.

PSYC 305. Adult Development and Aging. (4).

Study of theories and principles pertaining to the developmental characteristics of adults, including the aged, in terms of the physical, mental, emotional and social development of the individual. Meets the gender/ethnic studies requirement.

PSYC 312. Research Design and Statistics I. (4).

Research Design and Statistics I is the first of a two course sequence in Psychology designed to prepare undergraduate psychology majors to develop the knowledge and skills needed to design, implement and analyze psychological research. Students will develop knowledge about ethical issues related to psychological research. Students will develop skill in critical reading and analyzing peer reviewed published research. This course will also introduce students to a variety of research designs and statistical analyses including qualitative, descriptive and correlation methodologies. (Prerequisite: MATH 115 or MATH 151 or equivalent).

PSYC 313. Research Design and Statistics II. (4).

Research Design and Statistics II is the second course in a two course sequence designed to assist undergraduate psychology majors in developing the knowledge and skills needed to design, implement and analyze psychological research. Building on the skills learned in PSYC 312, students will continue to develop knowledge about psychological research with a focus on experimental designs, quasi-experimental designs and inferential statistics. Students are required to design and implement an original research project using an experimental design. This course is a writing intensive course (Prerequisite: C- or above in PSYC 312).

PSYC 315. Principles of Learning and Memory. (4).

An overview of the major principles of learning and memory. Includes Pavlovian and instrumental conditioning as well as verbal learning and memory. Includes an examination of topical issues and areas of research in learning theory.

PSYC 321. Human Cognition. (4).

Examines perception, attention, memory, language and problem solving. In addition to studying research and theory, students experience and observe cognitive processes in computer labs and class demonstrations. Cognitive deficits and rehabilitation are discussed in each topic area.

PSYC 325. Theories of Personality. (4).

The analysis of the theories of personality in terms of structure, dynamics and development. Biological, social and cultural determination of personality are considered, as well as characteristic research and research methods.

PSYC 330. Psychological Assessment. (4).

Studies the principles and practices of group and individual testing in the fields of intelligence, aptitude, achievement, personality and vocational interest. Includes an introduction to the MMPI-2 and Wechsler tests and projective techniques.

PSYC 331. Physiological Psychology. (4).

Studies the physiological aspects of human behavior, with special emphasis on neurological structure and functions as related to sensation, psychopathology, and other psychological processes. Prerequisite: PSYC 200.

PSYC 338. Sport Psychology. (4).

This course is designed to help students both learn theory and then apply practical as well as theoretical information as it relates to the psychology of sports in its various forms. Various mental training skills that can enhance one's athletic performance will also be covered. Some of the areas related to this class that will be explored this semester include stress, motivation, goal-setting, leadership, and imagery. Personality theory, as it relates to athletic competition, as well as competition in the "real world," will also be investigated. The class periods will consist of three components: 1) lecture, 2) discussions, and 3) a period of time during which films and small group exercises will take place.

PSYC 340. History and Systems of Psychology. (4).

An overview of the historical foundations of contemporary psychology, including an examination of major systems of thought and theoretical applications of each in the areas of sensation, perception, learning, motivation, emotion, personality and social behavior.

PSYC 341. Criminal Psychology. (4).

Students examine theory, research, law and case studies to gain an understanding of the behavior of violent offenders. Research into biological, psychological and social causes is examined and evaluated. Additional topics include the role of the forensic psychologist, the science of profiling, and the definitions and use of the insanity defense. (cross-listed with CRIM 341).

PSYC 342. Art and Psychology. (3).

This course is offered in the Art and Psychology departments for those students who are interested in the synergy between art and psychology. It satisfies the CORE 21 Participatory Art requirement. It is especially relevant for students with majors in art or psychology or both who are interested in an MFT/ATR (registered art therapist) graduate program. For all others, the course provides an overview of art history, design, production and aesthetics with an emphasis on psychological theories and current neuroscience research. Child development and family systems are addressed in relation to therapeutic uses of art. Visual thinking and creativity are explored and utilized in the production of self-expressive art works. Cross-listed with ART-342.

PSYC 345. Health Psychology. (4).

Examines the use of behavior therapy procedures in relation to the prevention and treatment of various disorders such as chronic pain, cancer, hypertension, alcoholism, smoking and eating disorders. The use of psychological issues and treatment procedures as they relate to etiology and maintenance of these disorders is emphasized and specialized areas such as clinical behavioral pediatrics, type A behavior and terminal illness are discussed.

PSYC 401. Social Psychology. (4).

Studies the influence of personal, group and social systems on individual attitudes and behavior. Includes socialization, social perception, attraction, aggression, prejudice, conformity, altruism and related topics, as well as the discussion of theories, methods and contemporary research.

PSYC 412. Advanced Research Design and Statistics. (4).

Advanced Research Design and Statistics is a required course for undergraduate psychology majors seeking a bachelor of science degree in psychology. This course is designed to provide students with an opportunity to build on their knowledge of correlational and experimental research methodologies and basic approaches to statistical analyses. Taught as a seminar course, students will be required to design and implement an original research project which utilizes a mixed methodological approach. In addition, students will be introduced to the theoretical underpinnings of advanced statistical analyses (Prerequisite: PSYC 313).

PSYC 416. Social Learning Theory: Research and Application. (4).

Covers the basic principles and procedures of behavior modification and learning theory as they apply to areas such as child and classroom management, behavioral self-change projects, medical psychology, developmental disabilities and mental health settings. Students read current literature in behavior analysis related to the etiology and treatment of addictive behavior disorders, health psychology, anxiety disorders and behavioral disorders.

PSYC 417. Cultural Psychology. (4).

This course provides a systematic overview of knowledge about cultural organization of human psychological functions, and how psychology as a research discipline can study these functions. Strong theoretical and methodological orientation is included. Prerequisite: PSYC 200.

PSYC 422. Child Psychopathology. (4).

This course is designed to give students an introduction to abnormal child psychology. We will study the major disorders typically diagnosed in childhood, including the DSM-IV-TR diagnostic criteria, the current information on the etiology of the disorders, as well as the current research on the most effective assessment and treatment for these disorders.

PSYC 424. Sport Psychology. (4).

An investigation into the mental skills required for sports excellence. This course will explore attentional attributes, resilience, motivation and other key mental aspects that contribute to performance in sports.

PSYC 430. Applied Psychology Practicum. (4).

Involves the application of psychological principles to personal and social problems of everyday life. Topics include positive psychology, the nature of personality, problem solving, stress, psychological disorders, career development and intimate relationships. Theory is integrated with practical application. Students conduct and present an individual experiment or project.

PSYC 435. Counseling and Psychotherapy: Theory and Practice. (4).

An introduction to the theories, problems and techniques of counseling and therapy. Prerequisites: PSYC 222 and PSYC 325.

PSYC 450. Sensation and Perception. (4).

Introduction to the basic sensory and perceptual processes of humans with an emphasis on vision and audition.

PSYC 451. Forensic Investigations. (4).

Forensic investigations will familiarize students with the process of criminal and forensic investigations as they relate to the criminal justice process. Students will learn the various applications in criminal investigations which include forensics, interview/interrogation, search and seizure, use of DNA, policies and procedures. We will study the legal aspects of investigations and rules regulating the documentation, collection and analysis of evidence. We will explore the various investigative techniques used to detect, prevent, and study crime and behavior. This is a lecture-based and discussion course, so we will rely upon both audible and visual learning theories. The text will be used during lecture hours, but the reading assignments occur outside of class hours. Supplemental materials will be distributed in class and/or posted upon the class website. There will also be several experiential learning activities outside of the classroom. These will be announced in advance. Cross-listed with CRIM 451. Prerequisite: CRIM 101 or PSYC 200 and junior or senior standing.

PSYC 482. Selected Topic. (4).**PSYC 482C. ST: (core). (1-4).**

Select Topic approved fill core requirement.

PSYC 490. Independent Study. (1-4).

PSYC 492. Internship. (1-4).

(graded P/NC only).

PSYC 494. Clinical Practicum. (4).

This course has two components - a weekly seminar and six hours per week in a field setting working with mentally ill, developmentally disabled, behaviorally disordered, or autistic clients. Under the supervision of the instructor and the clinical staff at their placement, students develop, implement and evaluate a behaviorally based clinical intervention with one of their clients. Students must secure their own placement. Prerequisite: PSYC 222 and PSYC 416; enrollment by permission of the Department Chair only.

PSYC 495. Research Practicum (capstone). (4).

This course offers students the opportunity to work on a major research project or to design and carry out their own research study. Students gain a working knowledge of all aspects of research, which include planning and design of studies, project coordination, administration of measures and data management. Prerequisites: PSYC 312 and PSYC 313; 16 upper division units in Psychology.

PSYC 496. Directed Research. (1-3).**PSYC 497. Departmental Honors. (4).**