

# Psychology

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Human psychology is the result of biological, developmental, emotional, cognitive, and social processes. Psychologists study these processes through the application of the scientific method and apply their findings to better understand human behavior.

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 four 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, an international 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.

## 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
PSYC 417	Cultural Psychology	4
Take 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	
PSYC 417	Cultural Psychology	4
Select one of the following:		4
PSYC 315	Principles of Learning and Memory	
PSYC 340	History and Systems of Psychology	
PSYC 416	Social Learning Theory	
PSYC 421	Human Cognition	
PSYC 450	Sensation and Perception	
Select one of the following:		4
PSYC 430	Applied Psychology Practicum	
PSYC 435	Counseling and Psychotherapy	
PSYC 494	Clinical Practicum	
Take one Psychology elective course (lower or upper division)		4

## Bachelor of Science in Psychology

44 Credits--32 Upper Division

### Required

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 494	Clinical Practicum	4
or PSYC 495	Research Practicum (capstone)	

**Take one course from the following:**

PSYC 304	Child and Adolescent Development	4
PSYC 305	Adult Development and Aging	4
PSYC 325	Theories of Personality	4
PSYC 401	Social Psychology	4
PSYC 417	Cultural Psychology	4

**Take one course from the following:**

PSYC 315	Principles of Learning and Memory	4
PSYC 340	History and Systems of Psychology	4
PSYC 416	Social Learning Theory	4
PSYC 421	Human Cognition	4
PSYC 450	Sensation and Perception	4

Take 8 additional credits 4 must be upper division 8

## Emphasis Area Options:

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.

### Family and Child Development Applications

#### Required Courses:

PSYC 304	Child and Adolescent Development	4
PSYC 305	Adult Development and Aging	4
PSYC 340	History and Systems of Psychology	4
PSYC 422	Child Psychopathology	4

#### Take 4 from the following

COMM 301	Persuasive Communication	4
COMM 315	Small Group Communication	4
or COMM 335	Interpersonal Communication	
CRIM 350	Juvenile Delinquency	4
ENGL 312	The Teaching of Writing	3
ENGL 316	First and Second Language Acquisition	4
EXSC 302	Motor Development Across a Life Span	3
PSYC 325	Theories of Personality	4
PSYC 330	Psychological Assessment	4
PSYC 416	Social Learning Theory	4
PSYC 417	Cultural Psychology	4
PSYC 492	Internship	1-4
SOC 300	Sexuality and Society	4

#### Take NO more than 1 from the following

ART 341	Visual Arts in Education	3
ENGL 335	Children's Literature	3
TA 440	Creative Dramatics for Children & Youth	3

### Law and Criminal Behavior Applications

#### Required

CRIM 341	Criminal Psychology	4
or PSYC 341	Criminal Psychology	

#### Take 5 courses from

CRIM 340	Violence & Victimization	4
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CRIM 350	Juvenile Delinquency	4
CRIM 370	Deviance in U.S. Society	4
CRIM 430	Gender, Race, Ethnicity and Crime	4
CRIM 451	Forensic Investigations	4
or PSYC 451	Forensic Investigations	
Take at least one from the following:		
CRIM 105	Introduction to Law and Legal Process	4
or POLS 105	Introduction to Law and Legal Process	
CRIM 276	Criminal and Procedural Law	4
POLS 401	American Constitutional Law	4
POLS 481	Law and Society	4
Take 1 from the following		
CRIM 320	Critical Issues in Policing	4
CRIM 330	Contemporary Corrections	4
CRIM 404	Constitutional Law in Criminal Justice	4
or POLS 404	Constitutional Law in Criminal Justice	
CRIM 355	Family Violence	4
CRIM 410	Substance Abuse	4
CRIM 440	Terrorism	4
or POLS 440	Terrorism	
PSYC 417	Cultural Psychology	4
SOC 360	Racial and Ethnic Relations	4
<b>Business/Organizational Applications</b>		
Required		
COMM 306	Business and Professional Communication	4
PSYC 330	Psychological Assessment	4
PSYC 482	Selected Topic (Industrial/Organizational Psychology)	4
Take 3 from the following		
BUS 381	Info Systems & Organization Design	4
BUS 448	Organization Development	4
COMM 335	Interpersonal Communication	4
ECON 312	Quantitative Analysis in Business	4
PHIL 300	Ethics	4
or PHIL 350	Technology and Value	
PSYC 203	Understanding Emotion	4
PSYC 401	Social Psychology	4
Take at least one from the following		
BUS 255	Environment of Business	4
BUS 367	Behavior in Organizations	4
BUS 368	Human Resource Management	4
BUS 446	Theories and Practice of Leadership	4
BUS 449	Managerial Leadership: Core Competencies	4
<b>Clinical &amp; Behavioral Applications</b>		
Required		
PSYC 325	Theories of Personality	4
PSYC 330	Psychological Assessment	4
PSYC 435	Counseling and Psychotherapy	4
Take 2 from the following		
ENGL 350	Studies in African-American Literature	4
ENGL 361	Contemporary Chicano Literature	4
or SPAN 361	Contemporary Chicano Literature	
PHIL 260	Topics in World Philosophy	4

PHIL 355	Chinese Philosophy and Culture	4
POLS 210	Multiculturalism, Race & Politics in U.S	4
POLS 412	Civil Rights Movement	4
POLS 418	Women and Politics	4
PSYC 215	The Psychology of Sex and Gender	4
PSYC 417	Cultural Psychology	4
SOC 230	Introduction to World Cultures	4
SOC 300	Sexuality and Society	4
SOC 322	Contemporary Issues in Gender Studies	4
SOC 360	Racial and Ethnic Relations	4
Take 3 from this list or from above		
CRIM 410	Substance Abuse	4
PSYC 203	Understanding Emotion	4
PSYC 304	Child and Adolescent Development	4
or PSYC 305	Adult Development and Aging	
PSYC 345	Health Psychology	4
PSYC 421	Human Cognition	4
PSYC 422	Child Psychopathology	4
<b>Psychobiology Applications</b>		
Required		
BIOL 121	Introduction to Cells and Organisms	3
Take 3 from the following:		
BIOL 223	Human Anatomy	4
BIOL 224	Human Physiology	4
BIOL 331	Genetics	4
CHEM 151	General Chemistry	4
PSYC 421	Human Cognition	4
PSYC 450	Sensation and Perception	4
Take 2 from the following		
BIOL 425	Biochemistry	4
BIOL 426	Molecular Biology	4
BIOL 461	Vertebrate Physiology	4
CHEM 152	General Chemistry II	4
PSYC 345	Health Psychology	4
<b>Health &amp; Wellness Applications</b>		
Required		
PSYC 345	Health Psychology	4
SOC 321	Medical Sociology	4
Take 2 from the following		
BIOL 223	Human Anatomy	4
BIOL 224	Human Physiology	4
EXSC 201	Functional Anatomy	4
EXSC 202	Exercise Physiology	4
Take 3 courses from the following		
BIOL 121	Introduction to Cells and Organisms	3
CHEM 151	General Chemistry	4
EXSC 303	Nutrition	3
PHYS 201	Mechanics and Thermodynamics-Algebra	4
PSYC 203	Understanding Emotion	4
PSYC 304	Child and Adolescent Development	4
PSYC 305	Adult Development and Aging	4
PSYC 401	Social Psychology	4

PSYC 416	Social Learning Theory	4
PSYC 417	Cultural Psychology	4
PSYC 492	Internship	1-4
<b>Sports Psychology Applications</b>		
Required		
PSYC 304 or PSYC 305	Child and Adolescent Development Adult Development and Aging	4
PSYC 338	Sport Psychology	4
PSYC 345	Health Psychology	4
Take 1 from the following		
PSYC 203	Understanding Emotion	4
PSYC 315	Principles of Learning and Memory	4
PSYC 416	Social Learning Theory	4
PSYC 421	Human Cognition	4
PSYC 450	Sensation and Perception	4
Take 2 from the following		
EXSC 201	Functional Anatomy	4
EXSC 251 or EXSC 252	Individual & Dual Sports & Activities Team Sports	2
EXSC 302	Motor Development Across a Life Span	3
EXSC 461	Exercise Psychology	4
EXSC 480	Social Psychology of Sport	4
EXSC 492	Internship	1-4

## 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

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, Psc 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 215. The Psychology of Sex and Gender. (4).**

An exploration of research and issues surrounding gender from a psychosocial perspective, with an emphasis on the interaction between biological and social theories. The implications of social roles, status, and gender-related traits on relationships and health that are central to students' daily lives are emphasized throughout. Methodological flaws the may impact the observance of sex differences are also examined.

#### **PSYC 222. Abnormal Psychology. (4).**

A survey and critique of traditional diagnostic categories of mental illness, as well as theory and research findings regarding their causes and treatment. Students will be introduced to a variety of approaches, including psychoanalytic, cognitive, behavioral, humanistic and biological models. Prerequisite: PSYC 200.

**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 1 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. This course will introduce students to a variety of research designs and statistical analyses including descriptive statistics, correlation, t-tests, and ANOVA. (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, analyze, and present psychological research. Building on the skills learned in PSYC 312; students will continue to develop knowledge about psychological research with a focus on correlational, experimental, and quasi-experimental designs. Students will design and implement one or more research projects. The project will culminate in an APA-style research paper and poster presentation. 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. (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 421. Human Cognition. (4).**

This course examines cognitive processes in humans. Emphasis is placed on research about perception, attention, memory, language, problem solving, and the means by which this research can be applied to our daily lives. In addition to studying research and theory, students experience and observe cognitive processes in computer labs and class demonstrations. Cognitive deficits are discussed in many topic areas.

**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. (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 485. Clinical & Social Psychology South Afric. (4).**

This course introduces you to South African society and culture through the lenses of social and clinical psychology. South Africa has a unique history and society that presents distinct social, developmental, and clinical experiences that its population shares. Students will learn about the history and society of South Africa in order to better understand its culture and the psychology of its population. In addition, students will study how clinical psychology is practiced in this country in order to address its members mental health needs. This course will focus specifically on the social and relational elements of this country and its mental health practices. Through this process, students will develop cross-cultural competencies and they learn about and experience the unique elements of South African culture and psychology, as well as the universal human foundations that are shared in U.S. society.

**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 a client who is mentally ill, intellectually disabled, behaviorally disordered, or individuals with ASD. Under the supervision of the instructor and the clinical staff at their placement, students develop, implement and evaluate a behaviorally based clinical intervention for their client. While the instructor can assist students in finding a placement, students are ultimately responsible for securing one. Prerequisite: PSYC 222 and PSYC 416 or PSY 315; enrollment by permission of the instructor. Also, Psych 494 serves as a Capstone for both the BA and the BS in Psychology.

**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. By Permission Only.

**PSYC 496. Directed Research. (1-3).**

By Permission Only.

**PSYC 497. Departmental Honors. (4).**

By Permission Only.