

## DEGREES OFFERED

*Bachelor of Arts in Psychology*

*Academic Minor*

## ABOUT THE MAJOR

Working within the liberal arts tradition, the Psychology program at Holy Names offers students multiple opportunities to learn about human experience, development, and interaction through classroom instruction, research activities, and internships. Students not only take courses in the traditional areas of cognitive, developmental, social, personality, and clinical psychology but also learn, with the help of mentoring faculty, how to conduct psychological research and how to present work at professional meetings.

All students working toward a Bachelor of Arts degree in Psychology take a year-long foundation course, three methodology courses (Statistics, Experimental Psychology, and Field Methods), and a senior seminar. In consultation with a faculty advisor, students also select six additional courses that meet their individual needs and interests. Students may put together their own course of study or choose from five pre-established plans, designed as preparation for graduate school or careers in research, teaching, business, counseling, community service, or ministry.

Students desiring to do so may pursue a Bachelor's Degree in Psychology in connection with another field of study as part of a related fields major. Students with a related fields major take seven upper division classes in Psychology along with five courses in a second discipline such as Business, Sociology, Communications, Religious Studies, or United States Cultures.

## CURRICULUM

### Preparation for the Major

#### Psychology:

PSYC 1 Introduction to Psychology

#### Social Science

SOCI 1 Introduction to Sociology

#### Quantitative:

PSYC 63 Statistical Methods

#### Biological:

BIOL 15 Fundamentals of Physiology

#### Strongly Recommended Courses:

#### Philosophy:

PHIL 40 The Human Person

#### Major Requirements (27 upper-division units)

#### Statistics-Methodology (6 units):

PSYC 100(W) Experimental Psychology

PSYC 108(W) Field Methods

#### Breadth: One course from each of the following four areas.

#### a. Biological and Cognitive Psychology (3 units):

PSYC 128 Human Sexuality

PSYC 131 Adult Development and Aging

#### b. Social Psychology (3 units):

PSYC 140 Social Psychology

PSYC 143 Group Processes and Communication

PSYC 148(W) Organizational Behavior

#### c. Developmental Psychology (3 units):

PSYC 131 Adult Development and Aging (trimester)

PSYC 134 Personality and Social Development (trimester)

#### d. Personality and Clinical Psychology (3 units):

PSYC 160 Psychology of Personality

PSYC 167 Counseling Theories and Procedures

PSYC 168 Psychopathology

#### History of Psychology (3 units):

PSYC 195(W) Senior Seminar (the Senior Seminar is offered in the evenings)

#### Electives (6 units):

Six additional upper-division units in Psychology, selected in consultation with the student's advisor.

With the exceptions of PSYC 131 and PSYC 134, which are only offered in the ABD program, all of the courses above are available every year in either the Traditional weekday mode or the Adult weekend mode.

## INTERNSHIP (STRONGLY RECOMMENDED)

PSYC 196 Internship in Psychology

### Psychology Emphasis

As the study of psychology presents varied career possibilities, the psychology program offers five study tracks or emphases. The specified courses satisfy the Breadth and elective requirements in psychology.

### Graduate School Emphasis

Area concentration prepares the student for graduate work in either cognitive, developmental, social, personality, or clinical psychology.

#### Course work includes:

PSYC 100(W) Experimental Psychology

PSYC 108(W) Field Methods

PSYC 124 Physiological Psychology

plus four courses in area of concentration.

### Ministry Emphasis

The Psychology major with a Religious Studies minor prepares the student for work in ministry settings. The Religious Studies minor is developed in conjunction with the Religious Studies program.

#### Course work includes:

PSYC 128 Human Sexuality

PSYC 140 Social Psychology

PSYC 143 Group Processes and Communication

PSYC 130 Child and Adolescent Development

SOCI 130 Contemporary Families

or PSYC 131 Adult Development and Aging

PSYC 160 Psychology of Personality

or PSYC 167 Counseling Theories and Procedures

### Teaching and Liberal Studies Emphasis

The double major in Psychology and Liberal Studies is designed for candidates for the Standardized Teaching Credential with specialization in elementary teaching. The program is designed in conjunction with the Liberal Studies advisor.

#### Course work includes:

PSYC 120	Learning and Cognition
PSYC 132	Cognitive Development
PSYC 134	Personality and Social Development
PSYC 140	Social Psychology
PSYC 167	Counseling Theories and Procedures

### Business Emphasis

The Psychology major with a Business emphasis is a career oriented program designed to prepare students to work in areas of management, personnel, and human services.

#### Course work includes:

PSYC 120	Learning and Cognition
PSYC 131	Adult Development and Aging
PSYC 140	Social Psychology
PSYC 143	Group Processes and Communication
PSYC 148(W)	Organizational Behavior
and PSYC 160	Psychology of Personality
or PSYC 167	Counseling Theories and Procedures

### Clinical and Community Services Emphasis

The Psychology major with an emphasis in clinical and community service prepares students to work in human services or to go on to graduate school in clinical or counseling psychology. The student may wish to develop a Sociology minor for this emphasis.

#### Course work includes:

PSYC 128	Human Sexuality
PSYC 143	Group Processes and Communication
PSYC 160	Psychology of Personality
PSYC 167	Counseling Theories and Procedures
PSYC 168	Psychopathology
SOCI 130	Contemporary Families

#### plus one of the following:

PSYC 130	Child and Adolescent Development
PSYC 131	Adult Development and Aging
PSYC 134	Personality and Social Development

### THE MINOR

The minor requires Psychology 1A and 1B plus a minimum of 15 additional units, selected in consultation with the student's advisor.

(W)=Intensive writing class.

### FACULTY

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### ADJUNCT FACULTY

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Scheduled visits to classes and appointments with faculty are encouraged and can be arranged through the Admission Office.

For transfer students, reasonable consideration is given to equating previous coursework with Holy Names University requirements.