



## 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
PSYC 20	Introductory Psychology Seminar

#### Quantitative:

PSYC 63	Statistical Methods
---------	---------------------

#### Biological:

BIOL 15	Fundamentals of Physiology
---------	----------------------------

#### Strongly Recommended Courses:

##### Social Science:

SOCI 1	Introduction to Sociology
--------	---------------------------

##### 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 120	Learning and Cognition
PSYC 124	Physiological Psychology
PSYC 128	Human Sexuality
PSYC 132	Cognitive Development

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

PSYC 140	Social Psychology
PSYC 143	Group Processes and Communication
PSYC 147	Gender Issues
PSYC 148(W)	Organizational Behavior

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

PSYC 130	Child and Adolescent Development
PSYC 131	Adult Development and Aging (trimester)
PSYC 132	Cognitive Development
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 Coordinating Seminar
-------------	-----------------------------

#### Electives (6 units):

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

## 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

#### Maureen P. Hester, snjm, PhD

Saint Louis University  
Professor of Psychology  
510.436.1549, hester@hnu.edu

#### Kate L. Isaacson, PhD

University of California, Davis  
Assistant Professor of Psychology  
510.436.1069, isaacson@hnu.edu

#### Martin D. Lampert, PhD

University of California, Berkeley  
Professor of Psychology  
510.436.1532, lampert@hnu.edu

#### Helen Shoemaker, PhD

Saybrook Institute  
Associate Professor of Counseling Psychology  
510.436.1543, shoemaker@hnu.edu

### ADJUNCT FACULTY

#### Marcia Frideger, PhD

University of California, Irvine  
Associate Professor of Business  
510.436.1205, frideger@hnu.edu

#### Christine Nahuanani Patrinos, PhD

University of Hawaii  
Associate Professor of Political Science  
510.436.1027, patrinos@hnu.edu

#### Charles Sarno, PhD

Boston College  
Assistant Professor of Sociology  
510.436.1256, sarno@hnu.edu

### CONTACT INFORMATION

Holy Names University  
Office of Undergraduate Admissions  
3500 Mountain Boulevard  
Oakland, California 94619  
(800) 430-1321  
admissions@hnu.edu  
www.hnu.edu

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.