Psychology

Major & Minor
School of Arts and Sciences
Department of Psychology

Faculty
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About the discipline
The purpose of the psychology department is to foster the understanding of the methods and applications of the discipline of psychology within a Christian worldview. Course offerings provide exposure to experimental and clinical methods for studying persons; study of the major theoretical concepts and research findings of the field; exploration of the historical background and philosophical assumptions underlying the methods and theories of modern psychology, and how these relate to Christian belief and experience; and applying psychological knowledge to address significant human need in the field setting.

Career opportunities
The psychology major leads to careers in the helping professions including entry-level positions in crisis intervention and counseling centers, community service agencies and social work programs, evaluation and intervention in the psychiatric clinical and hospital settings, substance-abuse programs, rehabilitation services, law enforcement, services and programs for senior citizens, youth ministry, services to children and adolescents with special needs and international service.

The psychology major at Spring Arbor University has also successfully prepared students for admission into graduate training programs so that they can embark on careers as professionals and leaders in clinical and counseling psychology, social work, administration and management, public health, law, diplomacy and foreign service and advanced seminary training for full-time Christian ministry.

A psychology minor prepares one to teach psychology at the secondary level.

Requirements
The 36-hour psychology major requires:

- PSY 100 Introduction to Psychology (4)
- PSY 200 Essentials of Psychology (3)
- PSY 327 Integration of Psychology & Christianity (3)
- PSY 351 Statistics for Behavioral Sciences (3)
- PSY 352 Research Design (4)
- PSY 385 Psychology Practicum (4-8) OR
- PSY 460 or PSY 490 Honors Thesis (3-6)
- PSY 411 Systems of Psychology (3)
- PSY 499 Capstone in Psychology (2)

Experimental Physiological
Choose one course:
- PSY 382 Learning and Thinking (4)
- PSY 403 Physiological Psychology (4)

Developmental
Choose one course:
- PSY 300 Psychological Issues in Children (3)
- PSY 306 Adolescent & Early Adult Devel (3)
- PSY 309 Lifespan Development (3)

Clinical-Counseling
Choose one course:
- PSY 305 Abnormal Psychology (3)
- PSY 422 Methods & Procedures of Counseling (3)

Electives to total 36 hours

Note: Students planning to do graduate study in psychology are advised that success in PSY 385/460 or 480/490 will enhance chances for acceptance into a quality counseling or clinical graduate program. PSY 460 is described in the catalog section Courses for All Disciplines. If students intend to complete PSY 460 or 480/490 their senior year, they are encouraged to complete the PSY 351 and PSY 352 sequence no later than their junior year of study.

A 20-hour psychology minor requires:

- PSY 100 Introductory Psychology (4)
- PSY 200 Essentials of Psychology (3)
Experimental Physiological
Choose one course:
PSY 382  Learning and Thinking (4)  (required for teacher certification)
PSY 403  Physiological Psychology (4)  (required for teacher certification)

Developmental
Choose one course:
PSY 300  Psychological Issues In Children (3)
PSY 306  Adolescent & Early Adult Devel (3)
PSY 309  Lifespan Development (3)

Clinical-Counseling
Choose one course:
PSY 305  Abnormal Psychology (3)
PSY 422  Methods & Procedures of Counseling (3)

Electives to total 20 hours

Rationale for requirements:
1. In Introduction to Psychology (PSY 100) students will receive a broad overview of the large federation of sub-disciplines that exist in the field of psychology.
2. Essentials of Psychology (PSY 200) will provide students with some of the requisite skills that will help prepare them for graduate training or a career in the field of psychology.
4. By taking courses in statistics (PSY 351) and research design (PSY 352) students develop a confident knowledge of the basic quantitative methods of inquiry used in the social sciences.
5. A course from the development psychology group of courses, helps students obtain a basic knowledge of the major paradigms for understanding human development, of the philosophical assumptions that shape those paradigms, and of the strengths and limitations of each.
6. A course from the experimental-physiological courses, allows students to receive exposure to basic methods, logic, findings and theories in several of the traditional “hard science” sub-disciplines of psychology.
7. From the course in the clinical-counseling area, students learn skills in how to relate more effectively to a diverse group of people (e.g., differently abled, mentally ill).
8. Through Integration of Psychology and Christianity (PSY 327), students will develop skills in relating psychological science to the Christian faith with a specific focus on areas of tension for Christian psychologists.
9. By taking either a psychology practicum (PSY 385) or doing a research project (PSY 460 or 480/490) students will receive supervised experience in direct application of psychological knowledge.
10. Through PSY 499 Capstone in Psychology, students will be able to demonstrate actual competencies in the field of psychology.

Notes for general education: The following courses required for the psychology major also meet a liberal arts requirement: PSY 100 Introduction to Psychology (social science requirement), PSY 351 Statistics (math requirement), PSY 403 Physiological Psychology (natural science requirement).

Notes for students certifying to teach: The psychology minor meets teacher certification requirements for secondary education. Please note that PSY 382 Learning and Thinking (4) and PSY 403 Physiological Psychology (4) are required for certification. See Education for details.

Course descriptions:

PSY 100 Introduction to Psychology (4)
This course will provide students with a broad, general introduction to the discipline of psychology. Some of the basic subject matter covered includes: personality theory, psychophysiology, learning, developmental psychology, motivation, abnormal behavior, psychotherapy and social psychology. Introductory psychology students will also be exposed to the approaches to gathering and evaluating evidence about the causes and correlates of behavior. Emphasis is also given to the means by which psychological knowledge is (or can be) applied to improve the quality of individual and community life. Prerequisite: ENG 104 may be concurrent. (Offered in fall and spring.)

PSY 200 Essentials of Psychology (3)
The focus of this course is to give psychology majors and minors the essential tools to pursue graduate training or have a career in the field of psychology. The course
emphasizes self-exploration, critical thinking, writing in the APA style, and efficient communication in the psychology field. The student will also learn how to be an effective consumer of professional literature and will be introduced to post-baccalaureate options. Prerequisite: Grade of “C” or better in PSY 100. (Offered in fall and spring).

**PSY 210 Explorations in People-Helping Careers (1)**
A seminar course to present students with possible career options in the people-helping fields. Students will have an opportunity to explore what is involved in some of the various fields of psychology: school, consumer, community, industrial/organizational, human resource management, counseling, academics, health and business. This course is open to students of any major who might be considering working in a career focused on people. (Offered in spring.)

**PSY 234 Group Dynamics (3)**
An introduction to the study of group process from a psychological perspective. Students will learn about the current theories and research of group process. The course will study multiple types of groups including task (goal oriented) groups, interpersonal groups and therapy groups. Both member and leader roles in groups will be examined as well as groupd dynamics, group development, and decision-making. Effectiveness and appropriateness of groups will be addressed. Students will learn about the applied components of group dynamics in a learning environment that includes lecture, readings, and experimental exercises. Prerequisites: PSY 100. (Offered in fall of even academic years)

**PSY 240 Health Psychology (3)**
This course will focus on the current research on wellness. Through personal exercises, students will learn how to identify sources of stress, as well as coping resources. Understanding of how stress physiology impacts both mental and physical health will be emphasized. As a result of this course, students will not only gain a conceptualization of wellness as it relates to such fields as psychology, business and athletics but will also be expected to apply that knowledge to their personal lives. Prerequisite: PSY 100. (Offered in spring)

**PSY 242 Death, Grief and Loss (3)**
For description, see SOC 242. Also listed as SWK 242. (Offered in spring of even academic years.)

**PSY 246 Substance Abuse and Society (3)**
For description see SOC 246. Also listed as SWK 246. (Offered in spring of odd academic years.)

**PSY 253 Forensic Psychology (3)**
Forensic psychology is any application of psychological knowledge or methods to a task faced by the legal system. This course will provide a broad perspective of the field of forensic psychology and cover the role that psychology has played in the legal system through topics such as issues of morality, the evaluation of criminal suspects, jury selection, trial consultation, child-custody evaluation, expert witness testimony, sexual offense or other dangerous behaviors, employment selection, eyewitness identification, etc. Through lecture and class discussion students will gain an appreciation for the breadth of this field. With a group research project, students will be given the opportunity to focus on a particular area of interest. Also listed as CRJ 253. Prerequisite: PSY 100. (Offered in fall.)

**PSY 300 Psychological Issues in Children (3)**
The goal of this course is to help prepare students to work with children in a variety of settings. Students will begin to learn to distinguish between normal and delayed development. Child development is considered along the biosocial, cognitive, and psychosocial domains. Common mental and emotional and child disorders are studied and a variety of interventions are explored. Prerequisite: Grade of “C” or better in PSY 100. (Offered in spring of odd academic years).

**PSY 301 Positive Psychology (3)**
One of the growing areas in psychology is the study of positive psychology. The course will examine the scientific areas of the study and application of that which is good in people. Among the key topics to be covered are positive subjective experiences such as happiness, well-being, optimism, gratitude, forgiveness, and hopefulness. The course will also explore character traits such as altruism and resilience. Prerequisite: Grade of “C” or better in PSY 100. (Offered in the fall of even academic years).

**PSY 305 Abnormal Psychology (3)**
This course is designed to introduce students to the major psychological disorders, with a primary focus on diagnosis, etiology and treatment of abnormal behavior. Prerequisite: PSY 100. (Offered in fall.)

**PSY 306 Adolescent and Early Adult Development (3)**
This class focuses on the psychological, social and physical development of the adolescent through adulthood. Through classroom presentations, small group activities and writing assignments students will become familiar with the major theories, concepts and issues of adolescent and early adult development. Students will have an opportunity to apply what they are learning to their own personal lives. Prerequisite: PSY 100. (Offered spring of even academic years.)
PSY 309 Lifespan Development (3)
This course provides students with an integrated approach to the biosocial, cognitive, and psychosocial aspects of human development across the lifespan and in a variety of multicultural contexts. Prerequisite: PSY 100. (Offered in fall.)

PSY 325 Religion, Self, and Society (4)
For description see SOC 325. Also listed as REL 325. (Offered in fall of even academic years.)

PSY 327 Integration of Psychology and Christianity (3)
An interactive seminar class co-taught by faculty in the psychology department focusing on the interface between Christianity and the field of psychology. Students will also interact with guest professionals who will address specific areas of tension for Christians in the people helping professions. Prerequisite: PSY 200 and junior status. Psychology Majors only. (Offered in fall.)

PSY 351 Statistics for Behavioral Sciences(3)
This is an introductory applied statistics course and uses statistical computer software. The course includes topics like types of variables (nominal, ordinal and interval/ratio), frequency and percentage distributions as well as graphical representations of data, measures of central tendency and dispersion, and confidence intervals. Hypothesis testing for statistical significance is done via CHI Square, t-tests(for independent and dependent samples), ANOVA, correlation, and simple linear regression. Multiple linear regression may be included. Primarily for students concentrating in psychology, social work or political science. Also listed as POL 351 and SWK 351. (Offered in fall and spring.)

PSY 352 Research Design (4)
An overview of the major research methodologies in the behavioral sciences, especially intended for psychology, sociology, social work and political science majors. The course includes an introduction to conceptualization and measurement, operationalization, construction of indexes, scales, and typologies and sampling techniques. Diversity issues and research ethics will also be addressed. Students learn the basic methods for experiments, survey research, field research, program evaluation and case studies. The course centers around a required original research project using APA Publication Manual guidelines. The MICROCASE computer statistical software curriculum is used for various assignments and analysis of data for the final project. Prerequisite: PSY 200 and PSY 351. Also listed as POL 352. (Offered in fall and spring.)

PSY 354 Social Psychology (3)
Humans operate within a social context and the experimental research that contributes to an understanding of this phenomena. Emphasis on current research and methodology from sociology and psychology. Prerequisite: PSY 100. Also listed as SOC 354. (Offered in spring.)

PSY 371 Organizational Behavior (3)
The systematic study of the actions and attitudes that people exhibit in organizations. The course will be taught from an interdisciplinary perspective, and will focus on topics such as motivation, productivity, decision-making, communication and leadership. Also listed as BUS 371, and SOC 371. (Offered in fall of odd academic years.)

PSY 375 Psychology of Personality (3)
Includes an intensive study of the major theories of personality, with a primary emphasis on applying the course content to the students’ personal experience. The course culminates for each student in formalizing his or her own theory of personality. Prerequisite: PSY 100. (Offered in fall of odd academic years.)

PSY 380 Carol Lee Seminar (1)
For description, see SWK 380. (Offered in spring.)

PSY 382 Learning and Thinking (4)
This course provides students with an introduction to basic and advanced principles of learning and thought processes. Includes a focus on Pavlovian, operant and vicarious learning; attention, memory, problem solving, and decision making. One-hour lab included. Prerequisite: PSY 100. (Offered in spring.)

PSY 385 Psychology Practicum (4-5)
Students gain practical experience in the field of psychology. Placement opportunities include working with children, adolescents and adults in a variety of settings. Experiences may also be available in the area of human resources, research, animal behavior, organizational behavior, or other areas of psychology. Students may review a list of possible sites that are located in the Greater Jackson Area or they may request a site of special interest (i.e. out of area, out of state, international) to be approved by the practicum director. Students are encouraged to participate in an area that is related to personal career goals. In addition to the hours completed at the practicum site, each student is responsible for maintaining timely communication with SAU faculty supervisor and completing paperwork and other assignments as outlined. Please note that students opting to do a PSY 385 must complete a minimum of 4 credit hours (160 hours at the practicum site). A maximum of only 1 credit may be taken during Interim with the remainder of practicum credits in a contiguous semester. Interested students will need to apply to the department no later than March 1 for Summer or Fall semesters and
PSY 403 Physiological Psychology (4)
Physiological psychology is an upper-division course concerned with the physiological basis of behavior, with an emphasis on the organization and function of the central nervous system. Psychopathology, emotion, sleep, sexuality, and stress will be studied from an anatomical and physiological viewpoint. The biological basis of this course is applicable to many fields including clinical, abnormal, developmental, behavioral and health psychology. This course is recommended for students preparing for the advanced Graduate Record Exam in psychology. One-hour lab included. Prerequisite: PSY 100 and junior status. (Offered in fall.)

PSY 411 Systems of Psychology (3)
The historically significant approaches to and interpretations of psychology, with special attention to structural, functional, behavioristic, psychoanalytic, Gestalt, humanistic and cognitive schools of thought. Prerequisites: PSY 200, PSY 352 and senior standing or department permission. (Offered in fall and spring.)

PSY 422 Methods and Procedures of Counseling (3)
A combination of various theories of counseling, methodology and interviewing. Prerequisites: PSY 305 or PSY 375, junior standing. (Offered in spring.)

PSY 450 Psychology Internship (6-12)
A student may enroll for an internship as approved by the Psychology Department by registering for 6-12 hours of credit for appropriate field learning experience. The experience must be significantly related to the student's major and/or concentration within the major. It requires a minimum of 26 class credits completed in the major; requires a minimum of 40 hours of experience for each hour of credit: and will have a site supervisor/evaluator, as well as the faculty advisor/supervisor. Specific readings, seminar requirements and/or appropriate written assignments may be assigned by the faculty. Departmental guidelines for an internship may be obtained from the Psychology Department. Graded “S/U”.

PSY 460 Senior Research Project (3)
Information and guidelines are available in the Psychology Department.

PSY 480 Thesis Prospectus (1)
This course provides a student with the opportunity to explore a topic of their choosing, with the idea that this will be expanded into an Honors Thesis. During this course a student will develop the literature review, bibliography and tentative methodology for their PSY 490 project. This course is to be taken the semester before the student expects to do an Honors Thesis. Ideally this is to be taken in the spring of the junior year. Prerequisite: PSY 352, at least as 3.5 GPA in the major, and departmental permission. Copies of the honors thesis handbook can be obtained from the Psychology Department.

PSY 490 Honors Thesis (3)
This course provides an opportunity for a student to do a significant project of scholarly productivity and/or research in the student’s major area of study. To apply for an Honors project, the student must have senior status and a GPA of 3.50 in the major. Ideally taken the semester directly following PSY 480. While this course may be taken for up to six credit hours, usually it would be taken for three. Prerequisite: PSY 480.

PSY 490H Honors Thesis (with honors) (4-6)
There are several ways in which a student may receive an additional “H” designation on their transcript for their thesis, which is a recognized manner to indicate that a student went above and beyond the normal expectations for an honors thesis. A student who successfully completes a PSY 490 (three credit hours) and presents their research at an undergraduate research conference will be given the designation of PSY 490H on their transcript. The student could also earn a PSY 490H designation by submitting their research to an appropriate undergraduate journal for publication. The final way for a student to earn a PSY 490H designation would be to do a much more extensive project over two semesters for more than three credit hours. Note that this would mean working on the project for a total of three semesters for the PSY 480 and 490 requirements.

PSY 499 Capstone in Psychology (2)
This course is a bridge from the role of undergraduate student to that of graduate student or professional in the field. It provides students with the opportunity to evaluate their Spring Arbor University experience and prepare them for the next step in their professional life. This is done through a number of projects/assignments. Each student prepares a portfolio which presents and documents the skills that the student has acquired during his/her preparation in the major. In addition to such retrospective work the students prepare for their professional future. All students will develop a professional resume and participate in a practice job interview (or graduate school admission interview) that is recorded and critiqued by the professor and class. Graduate school application procedures and information on the Graduate Record Examination are presented. Finally each student is required to complete an online comprehensive exam to be
used for department evaluative purposes. The course should be completed either during the spring of the junior year or fall of the senior year. Prerequisite: PSY 352, or permission. (Offered in fall and spring).