

PSYCHOLOGY (PSYC)

PSYC 105. Personal Growth and Leadership

Credits: 2

Typically Offered: FASPSU

This course discusses career options, financial budgeting, interpersonal communication, and relationship building skills. Emphasis is on self-esteem and motivational techniques to achieve personal goals.

PSYC 111. Introduction to Psychology

Credits: 3

Typically Offered: FASPSU

A survey of the scientific study of behavior and mental processes. Students are introduced to the field of psychology by focusing on individual and social behavior, as well as the physiological and neurological processes underlying them. Topics covered include research methods, biological bases of behavior, sensation, perception, learning, memory, motivation, emotion, personality, stress, social psychology, psychological disorders and treatments.

PSYC 112. Foundations of Psychology

Credits: 3

Corequisite: PSYC 111.

Typically Offered: FALL

This course focuses on the tools necessary to advance in the social sciences and focuses on building foundational skills, knowledge, and awareness of research practices.

PSYC 207. Introduction to Sports and Performance Psychology

Credits: 3

Typically Offered: SPRINGODD

This course will provide practical knowledge to improve personal performance and the performance of others. It examines topics of performance including inner drive factors such as motivation and goals, mental and emotional skill development such as focus and imagery, and interactive skills such as coaching and teamwork.

PSYC 211. Introduction to Behavior Modification

Credits: 3

Typically Offered: SPRING

This course studies the history of behaviorism and introduces the principles and applications of behavior modification. An emphasis is placed on basic learning principles and procedures for acquiring, maintaining and changing human behavior.

PSYC 230. Educational Psychology

Credits: 3

Prerequisite: PSYC 111, recommended completion of PSYC 211, or PSYC 250.

Typically Offered: SUMMODD

This course focuses on current psychological principles as they apply to teaching and learning.

PSYC 250. Developmental Psychology

Credits: 3

Prerequisite: PSYC 111 recommended.

Typically Offered: FASPSU

A survey of the psychology of human life span development with an emphasis on physical, cognitive, social, emotional and personality development.

PSYC 255. Child and Adolescent Psychology

Credits: 3

Typically Offered: FALLSPR

Overview of theories of human psychological development from conception through adolescence.

PSYC 261. Psychology of Adjustment

Credits: 3

Typically Offered: FALLEVEN

This course focuses on the application of psychological principles to the enhancement of personal and social adjustment. In this course students discuss strategies for improving coping skills, handling stress, building self-esteem, enhancing interpersonal communication, and understanding relationships. Workplace issues, human sexuality, mental health, and physical health are also covered.

PSYC 270. Psychological Disorders and Treatment

Credits: 3

Prerequisite: PSYC 111 recommended.

Typically Offered: FALLSPR

A survey of the classification, symptoms, etiology, and treatment of psychological disorders.

PSYC 276. Social Psychology

Credits: 3

Prerequisite: PSYC 111.

Typically Offered: FALLODD

This course provides an interdisciplinary approach to the study of individual behavior in its social context: how people influence and are influenced by others around them. Topics include social perception, affiliation, attraction, prosocial behavior, aggression, attitudes and attitude change, group behavior, leadership and other components of social interaction.

PSYC 380. Psychological Interventions of Health and Wellness

Credits: 3

Typically Offered: ONDEMAND

This course focuses on practical application and evidence-based practices of modern applied psychology principles selected from health, wellness, positive and performance psychology. It offers conceptual knowledge on topics such as health promotion and illness management, wellness and happiness, stress, anxiety, mindfulness, resiliency and coping, emotions of wellbeing, motivation and confidence, and a basic understanding of nutritional roles in the mind and body. The aim of this course is to provide specific conceptual knowledge and psychological intervention as helping skills for real-world applications.

PSYC 385. Psychology in the Workplace

Credits: 3

Typically Offered: ONDEMAND

This course examines organizational psychology principles to enhance workplace performance, safety, and employee well-being. The aim of this course is to provide specific conceptual knowledge and psychological intervention as helping skills for real-world applications.