



PSYCHOLOGY, B.A.

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Degree offered: Bachelor of Arts, Undergraduate Minor

Psychology is the scientific study of the complexities of human and animal behavior. This complexity is reflected by the fact that the American Psychological Association has over 50 divisions, each representing a general area of interest or expertise and each having its own set of theoretical and research publications. In addition, there are at least 240 separate areas of specialization represented by these divisions.

The goal of the psychology curriculum is to help students become familiar with common theoretical and research perspectives while also studying topics of particular interest and value.

To accomplish this goal, the psychology curriculum contains two core courses that address the problem solving, critical thinking, and communication skills common to psychology as a whole, while course concentrations allow students to further develop and apply these skills within particular content

areas and with specific personal or career goals in mind.

A major in psychology provides students with the fundamental liberal arts perspective and understanding of basic psychological issues appropriate for many entry-level positions in business, government, industry, and education. For example, psychology students planning to earn a minor in elementary education through the teacher education program and to obtain teacher certification should follow the educational psychology concentration described below. Students planning to obtain a position in business, government, or industry may choose to follow the experimental psychology concentration or, if they have an interest in a particular topic, they may decide to pursue any one of the other concentrations listed. Students taking courses for their own benefit or pleasure may wish to focus on the courses in the personal/transpersonal psychology concentration or to construct their own curriculum in consultation with their academic advisers.

For students interested in the helping professions,

a career in higher education, or doing research in the field, it must be emphasized that such activities generally require a graduate degree (M.A., M.S.W., Ph.D., Psy.D. or Ed.D.). Although the required core courses and recommended course concentrations are designed to offer an education appropriate for continued study at the graduate level, students may want to tailor their course selections to the particular admission requirements of a specific institution or profession. Psychology majors who plan to pursue advanced studies are strongly encouraged to consult with their academic advisers to design an appropriate undergraduate course plan.

The psychology curriculum is structured to encourage students to pursue electives outside psychology as part of a broad liberal arts education. In addition, UIS requirements contribute to a broad educational experience. For example, the applied study term provides students with an opportunity to integrate classroom learning and practical field experience, as well as to gain experience that may be useful in later decisions about employment or training. Placements

have included local mental health centers, other mental health and community service organizations, and research positions.

Contact: Information about the psychology program is available at www.uis.edu/psychology/ or can be requested by phone at (217) 206-6696 or by e-mail at psy@uis.edu.

THE BACHELOR'S DEGREE

ENTRANCE REQUIREMENTS

Undergraduate psychology majors and minors must have completed a course in college algebra or finite math or its equivalent, as well as one introductory psychology course (PSY 201 Principles of Psychology or equivalent) before beginning their upper-division core courses at UIS. Students who achieve scores of four and above on the Advanced Placement Psychology Examination will receive proficiency credit for PSY 201.

ADVISING

All psychology majors and minors should consult with a faculty adviser before registering for courses. Advisers will help students plan a relevant course of study based on the students' individual interests.

ASSESSMENT OF LEARNING WITHIN THE DISCIPLINE

All psychology majors are required to complete, at program entry and exit, an exam designed to assess writing and critical thinking skills, as well as a broad range of content knowledge and skill application within the discipline. PSY 300 Orientation and Entrance Assessment is a noncredit course used to track exam completion at entry. Students must register for PSY 300 during their first semester of enrollment as psychology majors. Students who do not complete the entrance exam during their first semester will not be allowed to register for additional psychology coursework until the exam has been completed. Faculty advisers use entrance exam scores to assist students in academic planning. Students will complete the exam a second time as part of the required, credit-bearing, capstone course PSY 471 Senior Seminar. Exit exam scores are used for psychology curriculum review and planning.

ETHICAL CONDUCT

In accordance with campus policies, the psychology program takes cheating and plagiarism very seriously. Students aware of cheating or plagiarism by others

must report it to their advisers, another member of the program faculty, or the program convener. Students caught cheating on examinations or plagiarizing on assignments will not receive credit for the course and may be dismissed from the program and from UIS.

PROGRAM REQUIREMENTS

Psychology majors are required to take a minimum of 36 hours in psychology. Eight of these hours must be PSY 302 Research Methods in Psychology (or its equivalent) and PSY 471 Senior Seminar. It is strongly recommended that PSY 302 be taken during the first semester and that PSY 471 be taken during the final semester. The additional 28 hours will vary depending on the concentration selected or the individualized concentration designed by each student. All psychology majors must complete a course curriculum form, either selecting one of the curricular concentrations outlined below or specifying the individualized curriculum they have designed in consultation with their advisers.

The program course core requirements and recommended 28-hour concentration options are as follows.

Core requirements: (courses required of all psychology majors)

PSY 300 Orientation and Entrance Assessment	0 Hrs.
PSY 302 Research Methods in Psychology	4 Hrs.
PSY 471 Senior Seminar	<u>4 Hrs.</u>
Total	8 Hrs.

CLINICAL/COUNSELING CONCENTRATION

Core Concentration Courses (16-20 hours)

PSY 441 Theories of Personality	4 Hrs.
*PSY 451 Abnormal Psychology	4 Hrs.
PSY 452 Introduction to Clinical Psychology	4 Hrs.
PSY 453 Psychological Foundations for Helping	4 Hrs.
PSY 465 Psychological Tests and Measurement	4 Hrs.

Relevant psychology electives (8-12 Hrs.)

PSY 303 Applied Statistics and Methods	4 Hrs.
PSY 407 Cognitive Psychology	4 Hrs.
PSY 412 Introduction to Biopsychology	4 Hrs.
PSY 415 Psychoactive Drugs	4 Hrs.
*PSY 421 Life-span Developmental Psychology	4 Hrs.

*PSY 431 Social Psychology	4 Hrs.
PSY 454 Theories of Psychotherapy	4 Hrs.
PSY 457 Behavior Modification	<u>4 Hrs.</u>
Concentration Total	28 Hrs.

*Note: PSY 421, PSY 431, and PSY 451 fulfill the prerequisites for admission to the Human Development Counseling M.A. program at UIS.

DEVELOPMENTAL CONCENTRATION

Core Concentration Courses (16 Hrs.)

PSY 421 Life-span Developmental Psychology	4 Hrs.
PSY 422 Child Development	4 Hrs.
PSY 423 Adolescence	4 Hrs.
PSY 426 Family Psychology	4 Hrs.

Relevant psychology electives (12 Hrs.)

PSY 303 Applied Statistics and Methods	4 Hrs.
PSY 407 Cognitive Psychology	4 Hrs.
PSY 416 Psychology of Motivation	4 Hrs.
PSY 424 Exceptional Child	4 Hrs.
PSY 431 Social Psychology	4 Hrs.
PSY 438 Psychological Aspects of Diversity	4 Hrs.

PSY 441 Theories of Personality	4 Hrs.
PSY 444 Psychology of Spirituality	<u>4 Hrs.</u>
Concentration Total	28 Hrs

EDUCATIONAL PSYCHOLOGY CONCENTRATION*

Core Concentration Courses (16 Hrs.)

PSY 401 Educational Psychology	4 Hrs.
PSY 422 Child Development	4 Hrs.
PSY 424 Exceptional Child	4 Hrs.
PSY 465 Psychological Tests and Measurements	4 Hrs.

Relevant psychology electives (12 Hrs.)

PSY 303 Applied Statistics and Methods	4 Hrs.
PSY 402 Psychology of Learning and Memory	4 Hrs.
PSY 407 Cognitive Psychology	4 Hrs.
PSY 416 Psychology of Motivation	4 Hrs.
PSY 421 Life-span Developmental Psychology	4 Hrs.
PSY 423 Adolescence	4 Hrs.
PSY 426 Family Psychology	4 Hrs.
PSY 438 Psychological Aspects of Diversity	4 Hrs.

PSY 451	Abnormal Psychology	4 Hrs.
PSY 457	Behavior Modification	<u>4 Hrs.</u>
Concentration Total		28 Hrs.

***Note:** This is the appropriate concentration for elementary education candidates. PSY 401, PSY 422, and PSY 423 fulfill prerequisites for admission to teacher education at UIS, and PSY 424 is a required course for a minor in elementary or secondary education.

EXPERIMENTAL PSYCHOLOGY CONCENTRATION

Core Concentration Courses (20 Hrs.)

PSY 303	Applied Statistics and Methods	4 Hrs.
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Select *four* of the following six core courses:

PSY 402	Psychology of Learning and Memory	4 Hrs.
PSY 407	Cognitive Psychology	4 Hrs.
PSY 412	Introduction to Biopsychology	4 Hrs.
PSY 421	Life-span Developmental Psychology	4 Hrs.
PSY 431	Social Psychology	4 Hrs.
PSY 451	Abnormal Psychology	4 Hrs.

Relevant psychology electives (8 Hrs.)

PSY 403	Critical Thinking	4 Hrs.
PSY 415	Psychoactive Drugs	4 Hrs.
PSY 441	Theories of Personality	4 Hrs.
PSY 442	Consciousness	4 Hrs.
PSY 465	Psychological Tests and Measurement	<u>4 Hrs.</u>
Concentration Total		28 Hrs.

PERSONAL/TRANSPERSONAL PSYCHOLOGY CONCENTRATION

Core Concentration Courses (16 Hrs.)

PSY 403	Critical Thinking	4 Hrs.
PSY 442	Consciousness	4 Hrs.
PSY 444	Psychology of Spirituality	4 Hrs.
PSY 447	Wellness, Happiness, and Success	4 Hrs.

Relevant psychology electives (12 Hrs.)

PSY 415	Psychoactive Drugs	4 Hrs.
PSY 438	Psychological Aspects of Diversity	4 Hrs.
PSY 448	Hypnosis	4 Hrs.
PSY 459	Stress Management	<u>4 Hrs.</u>
Concentration Total		28 Hrs.

INDIVIDUALIZED CONCENTRATION

Students who want to tailor course selections for personal interest or perhaps to meet particular requirements for admission to a specific institution or profession should consider the individualized concentration. Their particular curricular design must be specified and on file in the psychology program office prior to enrollment beyond the first psychology course taken at UIS. This curricular plan may be modified later, in consultation with an adviser.

Other Requirements

UIS requirements (AST/LSC/PAC)	12 Hrs.
General electives (Any 300- or 400- level courses, psychology or non-psychology)	<u>12 Hrs.</u>
Total Hours	60 Hrs.

TRANSFER POLICIES

Lower-division courses

Because academic work at the University of Illinois is considered to be a continuation of the student's previous education, allowances are made for the application of lower-division credits in psychology toward a major in psychology. Students who have earned a B or better in lower-division psychology courses beyond an

contemporary research in learning and related areas. Prerequisite: PSY 302 (for majors and minors only).

 **PSY 403 Critical Thinking (4 Hrs.)**

Course available online; may also be available on campus. Refer to the current course schedule for further information.

Reading and exercises designed to improve skills in critical thinking. Emphasizes intensive practice and individualized feedback rather than theory.

PSY 407 Cognitive Psychology (4 Hrs.)

Overview of selected topics in memory, information processing, perception, problem solving, and artificial intelligence. Prerequisite: PSY 302 (for majors and minors only).

PSY 410 Special Topics in Biopsychology (4 Hrs.)

Selected topics of special interest in the area of biopsychology that may vary from semester to semester. May be repeated, but topics must vary.

PSY 412 Introduction to Biopsychology (4 Hrs.)

Basic structure and functions of the nervous system: neuron physiology, sensory processing, and physiological regulations.

PSY 414 Hormones and Behavior (4 Hrs.)

Roles of internal secretion glands and their hormones in metabolic processes, their effects on behavior, regulation of hormonal secretion, and effects of environmental factors.

PSY 415 Psychoactive Drugs (4 Hrs.)

Major classes of drugs that affect psychological processes and behavior; issues of drug use in treatment of mental disorders; drugs as a social problem.

PSY 416 Psychology of Motivation (4 Hrs.)

Explores four constructs that define human, rather than nonhuman, motivation including needs, cognitions, emotions, and external events that arise from genetic, physiological, psychological, interpersonal, and cultural sources. The emphasis is on theoretical as well as practical issues that overlap among varying psychological fields. Prerequisite: PSY 302 (for majors and minors only).

PSY 420 Special Topics in Developmental Psychology (4 Hrs.)

Selected topics of special interest in the area of developmental psychology that may vary from semester to semester. May be repeated, but topics must vary.

PSY 421 Life-span Developmental Psychology (4 Hrs.)

Cognitive, emotional, and social development across the life span; determinants of individual differences and principles of mental and physical health throughout life.

PSY 422 Child Development (4 Hrs.)

Development of intelligence, language, and cognition; physical growth and social and personal development in newborns, infants, and toddlers and in early and middle childhood. Emphasis on child-rearing practices.

 **PSY 423 Adolescence (4 Hrs.)**

Course available online; may also be available on campus. Refer to the current course schedule for further information.

Psychological, social, and biological development (including medical problems) in the years covering early, middle, and late adolescence. Influence of milieu (family, peers, school, church, work) on cognitive, emotional, and social development. Special emphasis will be placed on the role of adults (parents, teachers) in assessing and referring adolescents to health and social services.

 **PSY 424 Exceptional Child (4 Hrs.)**

Course available online; may also be available on campus. Refer to the current course schedule for further information.

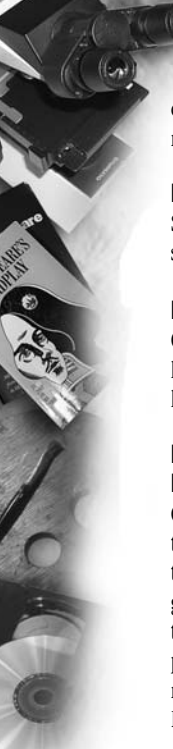
Behaviors and conditions that make a child different from most other children, including all conditions addressed by Public Law 94-142. Topics include mental retardation; learning disabilities; behavior disorders; giftedness; and hearing, vision, and speech impairments.

PSY 426 Family Psychology (4 Hrs.)

Covers the five primary aspects of family psychology: family as a system; developmental family behavior; family of origin concepts and how they affect the family; relationships, dating, courtships, and marriage; and family dysfunctions.

PSY 430 Special Topics in Social Psychology (4 Hrs.)

Selected topics of special interest in the area of social psy-



chology that may vary from semester to semester. May be repeated, but topics must vary.

PSY 431 Social Psychology (4 Hrs.)

Survey of major theories and selected areas of research in social psychology. Prerequisite: PSY 302.

PSY 432 Sport Psychology (4 Hrs.)

Overview of psychological theory and research as it relates to sport and exercise at the individual and group levels.

PSY 438 Psychological Aspects of Diversity (4 Hrs.)

Overview of selected aspects of human diversity relevant to American psychology. Examines historical and contemporary psychological perspectives on race, ethnicity, gender, and sexual orientation, as well as factors linked to stereotyping, cultural bias, and prejudice. Special emphasis placed on a critical review of past psychological research and formulation of new research questions. Prerequisite: PSY 302 (for majors and minors only).

PSY 440 Special Topics in Philosophies and Theories of Psychology (4 Hrs.)

Selected topics of special interest in the area of philosophies and theories of psychology that may vary from semester to semester. May be repeated, but topics must vary.

PSY 441 Theories of Personality (4 Hrs.)

Major theories of personality and determinants of individual differences.

PSY 442 Consciousness (4 Hrs.)

Theories of consciousness; consciousness-altering techniques, with emphasis on procedures to uncover unconscious material; meditation; hypnosis; biofeedback; sensory deprivation; dreams; and drugs.

PSY 444 Psychology of Spirituality (4 Hrs.)

Introduction to the transpersonal perspective as the “fourth force” in psychology. Focuses on the dominant transpersonal theory of psychospiritual development and on the role of meditative approaches to knowledge-gathering in relation to science and philosophy. Prior course work in personality theory is recommended but not required.

PSY 447 Wellness, Happiness, and Success (4 Hrs.)

Research and techniques regarding the variables associated with happiness, physical and mental health, and success or mastery in various endeavors.

PSY 448 Hypnosis (4 Hrs.)

Explores the research, theories, and practical applications of hypnosis, including heterohypnosis and autohypnosis. This is not a skills training course, although an opportunity to learn how to use one’s own autohypnotic abilities is provided.

PSY 450 Special Topics in Clinical Psychology (4 Hrs.)

Selected topics of special interest in the area of clinical psychology that may vary from semester to semester. May be repeated, but topics must vary.

PSY 451 Abnormal Psychology (4 Hrs.)

Theories, research, and classification systems relevant to abnormal behavior. Emphasis on current diagnostic and descriptive systems.

PSY 452 Introduction to Clinical Psychology (4 Hrs.)

Systematic examination of major psychotherapeutic techniques essential to human relationships and helping processes. Prerequisite: PSY 451.

PSY 453 Psychological Foundations for Helping (4 Hrs.)

Preprofessional introduction to therapeutic processes for students considering counseling or clinical psychology careers. Includes systematic training in fundamental helping attitudes and skills. Prerequisite: PSY 441 and PSY 451, or equivalent.

PSY 454 Theories of Psychotherapy (4 Hrs.)

Systematic examination of the theories, research, and diagnostic and treatment issues regarding various types of abnormal behavior. Prerequisite: PSY 451.

PSY 455 Theories of Family Therapy (4 Hrs.)

Theories and models of family therapy, emphasizing integration of issues relating to family treatment with systems theory. Family therapy issues will be compared across treatment models.

PSY 456 Group Dynamics and Leadership (4 Hrs.)

Variables influencing behavior of individuals in groups;

analysis of effective leadership styles. Simulations demonstrate group processes and provide practice in specific leadership techniques.

**PSY 457 Behavior Modification:
Principles and Techniques (4 Hrs.)**

Concepts and techniques involved in the assessment and modification of behavior within an operant conditioning model. Includes the collection of baseline data, the control of reinforcements and punishments, and the monitoring of changes in target behaviors.

PSY 459 Stress Management (4 Hrs.)

Comprehensive program of techniques for stress management, including anger and fear reduction, time management, decision making, autogenic training, imagery and visualization, social networking, and centering.

**PSY 460 Special Topics in Applied
Psychology (4 Hrs.)**

Selected topics of special interest in the area of applied psychology that may vary from semester to semester. May be repeated, but topics must vary.

**PSY 465 Psychological Tests and
Measurements (4 Hrs.)**

Basic theories of psychological tests and of test construction and interpretation. Includes representative tests and examines contemporary issues in testing. Prerequisite: PSY 302 or equivalent.

PSY 471 Senior Seminar (4 Hrs.)

An integrative capstone experience for psychology majors involving the development of individual portfolios reflecting student learning within the discipline. Students will prepare evidence of learning within five dimensions

of psychology and will complete the psychology exit exam. Prerequisites: PSY 302, all required concentration courses, and senior status.

**PSY 480 Senior Research
Project (1 to 4 Hrs.)**

Selected (empirical) research project researched, developed, designed, and written by the student with faculty supervision. Prerequisite: PSY 302.

**PSY 490 Independent Study in
Psychology (2 to 4 Hrs.)**

Selected topics by agreement with a member of the psychology faculty; topics, methods of study, and means of evaluation to be negotiated between student and faculty member. May be repeated without limit, but topics must differ.

