

Department of

Psychology



Eric Gee, Department Chair

Kimberly G. Andersen, Samuel Clay, Richard Cluff, Yohan Delton, Eric Gee, Christopher M. Lowry, Kynda Roberts, Matthew L. Whoolery, Brady Wiggins, Robert Wright

Katie Eggett, Department Secretary (208) 496-4070
<http://www.byui.edu/Psychology>

Philosophy

The purpose of the BYU-Idaho Psychology Department is to use the study of behavior, mental states, and processes to provide students with an opportunity to evaluate and modify their own behavior and goals in light of LDS standards and psychological principles.

The courses are designed to ensure that students develop a foundation for further psychological inquiry, enhance their understanding of the relationship of psychology to other disciplines, and provide means by which the principles of psychology can be used to improve life.

ETS Major Field Test

Graduating seniors are required to take the ETS Major Field Test in order to graduate. This needs to be taken during their last semester at BYU-Idaho.

The Psychology Department Target Outcomes for the BS in General Psychology. Students will:

1. Be prepared to find employment and to be effective employees.
2. Be prepared for further education and training.
3. Have a knowledge base of psychology: students will be able to explain major psychological concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
4. Apply research methods in psychology, including research design, data analysis, and interpretation.
5. Think critically in psychology and use rigorous inquiry to answer questions regarding behavior and mental processes within a gospel framework.
6. Apply psychological principles to personal, social, educational, and organizational issues.
7. Have established values in psychology, able to weigh evidence, tolerate ambiguity, and act ethically in psychology within the framework of the gospel.

8. Use information and technology, demonstrating competence and the ability to use computers and other technology for many purposes.
9. Demonstrate effective written and verbal communication skills.
10. Describe how sociocultural and international diversity relate to psychology.

The Psychology Department Target Outcomes for the BS in Industrial/Organizational Psychology. Students will:

1. Be prepared to find employment and to be effective employees.
2. Be prepared for further education and training in the areas of Industrial/Organizational Psychology, Human Resource, Organizational Behavior, Business Administration, and Public Administration.
3. Build a common intellectual experience in Industrial/Organizational Psychology by partnering with Business, Communication, Health Sciences, Math, and Theatre.
4. Apply research methods in Industrial/Organizational Psychology, including research design, data analysis, and interpretation to benefit a worldwide community.
5. Think critically using Industrial/Organizational Psychology and the scientific approach within a gospel framework to solve organizational problems.
6. Establish values in Industrial/Organizational Psychology, weighing evidence, understanding world views different from their own, tolerate ambiguity, and acting ethically/morally in Industrial/Organizational Psychology within the framework of the gospel.
7. Demonstrate the ability to use technology, including Excel, SPSS, or R, for many purposes.

The Psychology Department Target Outcomes for the BS in Health Psychology. Students will:

1. Be prepared to find employment or further education/training (i.e., graduate school, medical school) within the fields of psychology, health science, medicine, or related fields.
2. Gain a knowledge base of psychology: students will be able to explain major psychological concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
3. Apply research methods in psychology, including research design, data analysis, and interpretation.
4. Be able to think critically and use rigorous inquiry to answer questions regarding behavior and health within a gospel framework.
5. Acquire evaluative skills of the benefits to and challenges of making personal health behavior changes in a variety of life circumstances.
6. Establish morals and values in psychology, able to weigh evidence, tolerate ambiguity, and act ethically in psychology using the framework of the gospel.

The outcomes these degrees will be assessed in our classes by examinations, quizzes, research papers and projects, and other assignments based on the Learning Model.

Our assessment plan for our programs includes, but is not limited to, the following:

- Learning outcomes matched with exam items
- Senior Capstone Project
- Major Field Test
- Exit Survey

BS in Psychology			
General Psychology Emphasis (760-134)			
Preliminary Psychology Cluster <i>Core courses must be taken within the first 3 to 4 semesters:</i> MATH 221C 3 PSYCH 111 3 PSYCH 112 1 PSYCH 302 3 PSYCH 311 3 <hr style="width: 50%; margin-left: 0;"/> Total 13	Core Courses <i>Take these courses:</i> PSYCH 201 3 PSYCH 350 3 PSYCH 376 3 PSYCH 485 3 <hr style="width: 50%; margin-left: 0;"/> Total 12	Emphasis Courses <i>Take 24 credits:</i> PSYCH 240 3 PSYCH 310 3 PSYCH 322 3 PSYCH 341 3 PSYCH 342 3 PSYCH 355 3 PSYCH 361 3 PSYCH 365 3 PSYCH 370 3 PSYCH 378 3 PSYCH 380 3 PSYCH 384 3 PSYCH 390R 3 PSYCH 395R 1-6 PSYCH 435 3 PSYCH 498* 1-3 <hr style="width: 50%; margin-left: 0;"/> Total 24	Program Notes: <ul style="list-style-type: none"> • No Double Counting of Major Courses • No Grade Less Than C- in Major Courses • ETS Major Field Test: <i>Graduating Seniors are required to take the ETS Major Field Test in order to graduate. This needs to be taken their last semester at BYU-Idaho.</i> • Students are only allowed 1 internship.
Credit Requirements:		Tracks Available:	
Foundations	40	Fall-Winter	Yes
Major	49	Winter-Spring	Yes
Elective	31	Spring-Fall	Yes
Total	120		

BS in Psychology							
Industrial/Organizational Psychology Emphasis (760-135)							
Preliminary Psychology Cluster <i>Core courses must be taken within the first 3 to 4 semesters:</i> MATH 221C 3 PSYCH 111 3 PSYCH 112 1 PSYCH 302 3 PSYCH 311 3 <hr style="width: 50%; margin-left: 0;"/> Total 13	Core Courses <i>Take these courses:</i> PSYCH 201 3 PSYCH 350 3 PSYCH 376 3 PSYCH 485 3 <hr style="width: 50%; margin-left: 0;"/> Total 12 Emphasis Courses <i>Take these courses:</i> CIT 110 3 PSYCH 355 3 PSYCH 378 3 <hr style="width: 50%; margin-left: 0;"/> Total 9 <i>Take 1 course:</i> PSYCH 380 3 PSYCH 365 3 <hr style="width: 50%; margin-left: 0;"/> Total 3	<i>*Complete any 12 credits from the following list:</i> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> Industrial Organizational Psychology <i>(To prepare for MIO, Masters in Industrial Organizational Psychology and/or Ph.D. in Industrial Organizational Psychology)</i> MATH 325 3 MATH 326 3 and B 321 3 B 370 3 or TA 121 2 TA 322 2 TA 324 2 </td> <td style="width: 50%; vertical-align: top;"> Human Resources <i>(To prepare for MHR, Masters in Human Resources)</i> COMM 250 3 COMM 450 3 MATH 325 3 MATH 326 3 Public Administration <i>(To prepare for MPA, Masters in Public Administration)</i> COMM 250 3 COMM 450 3 HS 390 3 HS 486 3 <hr style="width: 50%; margin-left: 0;"/> Total 12 </td> </tr> <tr> <td style="vertical-align: top;"> Business <i>(To prepare for MBA, Masters in Business Administration)</i> B 321 3 B 370 3 TA 121 2 TA 322 2 TA 324 2 </td> <td></td> </tr> </table>	Industrial Organizational Psychology <i>(To prepare for MIO, Masters in Industrial Organizational Psychology and/or Ph.D. in Industrial Organizational Psychology)</i> MATH 325 3 MATH 326 3 and B 321 3 B 370 3 or TA 121 2 TA 322 2 TA 324 2	Human Resources <i>(To prepare for MHR, Masters in Human Resources)</i> COMM 250 3 COMM 450 3 MATH 325 3 MATH 326 3 Public Administration <i>(To prepare for MPA, Masters in Public Administration)</i> COMM 250 3 COMM 450 3 HS 390 3 HS 486 3 <hr style="width: 50%; margin-left: 0;"/> Total 12	Business <i>(To prepare for MBA, Masters in Business Administration)</i> B 321 3 B 370 3 TA 121 2 TA 322 2 TA 324 2		Program Notes: <ul style="list-style-type: none"> • Although any 12 credits can be taken, these courses are grouped according to specialization to provide guidance in choosing electives and will not be enforced beyond the stipulation that 12 total elective credits are taken. • No Double Counting of Major Courses • No Grade Less Than C- in Major Courses • ETS Major Field Test: <i>Graduating Seniors are required to take the ETS Major Field Test in order to graduate. This needs to be taken their last semester at BYU-Idaho.</i>
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Business <i>(To prepare for MBA, Masters in Business Administration)</i> B 321 3 B 370 3 TA 121 2 TA 322 2 TA 324 2							
Credit Requirements:		Tracks Available:					
Foundations	40	Fall-Winter	Yes				
Major	49	Winter-Spring	Yes				
Elective	31	Spring-Fall	Yes				
Total	120						

BS in Psychology				
Health Psychology Emphasis (760-193)				
Preliminary Psychology Cluster <i>These courses must be taken within the first 3 to 4 semesters:</i> MATH 221C 3 PSYCH 111 3 PSYCH 112 1 PSYCH 302 3 PSYCH 311 3 <hr style="width: 50px; margin-left: 0;"/> 13 Core Courses <i>Take these courses:</i> PSYCH 201 3 PSYCH 350 3 PSYCH 376 3 PSYCH 485 3 <hr style="width: 50px; margin-left: 0;"/> 12	Emphasis Courses <i>Take these courses:</i> BIO 230 4 HRHP 131 2 NUTR 150 3 PSYCH 342 3 PSYCH 435 3 <hr style="width: 50px; margin-left: 0;"/> 15	Elective Courses <i>Take 9 credits:*</i> Health Care Administration <i>(To prepare for M.P.A. or similar)</i> HS 285 3 HS 390 3 HS 391 2 MA 106 2 Experimental <i>(To prepare for Psychology graduate school)</i> HS 370 3 HS 391 2 HS 420 2 PSYCH 384 3	Public Health <i>(To prepare for M.P.H. or similar)</i> HS 320 3 HS 370 3 HS 390 3 HS 391 2 HS 401 2 HS 420 2 <hr style="width: 50px; margin-left: 0;"/> 9	Program Notes: •No Double Counting of Major Courses •No Grade Less Than C- in Major Courses •*Although any 9 credits can be taken, these courses are grouped according to specialization to provide guidance in choosing electives and will not be enforced beyond the stipulation that 9 total elective credits are taken. •ETS Major Field Test: Graduating Seniors are required to take the ETS Major Field Test in order to graduate. This needs to be taken their last semester at BYU-Idaho.
Credit Requirements:		Tracks Available:		
Foundations	40	Fall-Winter	Yes	
Major	49	Winter-Spring	Yes	
Elective	31	Spring-Fall	Yes	
Total	120			

Minor in General Psychology (176)			
Core Courses <i>Take these courses:</i> PSYCH 111 3 PSYCH 311 3 <hr style="width: 50px; margin-left: 0;"/> 6	Elective courses <i>Take 15 credits:</i> PSYCH 201 3 PSYCH 240 3 PSYCH 302 3 PSYCH 310 3 PSYCH 322 3 PSYCH 341 3 PSYCH 342 3 PSYCH 350 3 <i>cont. in next column</i>	<i>cont. from previous column</i> PSYCH 355 3 PSYCH 361 3 PSYCH 365 3 PSYCH 370 3 PSYCH 376 3 PSYCH 378 3 PSYCH 380 3 PSYCH 384 3 PSYCH 435 3 <hr style="width: 50px; margin-left: 0;"/> 15	Program Notes: •No Double Counting of Minor Courses •No Grade Less Than C- in Minor Courses
Credit Requirements:		Tracks Available:	
Total	21	Fall-Winter	Yes
		Winter-Spring	Yes
		Spring-Fall	Yes

Minor in Industrial Organization Psychology (218)			
Core Courses <i>Take these courses:</i> CIT 110 3 COMM 250 3 PSYCH 111 3 PSYCH 302 3 PSYCH 350 3 PSYCH 355 3 <hr style="width: 50px; margin-left: 0;"/> 18	Take 1 course: MATH 221A 3 MATH 221B 3 MATH 221C 3 <hr style="width: 50px; margin-left: 0;"/> 3	Supplemental Courses <i>Take 1 course:</i> B 321 3 B 370 3 COMM 380 3 COMM 450 3 HS 390 3 HS 391 2 HS 486 3 <hr style="width: 50px; margin-left: 0;"/> 2	Program Notes: •No Double Counting of Minor Courses •No Grade Less Than C- in Minor Courses
Credit Requirements:		Tracks Available:	
Total	23	Fall-Winter	Yes
		Winter-Spring	Yes
		Spring-Fall	Yes

Course Descriptions**Credits*****PSYCH 111 General Psychology****(3:3:0:0)**

This is an introductory course in Psychology which surveys the various fields of psychology and application of selected psychological principles to life situations.

(Fall, Winter, Spring)

PSYCH 112 Career Development in Psychology**(1:1:0:0)**

This course is designed to provide a broad overview of the career opportunities in psychology. Students will explore the different opportunities available in each level of training, i.e. baccalaureate, masters, and doctorate and focus on how to maximize the chances of being accepted into a competitive graduate program. Students will also explore various professional issues including APA accreditation, licensure and certification, ethics, and future trends. Students will be required to participate in career development testing in the career center, begin developing their own application materials (vita/resume, cover letter, biographical sketch, statements of purpose, strength/weakness, etc.), participate in videotaped mock interviews, and set out a three to four year career plan. This course is intended for those students who have already decided to major in psychology, rather than those who are simply curious about the field.

(Fall, Winter, Spring)

PSYCH 201 Developmental Psychology Lifespan**(3:3:0:0)**

This course consists of the study of biological, affective, social and cognitive aspects of development through the life span.

(Fall, Winter, Spring)

PSYCH 240 Psychology of Effective Living**(3:3:0:0)**

This course explores psychological principles which facilitate a productive and satisfying life.

(Fall, Winter, Spring)

PSYCH 302 Research Methods**(3:3:0:0)**

Prerequisites: PSYCH 111 and MATH 221A, B or C

This course explores the basic principles of conducting research in psychology. Some of the topics include, but are not limited to: research design, data collection, analysis, reporting results, and ethics of doing research. This course should be completed by the beginning of junior year.

(Fall, Winter, Spring)

PSYCH 310 Cultural Psychology**(3:3:0:0)**

Prerequisite: PSYCH 111

This course examines the influences of culture and gender on psychology. Specific topics in the course include gender roles, social construction of time, cultural understandings of mental illness, and the social and cultural origins of human cognition.

(Fall, Winter)

PSYCH 311 History and Systems of Psychology**(3:3:0:0)**

Prerequisite: PSYCH 111

This course studies the historical movements and intellectual commitments of the past, early pioneers in the field of psychology, contemporary issues and assumptions that form the discipline of psychology. This class should be completed by the beginning of junior year.

(Fall, Winter, Spring)

PSYCH 322 Adult Development**(3:3:0:0)**

Prerequisite: PSYCH 111

This course studies cognitive, social, physical, and personality development during adulthood.

(Fall, Winter, Spring)

PSYCH 341 Personality**(3:3:0:0)**

Prerequisite: PSYCH 111

This course introduces personality theories from prominent theorists such as Freud, Jung, Adler, Kelly, May, Skinner, Frankl, and more. The course also focuses on the philosophical and theoretical underpinnings of how we conceive of human personality and addresses questions such as: What does it mean to be a healthy human being? How do we help or counsel those who are unhealthy?"

(Fall, Winter)

PSYCH 342 Abnormal Psychology**(3:3:0:0)**

Prerequisite: PSYCH 111

This course is designed to give students a basic understanding of the history, research methods, classification, assessment, diagnosis, causes (etiology), course, prognosis, and treatment of the mental disorders. Given that there is sufficient literature to warrant a separate course on each disorder, the focus will be limited to gaining a general understanding of the current issues being faced by mental health professionals with respect to the aforementioned overview.

(Fall, Winter, Spring)

PSYCH 350 Social Psychology**(3:3:0:0)**

Prerequisite: PSYCH 111

This course is the scientific study of how people influence each other. Specifically, social psychology, as a discipline of the social and behavioral sciences, seeks to understand how people's thoughts, feelings, and behaviors are influenced by other people. Hence, social psychology seeks to explain how people influence each other (descriptive) and why people influence each other (explanatory).

(Fall, Winter, Spring)

PSYCH 355 Industrial Organizational Psych**(3:3:0:0)**

Prerequisites: PSYCH 111 and MATH 221A, B or C and PSYCH 302

This course will help students learn how to apply psychological principles to improve people's work performance in organizations. Students will learn about the quality of life of workers, the measurement of work performance, the training of the workforce, the development of new organizational structures, the improvement of work designs and employee selection models, the management of change, the improvement of leadership, etc.

(Fall, Winter, Spring)

PSYCH 361 Principle of Behavioral Learning**(3:3:0:0)**

Prerequisite: PSYCH 111

This course examines the means by which behavior is acquired and extinguished. Six to ten hours of outside-of-class lab time is expected for this class.

(Fall, Winter, Spring)

PSYCH 365 Psychology of Emotion and Motivation**(3:3:0:0)**

Prerequisite: PSYCH 111

This course examines how people use emotions and what motivates people in daily living. Specifically, this course examines how a person's thoughts, personality, emotions, and motives influence human behavior.

(Fall, Winter, Spring)

PSYCH 370 Sensation and Perception**(3:3:0:0)**

Prerequisite: PSYCH 111

The purpose of this course is to learn how the sensory systems collect and process environmental stimuli (including the internal environment). The history of the study of sensation and perception, vision, audition, tactile senses, chemical senses, and proprioception will be explored. Basic neuroanatomy will be taught to provide a basis for understanding the sensory systems.

(Fall, Winter, Spring)

PSYCH 376 Cognition**(3:3:0:0)**

Prerequisite: PSYCH 111

This course provides an introduction into prominent theories and research in cognitive psychology. Students will learn about (a) ways in which the mind and brain organize the chaotic world in which we live, (b) how the separate but interrelated processes of attention, perception, memory, and visual imagery work together to produce everyday phenomena like knowledge, reasoning, problem-solving, and language, (c) the complexities of cognition that underlie all of our daily interactions, and (d) ways to effectively apply cognitive psychological principles to the benefit of their own lives and the lives of those they interact with now and in the future.

(Fall, Winter, Spring)

PSYCH 378 Psychological Assessment**(3:3:0:0)**

Prerequisites: PSYCH 111 and MATH 221A, B or C

This is a survey course designed to introduce the students to assessment in psychology. Students will be taught: (a) To critically evaluate the qualities of psychological tests, (b) The ethical issues surrounding psychological assessment, (c) How psychological tests are used to assess intelligence, personality, interests, performance, and other psychological constructs, and (d) How psychological tests are used in a variety of areas such as psychological research, clinical/counseling settings, education, industry, business, and law.

(Fall, Winter, Spring)

PSYCH 380 Psych of Performance and Expertise (3:3:0:0)

This course is an introduction to learning, performance, and expertise. Students will learn how to analyze performance problems, perform goal analysis, and develop attitudes toward improving performance.

PSYCH 384 Behavioral Neurobiology (3:3:0:0)

Prerequisite: PSYCH 111

The purpose of this course is to learn the key relationships between brain, body, and behavior. This will be accomplished by learning neuroanatomy and neurophysiology as the basis for understanding the other content areas of the course. Brain development, brain damage, plasticity, sensory systems, motor systems, states of consciousness, internal regulation, reproductive behaviors, emotional behaviors, learning, memory, cognitive functions, and psychological disorders will be explored from a psychobiological viewpoint. (Fall, Winter, Spring)

PSYCH 390R Special Topics in Psychology (3:3:0:0)

Repeatable Course: May earn maximum of 6 credits

Prerequisite: PSYCH 111

This course includes an in depth study of a specific topic in the field of psychology. (Fall, Winter, Spring)

PSYCH 395R Directed Study (1-6:0:0:0)

Repeatable Course: May earn maximum of 6 credits

Prerequisite: PSYCH 111

Course Requirement: Instructor Approval Required

In this course faculty student consultation will determine a special area of study and/or research problems that will give students greater preparation for advanced work in psychology and related fields. Term of enrollment, credit, and other details will be arranged with instructor. (Fall, Winter, Spring)

PSYCH 435 Health Psychology (3:3:0:0)

Prerequisite: PSYCH 111

Using the biopsychosocial perspective, this course is designed to facilitate the understanding of health psychology. Students will learn about (a) scientific research in health psychology, (b) how the various systems in the body are affected by stress and how to mitigate harmful stress with healthy coping, (c) the importance of developing and sustaining healthy behaviors and attitudes throughout the lifespan, and (d) ways to effectively use psychological principles and techniques to benefit the person in dealing with life's daily hassles, major health outcomes (e.g., chronic pain, cancer), and ways to navigate modern-day health care. (Fall, Winter, Spring)

PSYCH 485 Experiencing Research (3:3:0:0)

Prerequisites: PSYCH 111 and PSYCH 302 and MATH 221A, B or C

This course is an opportunity to apply information learned in PSYCH 302 (Research Methods). All students will be required to conduct a study or carry out a meta-analysis of existing literature. This means that each student will propose a study or review, collect data or review articles, analyze that data or draw conclusions from articles written, and then write up a report and/or prepare a poster. Students will also have an opportunity to critique one another's work as well as have their own work critiqued by their peers and the instructor. All this will be done in a friendly and supportive atmosphere. In addition, students will be discussing current topics and issues in psychological research and will become better consumers of such research. Finally, students will have an opportunity to hone research skills through instruction on writing and experience with statistical software. (Fall, Winter, Spring)

PSYCH 498 Internship (1-3:0:0:0)

Internship Fees: \$81.50 (LDS) \$163 (non-LDS) per credit

Exempt from tuition, but charged this independent course fee

Course Requirement: Psychology Majors/Minors only

This course consists of supervised field experience in an approved setting. (Fall, Winter, Spring)