

Department of

# Psychology



Eric Gee, Department Chair

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<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 and give more meaningful service to others.

## 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.

## Psychology Department Target Outcomes for the BS in General Psychology:

1. Students will be prepared to find employment and to be effective employees.
2. Students will be prepared for further education and training.
3. Students will 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. Students will apply research methods in psychology: for example, research design, data analysis, and interpretation.
5. Students will think critically in psychology and use rigorous inquiry to answer questions regarding behavior and mental processes within a gospel framework.
6. Students will apply psychological principles to personal, social, educational, and organizational issues.
7. Students will have established values in psychology: students will weigh evidence, tolerate ambiguity, and act ethically in psychology within the framework of the gospel.
8. Students will use information and technology: students will demonstrate information competence and the ability to use computers and other technology for many purposes.
9. Students will demonstrate effective written and verbal communication skills.
10. Students will describe how sociocultural and international diversity relate to psychology.

## The Psychology Department Target Outcomes for the BS in Industrial/Organizational Psychology:

1. Students will be prepared to find employment and to be effective employees.
2. Students will be prepared for further education and training in the areas of Industrial/Organizational psychology, Human Resource, and Organizational Behavior.
3. Build a common intellectual experience in Industrial/Organizational psychology by partnering with the following departments: business, communication, and health sciences.
4. Apply research methods in Industrial/Organizational psychology: students will use applied research methods in Industrial/Organizational psychology, including research design, data analysis, and interpretation, to benefit the Rexburg community.
5. Think critically in psychology: students will use critical thinking and the scientific approach within a gospel framework to solve organizational problems.
6. Establish values in Industrial/Organizational psychology: students will weigh evidence, understand worldviews different from their own, tolerate ambiguity, and act ethically/morally in Industrial/Organizational psychology within the framework of the gospel.
7. Use technology: students will demonstrate the ability to use technology, including Excel and SPSS, for many purposes.

The outcomes for both 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 the following:

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

<b>BS in Psychology</b>			
<b>Emphasis in General Psychology (760-134)</b>			
Take required Foundations courses (40 credits)			
Major Requirements			
<i>No Double Counting of Major Courses - No Grade Less Than C- in Major Courses</i>			
<b>Preliminary Psychology Cluster</b> <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: 50px; margin-left: 0;"/> 13	<b>Core Courses</b> <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	<b>Elective Courses</b> <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 384            3 PSYCH 390R           3 PSYCH 395R           1-3 PSYCH 498*           1-3 <hr style="width: 50px; margin-left: 0;"/> 24	<b>Program Notes:</b>  <i>ETS Major Field Test</i> <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>  <i>* Students are only allowed 1 internship.</i>  <i>Students may take up to 6 credit hours total of Psych 390R, Psych 395R and Psych 498.</i>
<b>Total Major Credits=49</b>			
<b>Additional Elective Credits Required for Graduation=31</b>			
This major is available on the following tracks:			
Fall-Winter---- YES	Winter-Spring---- YES	Spring-Fall---- YES	

<b>BS in Psychology</b>			
<b>Emphasis in Industrial/Organizational Psychology (760-135)</b>			
Take required Foundations courses (40 credits)			
Major Requirements			
<i>No Double Counting of Major Courses - No Grade Less Than C- in Major Courses</i>			
<b>Preliminary Psychology Cluster</b> <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: 50px; margin-left: 0;"/> 13	<b>Core Courses</b> <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  <b>Emphasis Courses</b> <i>Take these courses:</i> CIT 110                3 PSYCH 355            3 PSYCH 365            3 PSYCH 378            3 <hr style="width: 50px; margin-left: 0;"/> 12	<b>Take 4 courses:</b> B 321                    3 B 370                    3 COMM 250            3 COMM 450            3 HS 390                 3 HS 486                 3 Math 325               3 Math 326               3 TA 121                 2 TA 322 or TA 324    2 <hr style="width: 50px; margin-left: 0;"/> 12	<b>Program Notes:</b>  <i>ETS Major Field Test</i> <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>
<b>Total Major Credits=49</b>			
<b>Additional Elective Credits Required for Graduation=31</b>			
This major is available on the following tracks:			
Fall-Winter---- YES	Winter-Spring---- YES	Spring-Fall---- YES	



**Psychology Pre-approved Clusters**

No Double Counting of Cluster Courses - No Grade Less than C- in Cluster Courses

<b>Psychology: Business</b>		<b>3100</b>
<i>Take these courses:</i>		
PSYCH 111	General Psychology	3
PSYCH 355	Industrial Organizational Psychology	3
<i>Take 6 credits:</i>		
PSYCH 310	Culture and Gender	3
PSYCH 341	Personality	3
PSYCH 350	Social Psychology	3
PSYCH 365	Motivation and Emotion	3
PSYCH 376	Cognition	3
<b>Total Credits</b>		<b>12</b>

<b>Psychology: Health Sciences</b>		<b>3101</b>
<i>Take these courses:</i>		
PSYCH 111	General Psychology	3
PSYCH 342	Abnormal Psychology	3
<i>Take 6 credits:</i>		
PSYCH 201	Development Psychology Lifespan	3
PSYCH 322	Adult Development	3
PSYCH 365	Motivation and Emotion	3
PSYCH 384	Behavioral Neurobiology	3
<b>Total Credits</b>		<b>12</b>

<b>Psychology: Parenting</b>		<b>3102</b>
<i>Take these courses:</i>		
PSYCH 111	General Psychology	3
PSYCH 201	Developmental Psychology Lifespan	3
<i>Take 6 credits:</i>		
CHILD 210	Child Development	3
CHILD 320	Adolescent Development	3
PSYCH 240	Psychology of Effective Living	3
PSYCH 310	Culture and Gender	3
PSYCH 350	Social Psychology	3
PSYCH 361	Principles of Behavioral Learning	3
PSYCH 365	Motivation and Emotion	3
<b>Total Credits</b>		<b>12</b>

<b>Psychology: Pre-Health Professions</b>		<b>3103</b>
<i>Take this course:</i>		
PSYCH 111	General Psychology	3
<i>Take 1 course:</i>		
PSYCH 342	Abnormal Psychology	3
PSYCH 201	Development Psychology Lifespan	3
<i>Take 6 credits:</i>		
BIO 240	Neurobiology	4
PSYCH 201	Development Psychology Lifespan	3
PSYCH 342	Abnormal Psychology	3
PSYCH 365	Motivation and Emotion	3
PSYCH 370	Sensation and Perception	3
PSYCH 384	Behavioral Neurobiology	3
<b>Total Credits</b>		<b>12</b>

<b>Psychology: Recreation Management</b>		<b>3104</b>
<i>Take these courses:</i>		
PSYCH 111	General Psychology	3
PSYCH 201	Development Psychology Lifespan	3
PSYCH 342	Abnormal Psychology	3
<i>Take 3 credits:</i>		
PSYCH 240	Psychology of Effective Living	3
PSYCH 310	Culture and Gender	3
PSYCH 341	Personality	3
PSYCH 350	Social Psychology	3
PSYCH 365	Motivation and Emotion	3
<b>Total Credits</b>		<b>12</b>

<b>Psychology: Sociology</b>		<b>3105</b>
<i>Take these courses:</i>		
PSYCH 111	General Psychology	3
PSYCH 350	Social Psychology	3
<i>Take 6 credits:</i>		
PSYCH 201	Developmental Psychology Lifespan	3
PSYCH 310	Culture and Gender	3
PSYCH 322	Adult Development	3
PSYCH 341	Personality	3
PSYCH 342	Abnormal Psychology	3
PSYCH 365	Motivation and Emotion	3
PSYCH 376	Cognition	3
<b>Total Credits</b>		<b>12</b>

<b>Psychology: Research Methods</b>		<b>3106</b>
<i>Take these courses:</i>		
CS 124	Introduction to Software Development	3
MATH 221C	Social Science Statistics	3
PSYCH 302	Research Methods	3
SOC 340	Research Methods	3
<b>Total Credits</b>		<b>12</b>

<b>Introduction to Psychology</b>		<b>3107</b>
<i>Take these courses:</i>		
MATH 221C	Social Science Statistics	3
PSYCH 111	General Psychology	3
PSYCH 112	Career Development in Psychology	1
PSYCH 302	Research Methods	3
PSYCH 311	History and Systems of Psychology	3
<b>Total Credits</b>		<b>13</b>

<b>Industrial Organizational Psychology</b>		<b>3108</b>
<i>Take these courses:</i>		
PSYCH 111	Introduction to Psychology	3
PSYCH 302	Research Methods	3
PSYCH 355	Industrial Organization Behavior	3
<i>Take 1 course:</i>		
B 212	Business Fundamentals 2	4
MATH 221B	Biostatistics	3
MATH 221C	Social Science Statistics	3
<i>Take 1 course:</i>		
B 370	Human Resource Management	3
COMM 250	Introduction to Organizational Comm.	3
COMM 380	Media Research Methods	3
COMM 450	Conflict Management	3
HS 390	Program Planning and Implementation	3
HS 486	Occupational Safety and Risk Management	3
PSYCH 350	Social Psychology	3
<b>Total Credits</b>		<b>15</b>

**Note:** It is the students responsibility to take the proper prerequisite courses.

**Course Descriptions**

**Credits\***

**PSYCH 111 General Psychology (3:3:0)**

This is an introductory course in Psychology which surveys the various fields of psychology and application of selected psychological principles to life situations. (Winter, Spring, Fall)

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

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. (Winter, Spring, Fall)

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

The study of biological, affective, social and cognitive aspects of development through the life span. (Winter, Spring, Fall)

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

An exploration of psychological principles which facilitate a productive and satisfying life. (Winter, Spring, Fall)

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

Prerequisites: PSYCH 111 and MATH 221C

Basic principles of conducting research in psychology will be taught. Some of the topics include, but are not limited to: research design, data collection, analysis, reporting results, and ethics of doing research. This class should be completed by the beginning of junior year. (Winter, Spring, Fall)

**PSYCH 310 Culture and Gender (3:3:0)**

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. (Winter, Spring, Fall)

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

Prerequisite: PSYCH 111

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. (Winter, Spring, Fall)

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

Prerequisite: PSYCH 111

Cognitive, social, physical, and personality development during adulthood. (Winter, Spring, Fall)

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

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"? (Winter, Spring, Fall)

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

Prerequisite: PSYCH 111

This class is designed to help you gain 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, our focus will necessarily be limited to gaining a general understanding of the current issues being faced by mental health professionals with respect to the aforementioned overview. (Winter, Spring, Fall)

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

Prerequisite: PSYCH 111

Social psychology 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). (Winter, Spring, Fall)

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

Prerequisites: PSYCH 111, MATH 221C, and PSYCH 302

This course will help you learn how to apply psychological principles to improve people's work performance in organizations. You 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. (Winter, Spring, Fall)

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

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. (Winter, Spring, Fall)

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

Prerequisite: PSYCH 111

The psychology of emotion and motivation scientifically examines how people use emotions and what motivates people in daily living. Specifically, this course examines how our thoughts, personality, emotions, and motives influence human behavior. (Winter, Spring, Fall)

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

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. This class is offered rotating semesters. (Winter, Spring, Fall)

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

Prerequisite: PSYCH 111

Introduction to theories and research in cognitive psychology. (Winter, Spring, Fall)

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

Prerequisites: PSYCH 111 and MATH 221C

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. (Winter, Spring, Fall)

**PSYCH 380 Psychology of Performance and Expertise (3:3:0)**

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.

(Not currently being taught)

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

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.

(Winter, Spring, Fall)

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

Repeatable Course: may earn maximum of 6 credits

Prerequisite: PSYCH 111

In depth study of a specific topic in the field of psychology.

(Winter, Spring, Fall)

**PSYCH 395R Directed Study (1-3:0:0)**

Repeatable Course: may earn maximum of 3 credits

Prerequisite: PSYCH 111

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.

(Winter, Spring, Fall)

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

Prerequisite: PSYCH 111

Using the biopsychosocial and cultural perspectives, this course is designed to facilitate the understanding of health psychology. Students will learn (a) about scientific research in health psychology, (b) how culture is related to health and stress, (c) how the various systems in the body are affected by stress, (d) the importance of developing and sustaining healthy behaviors and attitudes throughout the lifespan, and (e) to use stress management techniques to more effectively deal with life's daily hassles and challenges. This class is offered rotating semesters.

(Winter, Spring, Fall)

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

Prerequisites: MATH 221C, PSYCH 111, and PSYCH 302

This class is an opportunity to apply information learned in PSYCH 302 (Research Methods). All students will be required to conduct a study of their own design 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.

(Winter, Spring, Fall)

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

Course requirement: Psych Majors Only; Junior Status

Supervised field experience in an approved setting.

(Winter, Spring, Fall)