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Psychology

Saint Mary's College of California

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PSYCHOLOGY

The major in psychology is a four-year program leading to a bachelor of science degree. Students majoring in psychology are introduced to a spectrum of psychological theories, experiments and problems within the context of a liberal arts college. Although there is considerable variety in the Department of Psychology's course offerings, an orientation which embraces both research and application is emphasized. Psychology majors who have earned their bachelor's degrees are prepared for many different endeavors. For example, they may pursue further study at the graduate level; become involved with the work of counseling centers, elementary and secondary schools, or youth authority facilities; earn a credential in early childhood education and/or in special education; or pursue a career in human resource management. Psychology is also an excellent preparation for careers in law, medicine, or business.

FACULTY

Elena A. Escalera, Ph.D., Associate Professor, Chair

Brother Camillus Chavez, FSC, Ph.D., Lecturer

Lynnyone D. Cotton, Ph.D., Associate Professor

Jose A. Feito, Ph.D., Professor

Emily Hause, Ph.D., Associate Professor

Mary E. McCall, Ph.D., Professor

Carole McKindley-Alvarez, Adjunct

Hiroko Nakano, Ph.D., Assistant Professor

Keith H. Ogawa, Ph.D., Professor

Arcenta Orton, J.D., Lecturer

Sara K. Stampp, Ph.D., Professor

James A. Temple, Ph.D., Professor

Mary M. True, Ph.D., Professor

Hoang J. Vu, Ph.D., Professor

Paul Zarnoth, Ph.D., Associate Professor

LEARNING OUTCOMES

Upon completion of the requirements for the bachelor of science degree in psychology, students will be able to:

- **DEMONSTRATE** knowledge of the theoretical approaches, research findings, and historical trends in psychology.
- **ENGAGE** in informed, critical intellectual discussion surrounding questions of human behavior.
- **USE** multiple research methods and statistical tools to design research and collect, analyze, and interpret data; understand the limitations of these tools and methods; successfully interpret empirical research; demonstrate information competence through use of key data bases; and proficiently write a research report using the standard APA format.
- **DEMONSTRATE** the skills of skeptical inquiry and critical thinking in the analysis of peer-reviewed articles and articles appearing in the popular press.
- **DEMONSTRATE** an understanding of the multiple ways gender, culture, age, and sexual orientation affect psychological processes (i.e., perception, memory, learning, affect, social behavior, and development).
- **DEMONSTRATE** through the use of computer simulations and anatomical dissections the role of biology and neurology in perception, learning, memory, and language, and understand their relation to neurological and biological pathologies.
- **APPLY** psychological theory and research to issues that may arise in their careers and personal lives as well as applications to problems of social justice in the world around them.

MAJOR REQUIREMENTS

CORE CURRICULUM

Intended to give breadth and scope of the discipline, all psychology majors are required to fulfill the following nine courses: **Psychology 1, 2, 3, 100, 103, 110, 140, 150, 160.**

COURSE PREREQUISITES AND REQUIREMENTS

In addition to individual course prerequisites, **Psychology 1** and **2** are generally required for admission to all upper-division psychology courses. A minimum grade of C– in all prerequisites is required for admission to all courses. Prerequisites may be waived at the discretion of the instructor.

LOWER DIVISION

Psychology 1, 2, and **3** are required for all psychology majors.

A minimum grade of C– is required for all lower-division courses

UPPER DIVISION

There are four major concentrations in the Department of Psychology. A student may elect to follow any one of these programs for a bachelor of science degree:

GENERAL PSYCHOLOGY

For the student who wants a general education in psychology, a sequence of upper-division courses in addition to the core curriculum which must include **Psychology 104, 105** or **106; Psychology 126, 127** or **128**; and one course each from three of the following areas of concentration:

- Biological courses: **113, 115, 157**
- Developmental courses: **141, 142, 143, 144, 148**
- Personality courses: **147, 152, 174**
- Social courses: **165, 172, 180**

EXPERIMENTAL/NEUROSCIENCE PSYCHOLOGY

For the student with an interest in the biological bases of behavior, a sequence of upper-division courses in addition to the core curriculum which must include **Psychology 113** or **115**; any two of the following: **Psychology 104, 105** and **106**; and any two of the following: **Psychology 126, 127** and **128.**

Curriculum Psychology

DEVELOPMENTAL PSYCHOLOGY

For the student interested in working with individuals in educational or social service settings, two tracks are offered:

Child/Adolescent track, a sequence of upper-division courses which must include **Psychology 141, 142, 144**; any one of the following: **Psychology 104, 105 or 106**; and any one of the following: **Psychology 147, 148, 165, 174 or Anthropology 113**. A field study (**Psychology 195**) is strongly recommended.

Adolescent/Adult track, a sequence of upper-division courses which must include **Psychology 142; 143**; any one of the following: **104, 105, 106**; and any two of the following: **Psychology 115, 128, 147, 157, 165, 174**. A field study (**Psychology 195**) is strongly recommended.

SOCIAL/PERSONALITY PSYCHOLOGY

A Social track, for the student interested in community or organizational psychology, a sequence of upper-division courses in addition to the core curriculum which must include **Psychology 165; 172**; either **127 or 180**; either **104, 105, or 106**; and any one of the following: **Psychology 115, 147, 157, 195, 199**.

A Personality track, for the student interested in social work or counseling/clinical psychology, a sequence of upper-division courses in addition to the core curriculum which must include **Psychology 152; 174**; either **127 or 147**; either **104, 105, or 106**; and any one of the following: **Psychology 115, 128, 142, 143, 148, 157, 170, 195, 199**.

MINOR REQUIREMENTS

The minor in psychology requires **Psychology 1, 2, and 3**, and three upper-division courses from the following five sets of options, no two of which are from the same set: **Psychology 110, 115, 126, 127 or 128**; **Psychology 140, 141, 142, 143, 144, 147 or 148**; **Psychology 150 or 152**; **Psychology 172 or 180**; **Psychology 160 or 165**. Minors may fulfill only one upper-division course off-campus.

TRANSFER CREDIT IN PSYCHOLOGY

Students already enrolled at Saint Mary's College who wish to transfer credit for an off-campus psychology course other than **Psychology 1, 2, or 10** must submit a formal petition to do so to the chair of the Psychology Department before enrolling in the course. Online courses are generally not accepted for credit in this department.

PREREQUISITE GRADE

Any course listed in this department with a prerequisite assumes a grade of C– or better in the prerequisite course.

C O U R S E S

LOWER DIVISION

1 Introduction to Personal-Social Psychology

A survey of personality theory and assessment, social, developmental, and clinical psychology with special attention to the pervasive influences of culture, gender and ethnicity.

2 Introduction to Physio-Experimental Psychology

An exploration of the scope and methods of physiological and experimental psychology.

3 Psychological Methods and Analysis I

This course is the first part of a two-semester sequence of courses that presents a survey of the complementary methodologies frequently used within the field of psychology. An emphasis will be placed upon the collection and analysis of data, with a focus on non-experimental methods and descriptive statistics. Students who enroll in this course must register for **Psychology 103** in the following semester. *Prerequisite:* competence in basic algebra.

Does not satisfy an Area B requirement.

8 African American Psychology and Law (fall)/ The African American Family and Law (spring)

The course examines various aspects of African-American psychology. In the fall, the course focuses on improving one's understanding of the dynamics of being black in an urban society by exploring psychological forces and influences that proliferate racism, subordination, dehumanization and victimization. In the spring the course focuses on the historical background of the black family from a psychological perspective, including personality development, black masculinity, parental roles, extended family and alternative lifestyles that impact the black family. Both semesters explore how the U.S. Constitution and Supreme Court decisions have affected public policy issues within a psycho-social context.

10 Psychology and Life

This course is an introduction to the field and study of psychology for non-majors. It is a survey of social and personality psychology, as well as cognitive and physiological-experimental psychology.

12 Special Topics in Psychology

Selected areas of psychology not covered by the regular department course offerings. Topics are announced prior to preregistration. Course may be repeated for credit as content varies. Potential topics include: psychology of racism; psychology in the courtroom; psychology of religion; sports psychology; environmental psychology.

13 Meditation (.25)

Students learn to use the Jose Silva theory of meditation to enhance performance and well being. Exercises are offered in stress reduction for the improvement of sports performance, for the enhancement of prayer life, and other areas of student interest. Course offered on a pass/fail basis only. Does not count toward the major.

Does not satisfy an Area B requirement.

14 Advanced Meditation (.25)

Building upon the skills and knowledge gained in **Meditation 13**, students continue with more advanced aspects of the theory and practice of meditation. Course offered on a pass/fail basis only. Does not count toward the major. *Prerequisite:* **Psychology 13**.

Does not satisfy an Area B requirement.

UPPER DIVISION

100 Seminar in Psychology

An investigation of the history and philosophical foundations of modern psychology. Emphasis is upon basic issues of psychology, emerging in the long philosophical tradition of Western civilization, which ground psychology as an empirical human science. *Prerequisite:* Senior psychology major or consent of instructor.

103 Psychological Methods and Analysis II

This course is the second part of a two-semester sequence of courses that presents a survey of the complementary methodologies frequently used within the field of psychology. An emphasis will be placed upon the collection and analysis of data, with a focus on experimental methods and inferential statistics. *Prerequisite:* Psychology 3. *Does not satisfy an Area B requirement.*

104 Special Topics in Assessment and Testing

This course will offer an examination of testing topics such as norms, reliability, validity and item analysis within the context of an applied area of psychology such as forensic, counseling or cross-cultural. Special attention will be given to the use of tests and the role of testing in society. Course may be repeated for credit as content varies. *Prerequisites:* Psychology 3, 103.

105 Advanced Psychological Statistics

Advanced research methods for evaluating psychological data utilizing SPSS. Topics generally include: theoretical sampling distribution, probability, decision theory, multiple analysis of variance, multiple regression analysis, and factor analysis. *Prerequisites:* Psychology 3, 103. *Does not satisfy an Area B requirement.*

106 Experimental Laboratory Research

A study of the logic of experimentation as applied to psychological problems through selected experiments in sensation, perception, cognition, learning, and motivation. Laboratory fee \$50. *Prerequisites:* Psychology 3, 103. *Does not satisfy an Area B requirement.*

110 Psychobiology

Examines the complex interaction of nature and nurture underlying the behavior of animals and humans, and the methods used to investigate this interaction. An overview of the anatomical, neural and neurochemical bases of behavior in both normal and clinical cases is provided. Learning is enhanced through laboratory activities of dissection, computer models and electrophysiological techniques. Laboratory fee \$125. *Prerequisites:* Psychology 1, 2. *Does not satisfy an Area B requirement.*

113 Animal Behavior

A study of behavior of animals, including primates and humans, and the mechanisms that control behavior at both the biological and psychological levels. Field trips may be required.

115 Health Psychology

A study of the relationships among mental processes, behavior, and physical health with an emphasis on the role of psychology in prevention and treatment of illness as well as promoting optimum health. *Prerequisites:* Psychology 1, 2, or Psychology 10; or Psychology 1, Biology 15 or 25.

126 Sensation and Perception

Examines the cognitive and physiological processes responsible for the acquisition and mental representation of sensory information. *Prerequisites:* Psychology 3, 110.

127 Learning, Memory, and Cognition

Examines how organisms acquire and use information provided by experience and how such information is represented in memory. The course covers the major theories in learning and memory, and the mechanisms and processes by which knowledge is used for the control of behavior. *Prerequisite:* Psychology 3.

128 Neuropsychology

A comprehensive survey of the relation between behavior and brain activity across the human lifespan, examining theory and research on such topics as neurodevelopmental disorders; clinical neuropsychological assessment; and neuropharmacology, rehabilitation and functional neuro-anatomy and physiology. *Prerequisites:* Psychology 1 and 2.

139 Human Development for Non-majors

Students will examine theory and research in physical, social, emotional, and cognitive development from conception to death. Students will examine how developmental research is conducted and analyze recent studies in the field. There will be on-site visits to developmental programs and students will critique programs in terms of what they have learned in the course. Not open to majors and minors in psychology, who should take 140. *Prerequisite:* Psychology 1 or 10.

140 Human Development

An examination of the major theories of and influences on human development from conception through death, including the biological, cognitive, emotional, social and cultural dimensions of development. Only majors and minors in psychology may enroll in this course. All others should take 139. *Prerequisites:* Psychology 1 and 2.

141 Infancy and Childhood

An examination of development from conception through early childhood (0–5 years), including the biological, cognitive, emotional, social and cultural dimensions of development, with discussion of special topics, e.g. learning disabilities and child abuse. Students complete an in-depth case study of a child as a way to integrate course materials and naturalistic observation. *Prerequisite:* Psychology 139 or 140.

142 Adolescent Development

An examination of development from late childhood through adolescence (11–18), including the biological, cognitive, emotional, social and cultural dimensions of development, with discussion of special topics, e.g., identity issues, cross-cultural issues, and high-risk behaviors. Students conduct an extensive interview which integrates an adolescent's own experience with current research and theory. *Prerequisite:* Psychology 139 or 140.

143 Adult Development

A study of the major psychological, social, and cultural factors that influence development from early adulthood through old age. Students examine in depth a public policy that affects adults or families. *Prerequisite:* Psychology 139 or 140.

Curriculum Psychology

144 Middle Childhood

The purpose of this course is to examine the key developmental tasks of middle childhood, including the development of achievement motivation, positive peer relationships, moral responsibility, self-regulation, and initial mastery of the skills important to one's culture. Students will observe children in various settings, including school, organized sports, and informal play settings, to investigate how the peer culture influences development. *Prerequisite:* Psychology 139 or 140.

147 Psychology of Gender

A critical review of the theory and research on gender from the biological, psychological, and sociological perspectives. The course explores the social construction of gender and how it impacts human development and social behavior. Throughout the course, the interaction between gender and the complexities of race, culture and sexual orientation is considered.

148 The Exceptional Individual

Examines individuals with special needs, be they physical, cognitive, or social/emotional. Causes, consequences, and treatment approaches are covered, as well as implications for development issues. Students will be required to visit facilities and interview individuals.

Prerequisite: Psychology 139 or 140.

Offered in alternate years.

150 Theories of Personality

A critical review of the traditional and modern theories of personality, including the psychoanalytic, neoanalytic, trait, behavioristic and humanistic perspectives, with a focus on personality development, assessment techniques, and application of theory to everyday life.

152 Abnormal Psychology

The abnormal personality with special emphasis on those afflicted with psychoneuroses, psychoses, psychosomatic reactions, brain damage, or personality disorders.

156 Personal and Professional Adjustment

A research-oriented treatment of personal and vocational adjustment, including: stress and stress tolerance, defensive and constructive coping, social and job satisfaction, behavior modification, and interpersonal communication.

157 Human Sexuality

A review of the empirical evidence on human sexuality, with a focus on historical and cultural perspectives as well as the physiological, psychological and sociological basis for sexual behavior and sexual identity.

160 Social Psychology

An introduction to social psychology including the study of attitude formation and change, social interaction, social norms, and cultural influences on personality formation.

165 Cross-Cultural Psychology

An analysis of cultural influences on human behavior. Topics include cross-cultural methodology, perception, cognition, motivation, development, attitudes and prejudice, gender, adaptive and maladaptive patterns, and the construction of self. This course includes a community service learning component with CILSA. Fulfills the diversity requirement.

Prerequisites: Psychology 1, 2 or Psychology 10.

170 Theories of Counseling

A critical review of traditional and modern theories of counseling and psychotherapy.

172 Groups and Organizations

Fundamental concepts of organizational theory as it applies to successful group functioning, with a focus on group structure and group processes, team building, group norms and group communication. *Prerequisites:*

Psychology 1 or 10, or junior standing in psychology, business administration, or sociology.

174 Psychology of the Family

A study of family dynamics and the influences which contribute to family dysfunction. Examination includes relationships between family patterns and childhood disorders.

180 Organizational Psychology

Examines the major theoretical findings in the field concerning the relationship between the individual and the organization, including the study of motivation, leadership, decision making, power and politics, corporate culture, and organizational development. *Prerequisites:*

Psychology 1 or 10, or junior standing in psychology, business administration, or sociology.

195 Special Field Study

This course may be taken only on a pass/fail basis and does not count toward the major. *Prerequisites:* upper-division standing as a psychology major, sponsorship by a psychology faculty member, and approval of the Department of Psychology chair. This course may be taken for .25, .50, or 1.0 course credit as determined by the faculty sponsor.

197 Special Study

An independent study or research course for students whose needs are not met by the regular course offerings of the department. Permission of the sponsoring faculty member and department chair is required.

199 Special Study—Honors

Independent study and research on campus in an area of interest to the student culminating in a written presentation of the problem, method of analysis and findings. *Prerequisites:* upper-division standing as a psychology major, B average in upper-division psychology courses already taken, consent of the instructor and the chair of the department. May be repeated for credit if content varies.