

Human Psychology (HPSY)

NOTE: Beginning Fall 2011, the Human Psychology major is no longer available. The information below is for students who entered the program prior to the 2011-2012 academic year. The alternative major is Counseling Psychology. Please see the School of Adult Learning with any questions.

The major in human psychology provides a foundation for the application of psychological principles to personal, social, and organizational problems. Theory, quantitative analysis, and research related to normal human development, etiology of mental health problems, and ethical standards of the psychology profession are discussed. Students develop the ability to apply this knowledge in assisting individuals confronting a variety of complex problems when interacting with others informally or in professional settings such as the workplace.

Students learn to develop appropriate strategies that address problems individuals confront on an intrapersonal and interpersonal levels contributing to conflicts in social settings, at work, at school or with law enforcement. The practicum in human psychology will allow the student to apply the theory learned in the classroom to real life situations in a variety of work settings. This major alone does not prepare students to function as counselors, therapists, or psychologists. Rather, students develop the necessary skills to assume entry-level positions in a variety of settings such as government, private human service agencies, organizations, business, and industry.

Major requirements for a B.A. or B.G.S. degree in Human Psychology

Required semester hours

44 sh

Prerequisite and supporting courses

GS 1050, 1490

Required core courses

HPSY 2010, 3020, 3040, 3700, 4000, 4060, 4070, 4090, 4120, 4400

Minor requirements in Human Psychology

Students are required to meet the Introduction to Psychology requirement prior to enrolling in the minor. The minor includes the following courses for a total of 20 sh. The minor reflects the human psychological principles as they are applied to adult populations.

Required semester hours

20 sh

Required core courses

HPSY 2010, 3040, 3700, 4070

Elective courses

Select one from HPSY 3030, 4050, 4080

GESAL Designates a course that fulfills all or part of a General Education (G.E.) requirement for the B.A. or B.G.S. degree; see the General Education section of the School of Adult Learning for more information.

2010 **Research Methods and Design (4 sh)**

Designed to expose the student to how the scientific enterprise is applied to research on human development. A three-pronged focus includes research design, data collection, and the use of statistics

in the analysis and interpretation of data. Cross-listed with COSS 2010.

3020 **Human Development I (4 sh)**

Introduces the student to the area of infant, child, and adolescent development and encourages the student to reflect on how developmental research and theory apply to his or her own life experiences. Cross-listed with COSS 3020.

3030 **Human Development II (4 sh)**

Presents to the student a survey of research findings and theory on development throughout adulthood. Examines how transitions, loss, and deaths affect development and are dealt with by individuals and society across the lifespan. Identifies moral/ethical issues and encourages the student to reflect on how such issues apply to his or her own life experiences. Cross-listed with COSS 3030.

3040 **Psychobiology (4 sh)**

Introduces the student to the field of psychobiology. Specific content will include basic concepts, major theoretical viewpoints, and research findings relating to a variety of topics, such as the structure and function of neurons, the anatomy of the nervous system, lateralization and language, sleep, the regulation of internal body states, emotional behaviors and stress, and recovery from brain damage.

3700 **Principles of Human Psychology (4 sh)**

Introduces the student to an overview of the literature, knowledge base, and practice of human psychology. Course content will include examination of the professions and work settings that require the application of human psychological principles. The student will apply theory and research to the problems individuals encounter when interacting in the workplace, in school, and other systems. Exploration of current procedures used to evaluate behavior through observation and assessment measures (achievement, aptitude, and personality) will be discussed.

3910 **Topics in Human Psychology (1-4 sh)**

An intensive investigation of a selected topic in Human Development offered from time to time at the discretion of the department.

4050 **Human Sexuality (4 sh) GESAL**

Consideration of human sexuality from biological, psychosocial, behavioral, cultural, and religious perspectives. Particular emphasis on psychosexual development throughout the human life cycle. Critical attention given on problems and solutions that significantly affect persons and social groups. Cross-listed with COSS 4050.

4060 **Personality (4 sh)**

Study of traditional and contemporary personality theory, with emphasis on theory, research methods, and assessment. Consideration of the development of personality and of whether it can or does change across the lifespan, and a critical appraisal of key personality theories from developmental and other perspectives. Cross-listed with COSS 4060.

4070 **Learning (4 sh)**

Introduces the student to various theoretical viewpoints that explain how we learn. The basic principles of classical and operant conditioning, observational learning, cognitive, humanistic, and radical-conscientization theories will be discussed. How these theories can be applied in the everyday settings of home, school, and work will be an important focus. Cross-listed with COSS 4070.

4080 Social and Cultural Context of Human Development (4 sh)

Examines the effects of various social and cultural parameters on human development. Social and cultural parameters include specific ethnic group, general cultural category (particularly individualist vs. communitarian type), gender, and socioeconomic status. Aspects of human development affected by these variables include personal identity, sex-typing, individual autonomy, style of emotional expressiveness, family values, and physical and mental health. Cross-listed with COSS 4080.

4090 Tests and Measurements (4 sh)

Designed to introduce the student to the theory and applications of psychological tests. Basic statistics are required to facilitate the grasp of the theory of tests. The traditional applications of testing to education, the workplace, and clinical psychology will be discussed. The student will become acquainted with the most commonly used psychological tests.

4120 Biopsychosocial Disorders of Human Development (4 sh)

Uses a case-finding approach in a study of biopsychosocial disorders across the lifespan, their assessment and treatment. Traditional categories of psychological disturbance will be discussed as well as issues associated with the duality of illness and wellness, legal and ethical implications of mental dysfunction. Cross-listed with COSS 4120.

4400 Practicum in Human Psychology (4 sh)

The practicum includes observation and hands-on experience within an appropriate agency. The student will develop and/or work on a larger institutional-wide project. It involves reflection and application of theory and research learned in the classroom to practical situations in the work setting. The student will apply psychological theory and research methods reflective of traditional and multicultural perspectives. The practicum is designed to increase the student's knowledge related to the available resources in organizations, corporate, nonprofit, and social service institutions. The practicum will be one full semester in length.

4910 Independent Study in Human Psychology (1-4 sh)

Advanced independent research.

4970 Internship in Human Psychology (1-8 sh)

An assignment in a business or social service institution other than the current employer in which reflective experience is the goal. Interested students who have completed 20 hours or more in the major should apply to their academic advisor. Permission will be granted by the Director of the School of Adult Learning and the faculty major coordinator.