

PSYCHOLOGY (PSYC)

PSYC 102 Burnout Prevention for Professionals (1)

Provides an experiential course designed to help the future professional become aware of personal and environmental factors involved in professional burnout. Individual and interpersonal coping strategies, existing social support systems, individual and workplace values and demands, conflict resolution strategies, and stress management skills are explored. Prerequisite: Consent of the instructor.

PSYC 111 General Psychology (3)

Introduces students to the scientific study of the mental processes and behavior of human beings and other organisms. Emphasis is placed on the biophysiological and psychosocial processes underlying a broad range of topics. Major sub-divisions in psychology will be surveyed and some applied fields will be introduced.

Meets general education requirements: GE-Social Awareness

IAI Course Number: S6 900

PSYC 211 Introduction to Chemical Dependency (3)

Prerequisite: PSYC 111

Provides a broad overview of the different licit and illicit drugs currently used in American society. The basic biological mechanisms underlying the effects of these drugs as well as the legal, psychological, social, and economic implications of substance use, abuse, and dependence are explored. Treatment modalities including "intervention" and self-help groups are examined.

PSYC 212 Sport Psychology (3)

Prerequisite: PSYC 111

Covers the application of many of the fundamental principles of psychology to the enhancement of individual and team performance in sport and exercise. Among the factors addressed are motivation, confidence, role modeling, personality, aspects of the social environment, and cognitive skill mastery. Understanding and simple supervised application of the basic principles are emphasized.

PSYC 220 Educational Psychology (3)

Prerequisite: EDUC 210 (may be taken concurrently)

Directs the students in the application of the principles of psychology to education. Special emphasis is given to understanding growth and development, the learning process, motivation, intelligence, assessment and the impact of culture on learning.

PSYC 221 Group Dynamics (3)

Prerequisite: PSYC 111

Introduces students to the basics of group interactions and influences, power and leadership, team formation and building, and group treatment. A didactic/experiential style is utilized to assist students in understanding both growth and injury in the group setting.

PSYC 240 Life-Span Development (3)

Prerequisite: PSYC 111

Helps students understand human development as dynamic processes that take place in the biological, social, and sociocultural contexts. Developmental continuities, changes, and mechanisms to account for the development in biophysiological, cognitive, emotional, and psychosocial domains across the human life-span will be discussed. The course also introduces students to the applications of the life-span developmental approach in the helping professions.

PSYC 241 Human Behavior in Social Environment (3)

Prerequisite: PSYC 111 or SOCI 111

Provides the student knowledge about the human life cycle from conception to death. A bio-psycho-social emphasis with a person-in-environment focus is provided. Students gain a developmental understanding of the human person as a biological, psychological, social and cultural product. A person, who has membership in families, groups, organizations, and communities, is impacted by these systems and his/her racial, ethnic, social class, and gender membership in his/her human development.

PSYC 242 Psychology of Nature & Sustainability (3)

Provides a basic understanding of human behavior within a diverse social environment. This course is a continuation of PSYC 241, which is based upon the philosophy that human development follows a developmental sequence with age-specific characteristics and needs. This course teaches systems theory (i.e. micro, mezzo, and macro) in order to address the complexity of human behavior and its interaction with biological, psychological, social, and cultural factors. Special attention is given to assessing individual, family, and system behavior in order to develop appropriate responses. This course also covers the impact of oppression, and the consequences of gender, socioeconomic status, and minority group membership on human behavior and social systems.

PSYC 249 PSYC of Nature & Sustainability (3)

In this Experiential Term course, we explore the interaction between human psychology and nature. We study how time spent in the natural world benefits humans psychologically. We also study how psychological science can illuminate how humans can better care for the natural world. The course is experiential, with many site visits to locations and organizations that are considering the intersection of psychology and nature, and the course ends with a major student-run sustainability project.

Meets general education requirements: GE-Social Awareness

PSYC 250 Abnormal Psychology (3)

Prerequisite: PSYC 111

Studies both historical and current theoretical explanations of the etiology, typical course, and treatment options associated with mental disorders. DSM classification, diagnostic procedures, and the role of psychological testing are discussed from the perspective of the clinical psychologist.

IAI Course Number: PSY 905

PSYC 260 Introduction to Forensic Psychology (3)

Prerequisite: PSYC 111

Is designed to provide the interested student with a broad overview of the field of Forensic Psychology. This endeavor, in its broadest sense, refers to the "production and application of psychological knowledge to the civil and criminal justice systems." The typical roles, responsibilities, challenges, and requirements of professional practice for the forensic psychologist are explored and discussed.

PSYC 270 Psychology of Women (3)

Prerequisite: PSYC 111

This course is designed to acquaint students with the psychology of women, including the ways in which social, biological, cultural, linguistic, sexual, educational, occupational, religious and emotional factors affect and are affected by the experience of gender in contemporary American society. Issues of diversity and multiculturalism will be addressed. Contemporary research on the psychology of women will be emphasized.

PSYC 280 Health Psychology (3)

Presents an introduction to the field of health psychology, including examining factors underlying health habits and lifestyles, methods of enhancing health behavior and preventing illness, stress and distress management, the impact of behavioral/lifestyle, psychological and social factors on health, illness and chronic disease and the experience of illness.

PSYC 294 Topics in Psychology (1-3)

Is a title given to a course which covers broad themes, practices, and subject content not otherwise currently offered in the curriculum. This course is directed primarily at non-majors and may be used for general education where approved.

May be repeated for up to 2 hours

PSYC 301 Introduction to Crisis Intervention (3)

Acquaints students with knowledge and strategies utilized in crisis intervention to provide immediate psychological care to individuals who are overwhelmed by crisis events for safety and restoration of normal functioning.

PSYC 311 Social Psychology (3)

Prerequisite: (PSYC 111 or SOCI 111)

Familiarizes students with the scientific study of the fundamental principles in social thinking, social influence, and social relation, with society and culture serving as the larger contexts. Opportunities are given for students to reflect upon how these social principles are at work in their daily life.

IAI Course Number: PSY 908, S8 900

PSYC 313 Industrial & Organizational Psychology (3)

Prerequisite: PSYC 111

Acquaints students with psychological principles as applied in the workplace and organizational settings. Discussion topics include development of human resources, leadership and decision-making styles, organizational development, working conditions, and human factors.

PSYC 320 Problem Gambling and Other Behavioral Addictions (3)

Prerequisite: PSYC 211

Provides instruction in the identification, diagnosis and treatment of Problem Gambling and other Behavioral Addiction Disorders. Topics covered include but are not limited to the history of gambling, legal, psychological, social, and economic implications of problem gambling, crisis intervention and management, case management, Gamblers Anonymous and other 12-step oriented treatments and cognitive and dialectic behavioral therapy. This course will provide the necessary 30 contact hours of instruction required by the Illinois Department of Human Services, Division of Substance Use and Recovery (SUPR) and the Illinois Certification Board (ICB) for those individuals pursuing the Problem and Compulsive Gambler Counselor certification (PCGC). In addition, this course will also include instruction in other behavioral addiction disorders including, but not limited to; sex, food, shopping, video games and gaming.

PSYC 325 Professional Development in Psychology (3)

Presents an overview of career paths available to liberal arts graduates with a B.A. in psychology, and instruction in the methods by which to achieve career goals in psychology. The course offers information on how to successfully locate and apply to both graduate programs (M.A., Ph.D., Psy.D., Ed.D., M.S.W. and others) and jobs (both full- and part-time). By the end of the course, students will have a resume, cover letter, and graduate school application essay on which they have received feedback from both peers and instructor, practiced and received feedback on their interviewing skills, and have identified possible career goals to pursue following graduation, as well as made contact with a professional working in a relevant field.

Restrictions: Enrollment limited to students with a semester level of Junior or Senior. Enrollment is limited to students with a major in Industrial/Organizational Psyc, Psychology or Substance Abuse Counseling. Students cannot enroll who have a minor in Industrial/Org Psychology or Psychology.

PSYC 331 Psychological Testing (3)

Prerequisite: PSYC 111

Introduces students to the origin, principal characteristics, function, and use of psychological tests. Emphasis is placed on principles and theories of psychological measurement.

PSYC 332 Learning and Cognition (3)

Prerequisite: PSYC 111

Surveys the theories and current research in animal and human learning. Attention is given to classical, operant, cognitive, evolutionary, developmental, and biological explanations of behavior and behavior change.

PSYC 333 Research Methods in Behavioral Science I (4)

Prerequisite: MATH 105 or MATH 175 and PSYC 111

This course focuses on the experimental approach. Students will learn the rationale of the experimental method and the ethical principles in doing research. Students will be guided step-by-step through student-originated small-scale experiments from defining research questions to writing scientific reports in the APA style.

PSYC 334 Research Methods in Behavioral Science II (2)

Prerequisite: PSYC 333

Continues to acquaint students with research methods in addition to the experimental method. The focus is on the survey, the case history, and the correlational approaches.

PSYC 341 Child Development (3)

Prerequisite: (PSYC 111 and PSYC 240)

Discusses developmental changes and mechanisms in the physical, cognitive, moral, emotional, personality, and social aspects during the period from conception to late childhood/early adolescence. It acquaints students with the research approaches and developmental designs practiced by developmental psychologists. The understanding of the multidirectional relationships between child development and the three major components (environmental, economic, and social) of sustainability is underscored.

PSYC 342 Child & Adolescent Development (3)

Prerequisite: (PSYC 111 and PSYC 240)

This course discusses developmental changes and mechanisms in the physical, cognitive, moral, emotional, personality, and social aspects of life during the period from conception through adolescence. It also acquaints students with the research approaches used by developmental psychologists and encourages the application of major research findings to contexts like parenting and education.

PSYC 343 Adult Development and Aging (3)**Prerequisite:** (PSYC 111 and PSYC 240)

Covers the developmental period from young adulthood to old age. The processes of adult development and aging will be examined from biological, psychosocial, and sociological perspectives. Changes in the domains of physical health, cognitive functioning, emotional needs, work and leisure, social bonds, family functioning, finances and life styles, and the issues of caregiving/health care and death and dying will be discussed.

PSYC 350 Personality (3)**Prerequisite:** PSYC 111

Presents a systematic overview of the major personality theories. Emphasis is placed on the structure and function of personality theory, methods of personality research, and comparison of the various theories. Psychodynamic, trait, humanistic/existential, cognitive and behavioral explanations are included.

PSYC 370 Ethics in Addiction Counseling (3)**Prerequisite:** PSYC 211

Provides an overview of the ethical obligations involved in treating substance abuse in a variety of populations, including women, children, individuals suffering from chronic pain, individuals with dual diagnoses, and members of minority groups. Various systems of discerning ethical obligations and the distinction between ethical and legal obligations will be explored. Students will be encouraged to examine the ways in which their own ethical beliefs affect their practice.

PSYC 372 Psychopharmacology for Addiction Counselors (3)**Prerequisite:** PSYC 211

Provides an overview of psychotropic drugs and drugs of abuse, with particular focus on approaches useful to those counseling chemically dependent clients.

PSYC 375 Co-Occurring Disorders: Assessment & Treatment (3)**Prerequisite:** PSYC 211

This course explores the special needs of patients who have been diagnosed with a co-occurring psychiatric disorder and substance abuse disorder and provides instruction in advanced assessment, diagnosis, case conceptualization and treatment planning skills for substance Abuse Counseling majors and other students who are interested in providing clinical counseling to such patients. Students emerging from this course will be able to provide integrated case formulations and treatment plans for patients with co-occurring disorders using the most current evidence based modalities, and to provide for formulation and a treatment plans regarding a patient with co-occurring disorders who they have seen in counseling.

PSYC 376 Introduction to Counseling and Psychotherapy (3)**Prerequisite:** PSYC 111

Provides for the study of the goals, methods, and procedures of a variety of theoretical viewpoints basic to counseling. In addition teaching the skills necessary for counseling, the course allows for personal growth and understanding. The goal of the course is to provide students with an exposure to various schools of thought so that a synthesis can be made to allow for beginning functioning in the counseling role.

PSYC 401 Readings in Gerontology (3)**Prerequisite:** PSYC 111

Enhances students' understanding of the major findings, concerns, and challenges in gerontology/geriatrics through reading, discussing, and reflecting. Selected classic and current research articles and book chapters cover multiple topics that are relevant and important to professionals working with mature adults.

PSYC 420 Advanced Techniques in Substance Abuse Treatment (3)**Prerequisite:** PSYC 211 and PSYC 376 and SWRK 651

Provides advanced instruction in the treatment of chemical dependence. Specific treatment techniques covered include but are not limited to facilitated groups, motivational interviewing, family therapy, crisis intervention and management, case management, 12-step-oriented treatments, cognitive behavioral therapy, and the use of adjuvant pharmacotherapy.

PSYC 424 Diverse Populations in Addiction Counseling (3)**Prerequisite:** PSYC 211

Provides a detailed look at the ways in which ethnic, racial, cultural, economic, sexual and gender diversity, as well as age variability, intersect with substance abuse and addiction. Topics including research regarding the effectiveness of various prevention and treatment strategies with different populations and risk factors that vary between groups will be addresses. The importance of culturally sensitive practice with clients will be emphasized.

PSYC 453 History and Systems of Psychology (3)

Serves as a capstone course for the psychology major. Through the completion and presentation of a scholarly paper, the course acquaints students with the origin and development of the science of psychology. Emphasis is given to the major systems of psychology.

Restrictions: Enrollment limited to students with a semester level of Senior. Enrollment is limited to students with a major in Psychology.

PSYC 492 Field Practicum and Supervision I (5)**Prerequisite:** PSYC 211 and PSYC 221 and PSYC 250 and PSYC 370 and PSYC 372 and PSYC 420 and PSYC 424

Provides credit for one half of a student's practicum/internship and provides an opportunity for students to meet together and reflect on their training experiences. The focus is to explore the general issues that arise in clinical practice and to develop specific skills in diagnostic assessment and counseling of substance abuse clients. Students will review their clinical work together in order to improve their abilities to evaluate the needs of clients and make appropriate recommendations for intervention, and will broaden and deepen their own skills in providing treatment, as well as their skills in providing feedback to colleagues. These goals will be accomplished primarily by presentation and discussion of student's casework, as well as use of relevant articles in the literature.

PSYC 493 Field Practicum and Supervision II (5)

Provides credit for one half of a student's practicum/internship and provides an opportunity for students to meet together and reflect on their training experiences. The focus is to explore advanced issues that arise in clinical practice and to develop advanced skills in diagnostic assessment and counseling of substance abuse clients. Students will review their clinical work together in order to improve their abilities to evaluate the needs of clients and make appropriate recommendations for intervention, and will broaden and deepen their own skills in providing treatment, as well as their skills in providing feedback to colleagues. These goals will be accomplished primarily by presentation and discussion of student's casework, as well as use of relevant articles in the literature.

PSYC 494 Topics in Psychology (3)

Is a title given to a course which covers specific themes, practices, and subject content not otherwise currently offered in the curriculum. This course is directed primarily to students majoring in the subject area and could be used to complete major requirements. The course will provide an in-depth study of a specific topic.

May be repeated for up to 4 hours

PSYC 495 Directed Study (1-3)

This course is an academic learning experience designed by the instructor. The student must have a 3.0 GPA or higher.

PSYC 496 Independent Study (1-3)

This is an academic learning experience in which the student initiates, designs and executes the course under the supervision of the instructor. The student must have a 3.0 GPA or higher.

PSYC 497 Internship in Psychology (1-15)

Prerequisite: PSYC 333 (may be taken concurrently)

Offers students who meet the requirements an opportunity to apply the theory which they have learned and to test their skills in real world settings. Prerequisite: Consent of instructor.

PSYC 498 Capstone Experience: Case Conceptualization (3)

Prerequisite: PSYC 492

Provides instruction in advanced case conceptualization and treatment planning skills for substance abuse counseling majors who have completed their field practicum in substance abuse counseling. Students emerging from this course will be able to provide integrated case formulations and treatment plans using each of the major theoretical schools of psychotherapy, and to provide such a formulation and treatment plan regarding a client whom they have seen in counseling.

Restrictions: Enrollment limited to students with a semester level of Senior. Enrollment is limited to students with a major in Psychology. level students may not enroll.