

# PSYCHOLOGY

## **Bachelor of Arts degree with a major in Psychology**

### **Minor in Psychology**

### **Master of Arts degree in Psychology –**

Academic Research, Counseling (MFT),  
School Psychology

### **Department Chair**

William Reynolds, Ph.D.

### **Department of Psychology**

Behavioral & Social Sciences 410

707-826-3755

www.humboldt.edu/psychology

## **The BA Program**

There are two program pathways for the BA in Psychology. The *Graduate Study Preparation Pathway* is designed for students who anticipate that they may continue for an advanced degree in psychology or related discipline or seek a greater emphasis in research methods. The *General Psychology Pathway* is designed for students who plan on obtaining a bachelor's degree in Psychology and then either entering the workforce or obtain a degree in another field of study such as law, or other non-science related field.

Students in both programs will have demonstrated:

- knowledge of significant facts and theories in the basic process area of psychological science including biopsychology, learning and motivation, sensation and perception, and cognition
- knowledge of significant facts and theories in the social and interpersonal processes area of psychological science including human development, social psychology, personality, and abnormal psychology
- the ability to locate appropriate sources for psychological research by searching databases; read original scientific reports critically; write a review using these materials in APA style
- knowledge of diverse populations, effective communication skills, effective interpersonal skills, increased self-understanding, and insight into the behavior of others

▪ application of their knowledge and skills in psychology to improve their own lives and the lives of others

▪ respect for the dignity and worth of all people and rights of individuals to privacy, confidentiality, and self-determination.

Students who complete the Graduate Study Preparation Pathway will also have demonstrated:

▪ the ability to design a psychological study, use basic laboratory skills to conduct the research, use statistical methods and software to analyze data, draw reasonable conclusions based on their research, and report their findings in APA style

The Department of Psychology at HSU offers an undergraduate major leading to the BA degree, a minor program, course options for general education requirements and electives, service courses for other majors, and three graduate programs leading to the MA degree, including preparation for the California School Psychology credential, preparation for licensure as a Marriage-Family Therapist (MFT), and an MA program with content options in Biological Psychology, Social and Environmental Psychology, Developmental Psychopathology, and Behavior Analysis.

Students have access to physiological and neuroscience laboratories, research and computer labs, a library of psychological tests and measurements, and other resources for psychological research and applications.

The BA degree with a major in psychology from HSU is an excellent background for graduate school and many careers. Many of our students have been accepted into prestigious nationally recognized Ph.D. programs and many have gone on to master degree programs. The psychology major (Graduate Study Preparation Pathway) provides the basis for a career as a psychologist or mental health care worker. Typically, those professions require a Ph.D. or MA degree. There are also a number of executives, lawyers, and business professionals who earned a bachelor's degree in psychology before they

obtained advanced degrees. If you are not planning on graduate school, psychology graduates (in both paths) still leave with a number of highly marketable skills such as the ability to collect, organize, analyze, and interpret data; write reports and proposals clearly and objectively; communicate effectively and sensitively in both individual and group situations; obtain information about problems through library research and personal contacts; and identify problems and suggest solutions on the basis of research findings. An undergraduate degree is also helpful in many health and mental health service professions. A psychology major is helpful for careers in areas such as a college admissions or employment counselor, media buyer, management trainee, mental health aide, survey researcher, or human resources, among others.

The Master's degree in Psychology, combined with an appropriate credential or license, may lead to careers such as school psychologist, counselor in a human service agency, marriage and family therapist, or board certified behavior analyst.

Traineeships and internships with local public and private agencies are arranged for graduate students in counseling and school psychology. The department's community clinic provides additional supervised opportunities for counseling graduate students.

## **Preparation**

High school algebra is required and courses in biology are recommended.

## **REQUIREMENTS FOR THE BACHELOR'S DEGREE**

*For a description of degree requirements to be fulfilled in addition to those listed below for the major, please see "The Bachelor's Degree" section of the catalog, pp. 61-77, and "The Master's Degree" section of the catalog, pp. 78-80.*

### **(Lower division)**

#### **General Psychology Pathway:**

PSYC 104 (3) Introduction to Psychology  
PSYC 240 (3) Understanding Research  
in Psychology

#### **Graduate Study Preparation Pathway:**

PSYC 104 (3) Introduction to Psychology  
PSYC 241 (4) Intro to Psychological  
Statistics

**NOTE:** The Psychology Department requires that all psychology students adhere strictly to the Ethical Standards of Psychologists, published by the American Psychological Association, and to all department procedures and policies concerning use of humans and nonhumans as experimental participants. Failure to comply will result in immediate expulsion from the department's programs, courses, and facilities.

- PSYC 242 (4) Intro to Psych Research Design & Methodology
- Graduate Study Preparation Pathway students must also complete at least one upper-division "D" or "L" course from the core or breadth courses listed here:
- PSYC 311D (2) Human Development Discussion
- PSYC 324D (2) Cognitive Psychology Discussion
- PSYC 335D (2) Social Psychology Discussion
- PSYC 337D (2) Personality Theory & Research Discussion
- PSYC 345L (4) Psychological Testing and Measurement

**(Upper division)**

**ALL undergraduate students in EITHER Psychology Pathway must take:**

**Core Content Areas in Psychology (18 units)**

Choose from the following:

- PSYC 311 (3) Human Development
- PSYC 321 (3) Intro Behavioral Neuroscience
- PSYC 322 (3) Learning & Motivation
- PSYC 323 (3) Sensation & Perception
- PSYC 324 (3) Cognitive Psychology
- PSYC 335 (3) Social Psychology
- PSYC 337 (3) Personality Theory & Research
- PSYC 438 (3) Dynamics of Abnormal Behavior

**Breadth Requirements (12 units)]**

Choose from the following:

- PSYC 300 (3) Psychology of Women
- PSYC 302 (3) Psychology of Prejudice
- PSYC 303 (3) Family Relations in Contemporary Society
- PSYC 309 (3) Thinking Consumer in Materialistic Society
- PSYC 320 (4) Behavior Analysis
- PSYC 325 (4) Advanced Behavioral Neuroscience
- PSYC 336 (3) Social Influence & Persuasion
- PSYC 345L (4) Psychological Tests & Measurement
- PSYC 400 (3) Health Psychology
- PSYC 404 (3) Industrial/Organizational Psychology
- PSYC 405 (3) Environmental Psychology
- PSYC 406 (3) Forensic Psychology
- PSYC 414 (3) Psychology of Adolescence & Young Adulthood
- PSYC 418 (3) Developmental Psychopathology
- PSYC 433 (3) Stress & Wellness
- PSYC 434 (3) Death, Dying & Grief

- PSYC 436 (3) Human Sexuality
- PSYC 437 (3) Sexual Diversity
- PSYC 454 (3) Interviewing & Counseling Techniques
- PSYC 473 (3) Substance Use & Abuse
- PSYC 478 (4) Analysis of Variance

**NOTE: Only 3 units from this section may be applied to Breadth requirement:**

- PSYC 480 (.5-3) Selected Topics in Psychology
- PSYC 482 (1-4) Field Study
- PSYC 495 (1-4) Research in Psychology
- PSYC 496 (3) Psychology Research Seminar
- PSYC 497 (1-3) Mentoring
- PSYC 499 (1-3) Independent Study

**Capstone Experience (3 units)**

Choose from the following:

- PSYC 485 (3) Senior Seminar
- PSYC 486 (3) History & Systems of Psychology
- PSYC 487 (3) Evolutionary Psychology
- PSYC 488 (4) Regression/Multivariate Topics
- PSYC 490 (3) Senior Honors Thesis
- PSYC 600 series Advanced Seminars (IA)

**REQUIREMENTS FOR THE MINOR**

Complete at least 15 units, 9 of which must be upper division. At least 3 units must be completed at Humboldt.

**Introductory Phase (3 units)**

- PSYC 104 (3) Introduction to Psychology

**Core Areas (6 units)**

Two courses from this area in the approved major courses.

**Upper Division Breadth (6 units)**

Two courses from this area in the approved major courses.

**REQUIREMENTS FOR THE MASTER'S DEGREE**

Humboldt offers an MA in psychology under three separate emphases – Academic Research, Counseling (MFT), and School Psychology.

**■ MA Degree: Academic Research Emphasis**

This Academic Research Program offers a master's degree with a focus of study in one of four specialization areas: Social and Environmental Psychology, Biological Psychology, Developmental Psychopathology, and Behavior Analysis. Each area provides a background in methodology and statistics that is paired with courses relevant to the area.

**Program Coordinator**

Chris Aberson, Ph.D.  
707-826-3670

**The Program**

**Prerequisites and Requirements for Admission**

In addition to Humboldt State University requirements, the Department of Psychology requires the following criteria be met for admission to the program as a classified graduate student:

- A bachelor's degree from an accredited institution or equivalent
- Statement of purpose
- Selection of a specialization area and desired thesis advisor
- Completion of 24 units of undergraduate coursework in Psychology including PSYC 104 (Introduction to Psychology), PSYC 241 (Introduction to Psychological Statistics), and PSYC 242 (Introduction to Research Design & Methodology) or equivalent course(s).
- A minimum undergraduate grade-point average (GPA ) of 3.25 in Psychology courses.
- (Biological Psychology Specialization) BIOL 105 , CHEM 107 , PSYC 321, and PSYC 325 (or equivalent).
- (Social/Environmental Specialization) PSYC 302 and PSYC 335 (or equivalent).
- (Developmental Psychopathology Specialization) PSYC 3 11 or CD 350, PSYC 438 , and CD 464 or PSYC 418 (or equivalent).
- (Behavior Analysis Specialization) PSYC 320 and PSYC 322 (or equivalent).

- Admission will also be based on a match between student and faculty interests and the willingness of a faculty member to supervise the student's thesis or project research. We strongly recommend that students contact faculty in their area prior to application.
- A student may be conditionally admitted to the program if the undergraduate degree lacks one or more prerequisite courses within their area of specialization.

### Requirements for Degree (All Specialization Areas)

- At least 30 units in Psychology or supporting courses as defined by Specializations or approved by graduate committee. At least half of these must be at the graduate (500-600) level.
- Completion of PSYC 641 (3), PSYC 642 (3), and PSYC 647 (3) in the first year.
- Completion of PSYC 578 (4) or PSYC 588 (4).
- Continuous enrollment in PSYC 690 (1-6) or PSYC 692 (1-3).
- Completion of either a Thesis or Project as a culminating experience.
- Completion of additional courses outlined in one of the following specializations.

#### ▪ Biological Psychology Specialization

Biological psychology is the study of the physiological bases of behavior, particularly how the brain affects behavior. The Biological Psychology Specialization provides an extensive background in biological bases of behavior and numerous research opportunities. Our program prepares students for application to Ph.D. programs in the field of biological psychology and neuroscience. Students with degrees in biology (or closely related fields) may apply for conditional admission to the Biological option without 24 units of Psychology if they have completed PSYC 104, PSYC 241, and PSYC 242 (or equivalents). These students would complete prerequisite psychology courses (in addition to the required coursework) after admission to the program to bring them to a total of 24 units overall.

#### Required Courses (6 units)

PSYC 625 (3) Advanced Psychobiology  
PSYC 672 (3) Psychopharmacology

#### Elective Courses (9-19 units)

PSYC 487 (3) Evolutionary Psychology  
PSYC 578 (4) Analysis of Variance, **or**

PSYC 588 (4) Regression/Multivariate Topics

PSYC 683 (1-3) Graduate Teaching Assistantship

PSYC 684 (1-3) Graduate Teaching Internship

PSYC 480/680 or other courses relevant to the concentration as approved by advisor and AR coordinator.

Students may count 578/588 toward one elective if they complete both courses (see Requirements for Degree)

#### ▪ Social and Environmental Psychology Specialization

Social and environmental psychology is concerned both with psychological effects of the physical environment, both natural and human made, and with effects of human action on the environment. The Social and Environmental Psychology specialization provides students with the academic background in psychology necessary to both understand and positively affect others on issues related to the environment. Coursework exposes students to a variety of perspectives and views on the environment and methodological skills necessary to conduct research in this area. On completion students will be prepared to seek employment in organizations concerned with the environment, or to pursue Ph.D. study.

#### Required Courses (7 units)

PSYC 345 (4) Psychological Tests & Measurement

PSYC 405 (3) Environmental Psychology

#### Elective Courses (8-19 units)

PSYC 336 (3) Social Influence & Persuasion

PSYC 487 (3) Evolutionary Psychology

PSYC 578 (4) Analysis of Variance, **or**

PSYC 588 (4) Regression/Multivariate Topics

PSYC 635 (3) Advanced Social Psychology

PSYC 683 (1-3) Graduate Teaching Assistantship

PSYC 684 (1-3) Graduate Teaching Internship

PSYC 480/680 or other courses relevant to the concentration as approved by advisor and AR coordinator.

Students may count 578/588 toward one elective if they complete both courses (see Requirements for Degree)

#### ▪ Developmental Psychopathology Specialization

Developmental psychopathology is the study of psychological problems in the context of human development. The Developmental Psychopathology Specialization provides students with a background in understanding both normal and atypical development. Emphasis on normal developmental milestones in conjunction with a focus on emotional and behavioral challenges prepares students to work with a wide variety of children and their families or pursue Ph.D. study.

#### Required Courses (13 units)

PSYC 345 (4) Psychological Tests & Measurement

PSYC 419 (3) Family Violence

PSYC 518 (3) Advanced Developmental Psychopathology

PSYC 638 (3) Advanced Psychopathology: Diagnosis of Mental Disorder

#### Elective Courses (2-19 units)

PSYC 303 (3) Family Relations in Contemporary Society

PSYC 414 (3) Psychology of Adolescence & Young Adulthood

PSYC 578 (4) Analysis of Variance, **or**

PSYC 588 (4) Regression/Multivariate Topics

PSYC 632 (3) Advanced Developmental Psychology

PSYC 683 (1-3) Graduate Teaching Assistantship

PSYC 684 (1-3) Graduate Teaching Internship

PSYC 480/680 or other courses relevant to the concentration as approved by advisor and AR coordinator.

Students may count 578/588 toward one elective if they complete both courses (see Requirements for Degree)

#### ▪ Behavior Analysis Specialization (not currently accepting applicants)

Behavior analysis is the design, implementation, and evaluation of instructional and environmental modifications to produce improvements in human behavior through skill acquisition and the reduction of problematic behavior. The Behavior Analysis specialization develops students' skills in conducting behavioral research and providing applied behavioral intervention services for children and adults in areas including education, developmental disabilities, and behavioral consulting. This program is designed to provide the coursework that constitutes part of the requirements for becoming a Board Certified Behavior Analyst.

### Required Courses (21 units)

PSYC 622	(3)	Advanced Learning and Behavior
PSYC 655	(3)	Social-Behavioral Evaluation
PSYC 680	(1)	Professional Ethics in Behavior Analysis
PSYC 682	(6)	Behavioral Field Work [6 units total over two semesters]
PSYC 683	(3)	Teaching Assistantship (for PSYC 320)
EDUC 680	(2)	Single-Subject Research Methods
SPED 654	(3)	Advanced Behavioral, Emotional, and Environmental Supports

### 5th Year (4+1) Pathway

Students may also apply while in undergraduate status to begin the graduate program in their senior year, allowing for the completion of the BA and MA in five years total. We strongly encourage HSU students who satisfy the admission requirements below to apply for the program in their junior year. Students applying for this program should discuss applying with their desired thesis chair.

### 5th Year Prerequisites and Requirements for or Admission

- All requirements listed in the section above titled Prerequisites and Requirements for Admission, except completion of B.A.
- Completion of the departmental application (contact department office for form)
- Admission is also based on a match between student and faculty interests and the willingness of a faculty member to supervise the student's thesis or project research.

### 5th Year Requirements for Degree

- All requirements listed in the section above titled Requirements for Degree (All Specializations) with the following deviations:
- Completion of PSYC 641 (3) and PSYC 642 (2) in the undergraduate Senior year.
- Completion of PSYC 647 (3) in the 5th year.

### Certificate in Institutional Research

Students interested in careers in institutional research are encouraged to pursue the Institutional Research Graduate Certificate in conjunction with the Academic Research M.A. program (see Certificates of Study).

This certificate is administered by the College of eLearning and Extended Education.

### MA Degree: Counseling Emphasis

This Master's degree in Psychology is accredited by the California Board of Behavioral Sciences and provides the academic requirements for the Marriage and Family Therapist (MFT) and Licensed Professional Clinical Counselor licenses. Successful completion will allow the candidate to apply for internship status with the Board to accrue the post-degree hours of supervised practice necessary for state licensure.

### Program Coordinator

Emily Sommerman, Psy.D.  
707-826-3270

### The Program

Students completing this program will have demonstrated:

- workable knowledge of standard psychotherapeutic techniques
- knowledge of and conformance to the laws, regulations, and professional ethics related to the practice of a master's level psychotherapist
- the ability to understand and utilize research related to the field of counseling psychology
- appreciation and knowledge of issues of race, gender, ethnicity, sexual orientation, and religions as they relate to providing effective psychotherapeutic interventions.

The Master's Program emphasizing Counseling provides a solid foundation in clinical theory and research, along with extensive training in clinical skills. Supervised fieldwork/practica are a required part of the program, including experience working directly with clients in our community clinic, the department's training facility that provides low-cost counseling to campus and community members. Students are required to either pass a cumulative exam or complete a master's thesis. The cumulative exam is given in the fourth semester. If students choose the thesis option, they must decide by their second semester and enroll in thesis units starting second semester, first year. The program is administered by a faculty committee that plans the curriculum, makes program policy, and selects students for admission.

### Prerequisites for Admission

The following courses must be completed before the start of the program:

#### Lower Division

- Introduction to Research Design
- Introductory Statistics

#### Upper Division

- Abnormal Psychology
- Developmental Psychology
- Personality Theory
- Behavioral Neuroscience

### Requirements

- A bachelor's degree with substantial preparation in psychology with a GPA of minimum of 3.0
- Some experience in human services and/or research
- Goals that match the program's objectives
- The potential for becoming an effective and ethical psychotherapist
- Autobiographical questions
- Resume of both paid and volunteer work
- Prerequisite Verification Form
- Demonstrated excellence in oral and written communication
- GRE (general exam only)

### Courses

#### First Semester

PSYC 641	(3)	Research Methods: Philosophy & Design
PSYC 654	(3)	Interviewing and Counseling Techniques
PSYC 658	(3)	Theories of Individual Counseling and Psychotherapy
PSYC 660	(3)	Law & Ethics in Psychology (odd-numbered years.)
PSYC 662	(1)	Practicum Preparation

#### Second Semester

PSYC 518	(3)	Advanced Developmental Psychopathology
PSYC 636	(1)	Sexuality Counseling (even-numbered years)
PSYC 638	(3)	Advanced Psychopathology: Diagnosis of Mental Disorders
PSYC 642	(2)	Research Methods: Evaluation
PSYC 656	(3)	Couples Therapy (includes spousal abuse treatment requirement)
PSYC 682	(1-6)	Fieldwork Practicum (to include individual supervision)
PSYC 690	(2)	Thesis (optional)

#### Third Semester

PSYC 653	(3)	Advanced Psychotherapy with Children & Families
PSYC 663	(1)	Licensed Supervision
PSYC 664	(3)	Assessment & Testing for Psychotherapists

- PSYC 676 (3) Cross Cultural Counseling for Individuals, Children & Families  
 PSYC 682 (1-6) Fieldwork/Practicum  
 PSYC 690 (2) Thesis (optional)

#### Fourth Semester

- PSYC 636 (1) Sexuality Counseling (even-numbered years)  
 PSYC 640 (1) Aging & Long-Term Care  
 PSYC 657 (3) Group Counseling & Group Psychotherapy (even-numbered years)  
 PSYC 663 (1) Licensed Supervision  
 PSYC 672 (3) Psychopharmacology  
 PSYC 673 (1) Mental Health Addiction & Recovery  
 PSYC 682 (1-6) Fieldwork Practicum  
 PSYC 690 (2) Thesis (optional)  
 PSYC 691 (2) Comprehensive Exam for Counselors (optional)

**NOTE:** Some one-unit courses may be offered as a weekend course or on a Friday.

#### ■ MA Degree: School Psychology Emphasis

Master's degree in Psychology and a California Credential authorizing service as a school psychologist. At program completion, students are recommended to the California Commission on Teacher Credentialing for a Pupil Personnel Services Credential with an authorization to practice as a school psychologist. The program is fully approved by the National Association of Psychologists (NASP). As a graduate of a nationally accredited program, students are eligible to sit for the national licensing exam to become a Nationally Certified School Psychologist (NCSP).

#### Program Coordinators

Lisa Miller, M.A., L.E.P.  
 Emily Sommerman, Psy.D.  
 707-826-3270

#### The Program

Graduates of this program enter careers as school psychologists in California public schools and assume positions as educational leaders in the area of pupil personnel services. Sequenced coursework and integrated field experience in school and community settings are integral aspects of the program. In addition to all course and fieldwork requirements, each candidate for the MA degree with a specialization in school psychology is required to complete a comprehensive portfolio containing examples of work in all of the California and NASP domains of

professional practice. Students may also choose to complete a formal thesis as part of their MA degree.

#### Prerequisites for Admission

Courses in:

- General Psychology
- Research Methods
- Developmental Psychology
- Introductory Statistics
- Personality Theory or Abnormal Psychology
- Psychological Tests and Measurement

#### Requirements

- Statement of intent
- Prerequisite Verification Form
- CBEST Exam Verification

#### First Semester

- PSYC 605 (3) Psychological Foundations/School Psychology  
 PSYC 616 (3) Cognitive Assessment I Cognitive/Biological Bases of Behavior  
 PSYC 641 (3) Research Methods Philosophy & Design  
 PSYC 654 (3) Interviewing & Counseling Techniques

#### Second Semester

- PSYC 606 (2) Educational Foundations/School Psychology  
 PSYC 617 (3) Cognitive Assessment II Cognitive/Biological Bases of Behavior  
 PSYC 642 (2) Research Methods: Evaluation  
 PSYC 651 (3) Diagnosis & Treatment of Children for the School Psychologist I – Cognitive & Academic Difficulties  
 PSYC 669 (3) Legal & Ethical Foundations in School Psychology  
 PSYC 690 (1-6) Thesis (optional)  
 PSYC 692 (1) School Psychology Portfolio Project  
 PSYC 783 (4) School Psychology Practicum

#### Third Semester

- PSYC 607 (2) Consultation/Collaboration  
 PSYC 608 (2) Advanced Assessment/Case Presentation  
 PSYC 655 (3) Social-Behavioral Evaluation  
 PSYC 676 (3) Cross Cultural Counseling for Individuals, Children & Families  
 PSYC 690 (1-6) Thesis (optional)  
 PSYC 783 (4) School Psychology Practicum

#### Fourth Semester

- PSYC 659 (3) Mental Health in K-12 Schools  
 PSYC 690 (1-6) Thesis (optional)  
 PSYC 692 (2) School Psychology Portfolio Project  
 PSYC 783 (4) School Psychology Practicum

#### Internship (Third Year)

- PSYC 692 (3) School Psychology Portfolio Project  
 PSYC 784 (6-12) School Psychology Internship

#### Admission Procedures

For all three graduate programs the following are necessary to submit to the Office of Admissions, Humboldt State University, Arcata, CA 95521.

- A California State University application form. All applicants apply to the university through CSU Mentor – [www.csumentor.org](http://www.csumentor.org).
- Official transcripts of all college-level work (from every institution attended). Current HSU students need not request transcripts.
- Three letters of recommendation from university faculty, employers, or professionals who can discuss academic and professional potential. These are completed online via CSU Mentor, page 11 of the application.

Each emphasis maintains different admission requirements and prerequisites. It is essential, therefore, that students contact the Department of Psychology for specific information.

#### Program Requirements

All three emphases require recommendation by the department for advancement to candidacy and a minimum GPA of 3.0 in all work toward the degree, with no grade lower than a B-. In School Psychology, one grade of C or below in a required course results in probation; two grades of C or below result in dismissal from the program.

Each emphasis requires a separate program of coursework. Contact the Department of Psychology for further information.

