

PSYCHOLOGICAL SCIENCES

Psychology can be defined as the scientific study of behavior and mental processes. The courses in the Department of Psychological Sciences (<https://www.bethel.edu/undergrad/academics/psychology/>) are designed to help students learn:

- psychological theory and the findings of psychological research;
- the terminology and principles of cognition, emotion, and behavior;
- the techniques of psychological investigation with an emphasis on empirical research;
- how diverse perspectives enrich our understanding of the human condition;
- ways in which psychological principles apply to practical situations and clinical work;
- how to relate the findings of psychology to Christian faith.

Courses interface with other Bethel majors, including business, nursing, biokinetics, philosophy, and many others. The Department of Psychological Sciences also works with the Biological Sciences Department (<https://www.bethel.edu/undergrad/academics/biology/>) in co-leading the neuroscience major (<https://www.bethel.edu/undergrad/academics/biology/majors-minors/neuroscience>).

The required senior capstone provides an opportunity for students to gain hands-on experience in the work world with an internship of at least 60 hours and possible independent research supervised by a faculty member. The seminar portion of the capstone provides more intensive time to interact with faith/psychology integration issues, refine career goals and graduate study plans, and offers opportunities to integrate classroom learning with experience in a wide variety of fields such as neuroscience, counseling, business, health-related fields, and others.

The Psychological Sciences department offers two January study-abroad courses. PSY 320Z *European Pioneers in Psychology* offers students an opportunity to travel with professors to Europe to study the history of psychology. PSY 210Z *Psychology of Fandom* offers students an opportunity to explore the psychological side of "fandom" by traveling to Europe to study European sporting events. This course examines the research literature and lived experience of fans of all kinds (e.g., sports, music, etc).

The Psychological Sciences department also offers two major emphases, which allow students to complete graduate-level courses as their undergraduate elective credits—ultimately saving them time and money in the pursuit of their Master's degree.

To declare the B.S. in Psychological Sciences with a Marriage and Family Therapy Emphasis, students must:

- Have a minimum 3.00 GPA
- Obtain a referral from their academic advisor to the M.A. Program Director
- Apply for the program by April 1 of their Junior year and;
- Obtain permission of the Program Director

To declare the B.S. in Psychological Sciences with a Clinical Mental Health Counseling Emphasis, students must:

- Have a minimum 3.00 GPA
- Obtain a referral from their academic advisor to the M.A. Program Director
- Apply for the M.A. program by the first Friday in January of their Junior year, and;
- Receive acceptance into the M.A. program.

Students can supplement their studies by obtaining an Addiction Studies Certificate (<https://www.bethel.edu/adult-undergrad/academics/certificates/addiction-studies/>) through dual enrollment

with the Anderson Family College of Health Sciences. If students wish to study psychological sciences further they can pursue a Master of Arts in Counseling (<https://www.bethel.edu/graduate/academics/counseling/>) by enrolling in Bethel's Anderson Family College of Health Sciences or a Masters of Arts in Marriage and Family Therapy (<https://www.bethel.edu/seminary/academics/marriage-family-therapy/>) offered by Bethel's School of Theology & Bethel Seminary.

Programs in Psychological Sciences

Majors:

- B.S. in Psychological Sciences (<https://catalog.bethel.edu/academic-programs/college-of-arts-sciences-and-education/undergraduate-programs/psychological-sciences/psychological-sciences-bs/>)
- B.S. in Psychological Sciences with a Clinical Mental Health Counseling Emphasis (<https://catalog.bethel.edu/academic-programs/college-of-arts-sciences-and-education/undergraduate-programs/psychological-sciences/psychological-sciences-clinical-mental-health-counseling-emphasis/>)
- B.S. in Psychological Sciences with a Marriage and Family Therapy Emphasis (<https://catalog.bethel.edu/academic-programs/college-of-arts-sciences-and-education/undergraduate-programs/psychological-sciences/psychological-sciences-marriage-and-family-therapy/>)
- B.S. in Neuroscience (<https://catalog.bethel.edu/arts-sciences/academic-programs-departments/multidisciplinary/bs-neuroscience/>)

Minors:

- Minor in Psychological Sciences (<https://catalog.bethel.edu/academic-programs/college-of-arts-sciences-and-education/undergraduate-programs/psychological-sciences/psychological-sciences-minor/>)
- Minor in Psychological Trauma (<https://catalog.bethel.edu/academic-programs/college-of-arts-sciences-and-education/undergraduate-programs/psychological-sciences/traditional-psychological-trauma-minor/>)

PSY 101 • Introduction to Psychology I 2 Credits

Survey of topics from psychological science such as brain and behavior, human development, psychopathology, social psychology, and others.

Offered: Fall, Spring.

PSY 102 • Introduction to Psychology II 2 Credits

Survey of topics from psychological science such as consciousness, sensation perception, conditioning and learning, memory, etc.

Offered: Fall, Spring.

PSY 203 • Lifespan Development 4 Credits

Interactive discussion and learning of physical, cognitive, emotional, social, moral, and spiritual development from conception to death. Includes a consistent focus on individual differences.

Prerequisites: PSY 101. Offered: Fall, Spring.

PSY 206 • Child and Adolescent Development 2 Credits

Focused exploration of contemporary issues in child and adolescent development.

Prerequisites: PSY 101. Offered: Occasionally.

PSY 210Z • Psychology of Fandom 4 Credits

A study abroad experience observing and analyzing fan behavior at European sporting events. Examination of the research literature and lived experience of fans of all kinds (e.g., sports, music, superheroes, etc.). Analysis of the psychological benefits and drawbacks of being a fan. Includes interactions with local academics discussing the topic of fandom.

Prerequisites: GES 104 and PSY 101; Consent of instructor. Offered: Occasionally January.

PSY 215 • Social Psychology 4 Credits

Behavior and experience of individuals and groups in relation to other individuals and groups. Theory, method, and findings in areas such as conformity, persuasion, social cognition, attraction, altruism, aggression, prejudice, group behavior, and applied topics.

Prerequisites: PSY 101. Offered: Fall, Spring.

PSY 230M • Introduction to Statistical Methods and Experimental Design 4 Credits

Descriptive, correlational, and inferential statistics, plus experimental design. Statistical techniques are taught using a project-based learning approach.

Offered: Fall, January, Spring. Special Notes: Students may not receive credit for both PSY 230M and BUS 201M, MAT 207M, or AHS 250M.

PSY 300 • Psychopathology 4 Credits

Classification, causes, symptoms, and treatment of various forms of psychopathology. Analysis of the medical model of psychopathology in relation to major issues in the field of mental health and to the Christian tradition. Surveys empirical approaches to the study of psychopathology.

Prerequisites: PSY 101; Junior standing. Offered: Fall, Spring.

PSY 302 • Introduction to Sport Psychology 2 Credits

An overview of the principles of psychology related to sport, exercise, and recreational activity for enhanced interactions/performance. Reviews how motivation, goal setting, leadership, and group dynamics interact with sport and recreational activities.

Prerequisites: PSY 101. Offered: Occasionally.

PSY 303 • Industrial/Organizational Psychology 2 Credits

Examines psychological principles in relation to human behavior in the workplace. Explores topics ranging from selecting employees to improving work-life satisfaction and reducing work-stress.

Prerequisites: PSY 101. Offered: Occasionally.

PSY 305 • Personality 2 Credits

Examination of traditional and contemporary theories of personality. Explores some non-western and Christian perspectives of the description and development of personality and personhood. Reviews the validity of various measures of personality.

Prerequisites: PSY 101. Offered: Occasionally spring.

PSY 308G • Cross-Cultural Psychology 4 Credits

Behavior and experience related to cultural differences. Theory, method, and findings in areas of cognition, social psychology, and applied concerns. Specific people groups may be emphasized.

Prerequisites: [GES 130; GES 160 or GES 149]; Contemporary Western Life and Thought (L) course or World Cultures (U) course. Offered: Occasionally.

PSY 310 • Addiction and Recovery 4 Credits

Psychological, physiological, and causal aspects of addiction, with emphasis on understanding the experience of persons with addiction. Addictions studied include drugs, alcohol, gambling, sex, and the internet. Also covers family issues related to addiction, models of recovery, and treatment options. Integration of Christianity with this topic throughout the course.

Prerequisites: PSY 101. Offered: January. Special Notes: This course carries cross-credit with ADST 450.

PSY 316 • Consciousness: Psychology and Philosophy in Dialogue 4 Credits

A team-taught investigation of ancient, medieval, and modern philosophies of consciousness and the historical roots of contemporary psychology. How philosophical and psychological theories of consciousness transcend disciplinary boundaries. Focus on interaction between philosophy and psychology, emphasizing the origins of cognitive science in philosophy of mind and consciousness.

Prerequisites: PSY 101 or One philosophy course. Offered: Occasionally. Special Notes: This course carries cross-credit in philosophy.

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PSY 317 • Political Psychology 4 Credits

The causes, dynamics, and consequences of human thinking and action in the context of politics. The psychology of decision making, political attitude formation, public opinion, personality and emotions, intergroup relations, ideology, and the role of mass media in politics.

Offered: Fall, odd # years. Special Notes: This course carries cross-credit in political science.

PSY 320Z • European Pioneers in Psychology 4 Credits

Study-abroad experience exploring prominent European and diverse figures in the history of psychology within the context of major historical currents and schools. Explores cultural, philosophical, intellectual, and spiritual roots of psychological theory, especially in connection with host countries. Site and museum visits and encounters with local professional and academic psychologists.

Prerequisites: GES 104; PSY 101; Junior or senior standing; Consent of instructors; Timely completion of application process. Offered: Occasionally January.

PSY 323 • Motivation and Emotion 4 Credits

How biological, environmental, cognitive, emotional, and personal systems interact to initiate and direct human behavior. How experimental psychologists study emotional and motivational systems.

Prerequisites: PSY 101. Offered: Fall.

PSY 330 • Disabilities and Giftedness 4 Credits

Focus on the development of individuals with disabilities and giftedness from a lifespan perspective. Cognitive, physical, emotional, and sociocultural variables relevant to developmental delay; giftedness; learning disabilities; physical, sensory, and communication disabilities; emotional disturbance; and multiple disabilities. Critical analysis of psychosocial educational interventions. Service learning with those with disabilities.

Prerequisites: EDU 276/EDU 241, PSY 203 or PSY 206; Junior standing. Offered: Fall, Summer.

PSY 331 • Racial Trauma 4 Credits

Review of the origins and impact of racial trauma on the individual, family, and community. Appraisal of the different, yet related, concepts of historical trauma, racial discrimination, and structural racism. Identification of the signs and symptoms of racial trauma in individuals and systems. Exploration of approaches to healing from racial trauma. Evaluation of services, resources, and advocacy strategies for system change.

Prerequisites: PSY 101. Offered: Fall.

PSY 334 • The Science of Happiness 2 Credits

Empirical exploration of what makes people happy with a direct application to modern lives.

Prerequisites: PSY 101. Offered: Occasionally.

PSY 335 • Psychological Assessment 4 Credits

Methods of assessing human behavior and the nature and significance of individual differences. Includes basic psychometric theory; principles of test construction; and theory and utilization of current standardized tests of intelligence, achievement, and personality.

Prerequisites: PSY 101 and PSY 230M. Offered: Spring.

PSY 336 • Journal Club 1 Credit

Survey of contemporary and classical psychological literature. Journal club format in which topics of the students' choosing are researched, discussed, and methodologies assessed.

Prerequisites: PSY 101 and Major in psychological sciences. Offered: Occasionally.

PSY 340 • Physiological Psychology 4 Credits

Physiological and neuroanatomical mechanisms underlying behavior.

Prerequisites: PSY 101 and Mathematics (M) course. Corequisites: Concurrent registration in PSY 341 is required. Offered: Fall, Spring.

PSY 341 • Physiological Psychology Lab 1 Credit

Laboratory experience accompanying PSY 340.

Corequisites: Concurrent registration in PSY 340 is required. Offered: Fall, Spring.

PSY 344 • The Body's Response to Trauma 2 Credits

Articulation of physiological responses to trauma. Explanation of the fundamentals of the memory process as it relates to trauma. Evaluation of treatment options that focus on the body-mind connection. Identification of how the body's response to trauma intersects with a personal faith worldview.

Offered: Spring.

PSY 346 • Animal Behavior 3 Credits

Behavior from primitive invertebrates to advanced mammals, highlighting trends in behavior systems. Natural setting studies in the ethology tradition, comparative psychology studies, and biosociological principles with their implications for human social systems.

Prerequisites: PSY 101 or BIO 218 (may be taken concurrently); Junior or senior standing. Corequisites: Concurrent registration in PSY 347 is required. Offered: Fall, even # years. Special Notes: This course carries cross-credit in biological sciences.

PSY 347 • Animal Behavior Lab 1 Credit

Laboratory course accompanying PSY 346.

Corequisites: Concurrent registration in PSY 346 is required. Offered: Fall, even # years. Special Notes: This course carries cross-credit in biological sciences.

PSY 348 • Conditioning and Learning 4 Credits

Basic procedures of classical and operant conditioning, theories of learning, and applications of behavioral conditioning principles to selected problems in human learning. Includes laboratory experiences that involve working with animals.

Prerequisites: PSY 101 and Mathematics (M) course. Corequisites: Concurrent registration in PSY 349 is required. Offered: Fall.

PSY 349 • Conditioning and Learning Lab 1 Credit

Laboratory experience accompanying PSY 348.

Corequisites: Concurrent registration in PSY 348 is required. Offered: Fall.

PSY 350 • Cognitive Psychology 4 Credits

Psychological theory and research concerning thinking, memory, reasoning, language, and problem solving.

Prerequisites: PSY 101 and PSY 230M. Offered: January, Summer.

PSY 351 • Trauma Informed Care 4 Credits

Examination of common symptoms of trauma, exploration of current trends in trauma treatment, and appraisal of evidence-based trauma treatments. Investigation of the current mental health crisis, with special focus on prevalence and treatment of PTSD in the military. Consideration of the role of religion/spirituality in the healing process.

Offered: Spring.

PSY 355 • Research Methods 4 Credits

Research methods in psychology in the context of designing independent research. Standard research designs (experimental, quasi-experimental, and non-experimental) are evaluated in terms of threats to internal, external, statistical, and construct validity.

Prerequisites: PSY 101 and PSY 230M. Offered: Fall, Spring.

PSY 399 • Topics in Psychology 2 Credits

Contemporary concerns in psychology not covered in the current formal course offerings of the department. Student may take this course twice given the varying topics covered.

Prerequisites: PSY 101. Offered: Occasionally.

PSY 400 • Principles of Counseling and Psychotherapy 2 Credits

Introduction and analysis of major therapy systems, basic counseling techniques, and current ethical issues facing the counseling professions. Explores Christian implications of the topics. Designed for students planning on graduate study in human services.

Prerequisites: PSY 101; PSY 300. Offered: Fall.

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PSY 440 • Sensation and Perception 4 Credits

A study of how the brain receives and interprets information from the environment. The biological operation of each of the senses is covered, as well as how the action of sense organs is translated into meaningful perceptions.

Prerequisites: PSY 101 and Mathematics M-tag course. Corequisites: Concurrent registration in PSY 441 is required. Offered: Spring.

PSY 441 • Sensation and Perception Lab 1 Credit

Laboratory experience accompanying PSY 440.

Corequisites: Concurrent registration in PSY 440 is required. Offered: Spring.

PSY 493 • Psychology Internship 2 Credits

A professionally supervised, applied learning experience in the work world. Includes a seminar component in which students meet regularly with the psychology faculty. Facilitates students' processing of their internship experiences and offers a forum to discuss internship-related issues and career exploration.

Prerequisites: Major in psychological sciences; Senior standing; Minimum 2.25 GPA in psychology courses. Offered: Fall, Summer.

PSY 498 • Research 2-4 Credits

Students work with a psychology faculty member on an empirical research project. Emphasis on the use of research methodology, techniques, and psychological theory. The work may be spread over two semesters.

Prerequisites: PSY 230M; Major in psychological sciences; Invitation of supervising faculty member. Offered: Fall, Spring. Special Notes: This course is graded on an S/U basis.

PSY 499 • Senior Seminar 2 Credits

Considers the nature of psychological inquiry and the integration of psychology and their Christian faith. Students reflect on and articulate their vocation in life as well as in their career specifically. The implications of a Christian worldview for understanding psychology and vocation.

Prerequisites: Major in psychological sciences and Senior standing. Offered: Fall, Spring.

PSYC 100 • Introduction to Psychology 1 2 Credits

Examines key concepts, principles, and themes in psychology. Applies psychological principles to personal, social, and communal issues. Evaluates research methods and uses the scientific process and experimental design to critique journal articles. Explores integration of psychology with personal faith.

Fulfills: CAPS Goal Area 5.

PSYC 102 • Introduction to Psychology 2 2 Credits

Continues PSYC 100, examining key concepts, principles, and themes in psychology. Applies psychological principles to personal, social, and communal issues. Critiques research methods and uses the scientific process and experimental design to evaluate journal articles. Explores integration of psychology with personal faith.

PSYC 205 • Lifespan Development 4 Credits

Identification of the various stages of life from conception to death. Examination of the perspectives of various developmental theorists and their roles in historical, contemporary, and controversial issues. Analysis of the biosocial, cognitive, and psychosocial domains and their contribution to human development while maintaining a focus on individual differences.

Prerequisites: PSYC 100. Fulfills: CAPS Goal Area 5.

PSYC 220 • Social Psychology 4 Credits

Exploration of key concepts, principles, and overarching themes in social psychology (including conformity, persuasion, social cognition, attraction, altruism, aggression, prejudice, and group behavior). Applications of social psychological principles to everyday life. Interpret and critique phenomena and controversial topics in social psychology.

Prerequisites: PSYC 100. Fulfills: CAPS Goal Area 5.

PSYC 294 • Topics in Psychology 1-4 Credits

An in-depth study of a particular Psychology theme.

Special Notes: Topics courses should serve as elective courses.

PSYC 330 • Racial Trauma 4 Credits

Examines the origins and impact of racial trauma on individuals, families, and communities. Appraises related concepts such as historical trauma, racial discrimination, and structural racism. Identifies signs and symptoms, explores healing approaches, and evaluates services, resources, and advocacy strategies for systemic change.

PSYC 335 • Introduction to Statistics 4 Credits

Introduction to descriptive, correlational, non-parametric, and inferential statistics. Description of the uses of research and statistical concepts in society today. Perform and interpret statistical analyses from existing data sets. Interpret statistical analyses in published research articles.

Fulfills: CAPS Goal Area 4.

PSYC 340 • Psychopathology 4 Credits

Classification, causes, symptoms, treatment, and identification of various forms of psychopathology. Analysis of faith based and secular perspectives of psychopathology. Survey of some major issues in the study of psychopathology. Critique research in the field of psychopathology.

Prerequisites: PSYC 100 Fulfills: CAPS Goal Area 5.

PSYC 345 • The Body's Response to Trauma 2 Credits

Articulation of physiological responses to trauma. Explanation of the fundamentals of the memory process as it relates to trauma. Evaluation of treatment options that focus on the body-mind connection. Identification of how the body's response to trauma intersects with a personal faith worldview.

Fulfills: CAPS Goal Area 5.

PSYC 350 • Trauma Informed Care 4 Credits

Examination of common symptoms of trauma, exploration of current trends in trauma treatment, and appraisal of evidence-based trauma treatments. Investigation of the current mental health crisis, with special focus on prevalence and treatment of PTSD in the military. Consideration of the role of religion/spirituality in the healing process.

PSYC 379PT • Portfolio in Psychology 0.5-6 Credits

Preselected topics within an existing course in the field of Psychology.

Special Notes: Portfolio courses are created upon request with permission by an overseeing Program Director.

PSYC 380 • Motivation and Emotion 4 Credits

Explain how biological, environmental, cognitive, emotional, and personal systems interact to initiate and direct human behavior. Evaluate how experimental psychologists study emotional and motivational systems. Identify connections between personal faith and/or beliefs, motivation, and emotion..

Prerequisites: PSYC 100. Fulfills: CAPS Goal Area 5.

PSYC 400 • Research Methods 4 Credits

Analysis of standard research methods and designs in empirical social sciences research. Application of empirical research and ethical practices with human subjects from various backgrounds. Critically evaluate published research. Application of research methods to answer a proposed research question.

Prerequisites: PSYC 100, PSYC 335. Fulfills: CAPS Goal Areas 2, 5.

PSYC 480 • Internship and Seminar 2 Credits

Applies psychology knowledge in a field placement (minimum 60 hours) by demonstrating relevant skills. Integrates knowledge, practical experience, and personal faith/worldview. Enhances self-awareness, problem-solving, interpersonal skills, cultural competency, and professionalism. Follows the APA Code of Ethics and develops strategies for career exploration and professional growth.

Prerequisites: PSYC 335, PSYC 340, PSYC 400, ADST 445. Grade exceptions: Graded on an S/U basis.

PSYC 490 • Senior Seminar 2 Credits

Evaluation of foundational issues in psychology. Explanation of how life events, personality and personal history inform vocation and calling. Synthesis of concepts, principles and findings of research literature. Examination of how issues of faith and spirituality can integrate with psychology.

Prerequisites: PSYC 335, PSYC 340, PSYC 400, ADST 445.