

DEPARTMENT OF PSYCHOLOGY

Bachelor of Arts

Judith Pena Shaff, *Professor and Chairperson*

The Department of Psychology is committed to enhancing critical and creative thinking through a scientifically grounded approach to the field of psychology. Faculty and staff seek to foster the growth of intellectual curiosity, rigor, ethical practice, and an appreciation and respect for diverse ideas, peoples and cultures.

Consistent with the mission statement of Ithaca College, we believe that competence is established when knowledge is tempered by experience. We value dynamic and hands-on modes of teaching, integrative and experiential learning, mentorship and collaboration with students, and the importance of solving complex problems by considering multiple perspectives.

The department offers a bachelor of arts in psychology, as well as a minor in psychology. The department also helps to support four interdisciplinary minors. The neuroscience minor (<https://catalog.ithaca.edu/undergrad/schools/school-humanities-sciences/interdisciplinary-studies/neuroscience/>) bridges psychology and biology, employing varied approaches in clinical applications and basic sciences. The counseling minor (<https://catalog.ithaca.edu/undergrad/schools/school-humanities-sciences/interdisciplinary-studies/counseling-minor/>) provides broad, interdisciplinary perspectives of psychology and sociology in the field of mental health. The women's, gender, and sexuality studies minor (<https://catalog.ithaca.edu/undergrad/schools/school-humanities-sciences/womens-gender-sexuality-studies/womens-gender-sexuality-studies-minor/>) which contributes to the production of knowledge about women, gender and sexuality from an intersectional perspective. In the media literacy minor (<https://catalog.ithaca.edu/undergrad/schools/school-humanities-sciences/interdisciplinary-studies/media-literacy/>) students will approach the analysis and evaluation of media messages from several different academic perspectives, applying key questions regarding the source, purpose, content, techniques, credibility and impact of those messages on individuals and societies

The Department of Psychology also offers a number of general psychology courses from which students majoring in other disciplines may select depending upon their individual interests.

Requirements for Honors in Psychology

Students have the opportunity to graduate with departmental honors in psychology. To be eligible, a student must be a psychology major or minor in the junior year, with a 3.00 average in psychology and an overall GPA of 3.00. In exceptional cases, a student with a GPA as low as 2.70 may be considered if performance in psychology courses is outstanding. In any case, grades in psychology courses must not be lower than C.

Honors projects may be lab or field studies or may be based on library research. A student seeking departmental honors needs a faculty sponsor from the psychology department. Other advisers may be required depending on the nature of the project. The project must fall clearly within the field of psychology.

Once the student and sponsor have identified a topic, the student proposes the project to the faculty, both orally and in writing following

APA format. After approval, work on the project may begin. While such projects are under way, meetings are scheduled to confirm that progress is being made toward completion. The student must present the finished project to the faculty, both orally and in writing, and the faculty must vote to approve it for honors.

Ordinarily, a student may take no more than 6 credits of honors work in psychology.

Advanced Placement

Students may receive equivalent credit for PSYC 10300 if they score 4 or 5 on the AP examination in psychology.

Majors & Minors

- Psychology Major — B.A. (<https://catalog.ithaca.edu/undergrad/schools/school-humanities-sciences/departments-psychology/psychology-major-ba/>)
- Psychology Minor (<https://catalog.ithaca.edu/undergrad/schools/school-humanities-sciences/departments-psychology/psychology-minor/>)

PSYC 10000 The Psychology of Adjustment (LA)

Introduction to the psychology of human behavior; intended for non-psychology majors who want a broad overview of those aspects of psychology most relevant to problems of living. (F,S,Y)

Attributes: 1, SO, SS, TMBS

3 Credits

PSYC 10300 General Psychology (LA)

Introduction to the study of behavior, focusing on the influences of physiological, cognitive, social, and personality factors on behavior, including discussion of the major theories in psychology and related research. (F,S,Y)

Attributes: 1, SO, SS, TMBS

3 Credits

PSYC 10400 Introduction to Developmental Psychology (LA)

Introduction to the study of developmental processes, with an emphasis placed on genetic and environmental influences on the organism's physical, cognitive, social, and personality development across the life span. (F,S,Y)

Attributes: 1, ESE, SO, SS, TIDE

3 Credits

PSYC 10500 Scientific Literacy: How We Know What We Know (LA)

Explores how to apply scientific literacy and critical thinking to discover, read and share scientific information in the field of psychology, exploring myths and misconceptions about psychology and fallacies in reasoning about scientific evidence. Students will search for and compare research findings reported in academic vs. popular media and develop skills for effectively communicating scientific information. Prerequisites: PSYC 10300 (may be taken concurrently). (F,S,Y)

PSYC 10300 (may be taken concurrently). (F,S,Y)

2 Credits

PSYC 11000 Media Literacy and the Psychology of Inquiry (LA)

This course serves as an introduction to the theory and practice of media literacy with an emphasis on developing skills in analysis and evaluation of media messages, as well as developing an understanding of critical thinking and the psychological processes involved in perception and media effects. Using an interdisciplinary approach that draws from many fields (including communications, psychology, and education), the course includes analyses of messages from both digital (e.g., websites) and traditional (e.g., print, TV, film) popular and educational media, and examines the effects of media messages on beliefs, attitudes, and behaviors. For psychology majors, this course counts towards the Sociocultural Competence requirement. Open to freshmen and sophomores only. (S,Y)

Attributes: CC, ESE, SO, TIII

3 Credits

PSYC 20200 Motivation (LA)

Examination of the biological, cognitive, and social aspects of psychological motivation. Covers principal theories of motivation, research methods and findings, as well as applied issues. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and WRTG 10600, or ICSM 10800 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS, WI

4 Credits

PSYC 20700 Statistics in Psychology (LA)

Introduction to the computation and interpretation, application, and communication of basic descriptive and inferential statistics used in the behavioral sciences. Emphasis is placed on analyzing data using statistical software (SPSS). Prerequisites: Math group 3 or higher, math placement assessment score of 46 or greater ; PSYC 10300 or PSYC 10400. (F,S,U,Y)

Attributes: 2B, ESTS, NS, QL

4 Credits

PSYC 20800 Positive Psychology (LA)

Exposure to important theories and concepts in the field of positive psychology, including the determinants of happiness, positive emotions, resilience, and optimism. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS

4 Credits

PSYC 20900 Research Methods in Psychology (LA)

Analysis of methodological designs used in psychological research and application of statistical methods for behavioral sciences, with special emphasis placed on the experimental method. Prerequisites: PSYC 20700. (F,S,Y)

3 Credits

PSYC 22000 Personality (LA)

An overview and critical analysis of the major perspectives (e.g. trait, biological, cross-cultural, psychodynamic, cognitive), scientific issues, applications, and research findings in the area of personality. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS

4 Credits

PSYC 23100 Health Psychology (LA)

Examines the ways in which biology, behavior, and social context influence health and illness, as well as the contributions of psychological research to the understanding, prevention, and treatment of a variety of health concerns. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS, SO, TMBS

4 Credits

PSYC 23200 Matters of the Mind: The Neuron and Beyond (LA)

Introduces the basic principles of neuroscience with a focus on the scientific exploration of neurological impairments. Examines the role of the human brain in interpreting the physical world and forming concepts of ourselves, society and 'reality'. Develops effective writing for different purposes and audiences, as well as oral and/or visual skills. Prerequisite: PSYC 10300 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS, SC, TMBS

4 Credits

PSYC 23500 Conservation Psychology: Psychology for a Sustainable World (LA)

Application of psychological science to understanding reciprocal relationships between psychological well-being, environmental sustainability, social-environmental justice, and mitigating human-caused environmental problems. For psychology majors, this course counts towards the Sociocultural Competence requirement. Prerequisites: Sophomore Standing. (S,Y)

Attributes: CC, ENSS, ENVE, ESSS, SO, SS, TQSF

3 Credits

PSYC 24700 Culture and Psychology (LA)

Introduces the perspective and methods of Cultural Psychology. Focal point is the relationship between cultural context where individuals grow and develop and the behaviors that become established in the repertoire of individuals growing up in a particular culture. This course will help students to recognize and challenge their own assumptions about "human nature," the "person," and what is "natural." The course also focuses on developing effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and WRTG 10600 or ICSM 10800 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS, CC, HN, WI

4 Credits

PSYC 25300-25301 Selected Topics: Psychology (LA)

Matters of special contemporary interest to students and faculty may be developed under this course heading. This arrangement permits departmental offerings to be responsive to evolving faculty and student interests. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. May be repeated for credit when topics change. Prerequisites: PSYC 10300 and PSYC 10500 (may be taken concurrently). (IRR)

Attributes: ACS

4 Credits

PSYC 26000 Psychology of Privilege and Oppression (LA)

This course explores and analyzes the complex intersections of social group identity based on race, gender, sexuality, class, and other dimensions of difference within systems of privilege and oppression. Students also analyze the underlying mental processes associated with privileged group membership (e.g. denial, distancing, invisibility). The course aims to establish a foundation upon which to develop sociocultural competence and promote a better understanding and acceptance of ourselves and others. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: CC, CNSL, DV, ESE, LMEL, LSCO

4 Credits

PSYC 26100 Psychology of Women (LA)

In-depth examination of the psychology of women in contemporary society. Review of the research on gender differences and consideration of the theories (social learning, psychoanalytic, and biological) that have attempted to explain the differences. Focuses on some of the central experiences of women's lives (including relationships, work, mothering, sexuality, and mental health), with particular attention to the ways in which women's psychological development differs from that of men's in a patriarchal society. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. PSYC 26100 and WGST 26100 are cross-listed courses; students may not receive credit for both. Prerequisites: PSYC 10300 and PSYC 10500 (may be taken concurrently). (F,Y)

Attributes: CC, CNSL, DV, ESE, WGS, WGSC

4 Credits

PSYC 27000 Social and Cultural Issues in the History of Psychology (LA)

Survey of psychology's cultural roots and the development of the discipline. Emphasis on the roles of culture, race, and ethnicity in the development and practice of psychology. For psychology majors, this course satisfies the APA Communication Skill development requirement. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and WRTG 10600, or ICSM 10800 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS, CC, ESE, LMEL, LSCO, WI

4 Credits

PSYC 30200-30215 First Semester Research Team (LA)

The first of three semesters of participation in programmatic research by teams of students under the direction of one or more faculty members. Prerequisites: PSYC 30800 (may be taken concurrently); permission of instructor. (F-S,Y)

Attributes: UND

2 Credits

PSYC 30300-30313 Second Semester Research Team (LA)

The second of three semesters of participation in programmatic research by teams of students under the direction of one or more faculty members. Prerequisites: PSYC 30200-30299. (F-S,Y)

Attributes: UND

2 Credits

PSYC 30400-30413 Third Semester Research Team (LA)

The third of three semesters of participation in programmatic research by teams of students under the direction of one or more faculty members. In consultation with the supervising faculty member this course may be repeated for up to four credits. Prerequisites: PSYC 30300-30399. (F-S,Y)

Attributes: UND

2 Credits

PSYC 30800 Research Methods in Psychology (LA)

Analysis of methodological designs used in psychological research and application of statistical methods for behavioral sciences, with special emphasis placed on the experimental method. Prerequisites: PSYC 20700. (F,S,Y)

3 Credits

PSYC 30900 Methods of Testing and Assessment (LA)

Behavioral measurement in the context of psychometrics, presented with examples and demonstrations from the areas of "intelligence," aptitude, achievement, interest, and personality assessment. The ethical and technical challenges of test selection, administration, and interpretation are discussed. Prerequisites: PSYC 20700. (F-S,Y)

Attributes: PSCL

3 Credits

PSYC 31000 Research Team in Psychology (LA)

Participation in programmatic research by teams of students under the direction of one or more faculty members. May be repeated for a total of nine credits. Permission of instructor required. Prerequisites: PSYC 20900. (F,S,Y)

3 Credits

PSYC 31100 Behavioral Neuroscience (LA)

Study of the anatomical structures and biochemical and physiological processes that affect and mediate the emotional, psychological, and behavioral states of the organism. Prerequisites: PSYC 20200, PSYC 20700, BIOL 20600, BIOL 22700, or SLPA 21200. (F,S,Y)

Attributes: 2A, NS, PSBS

3 Credits

PSYC 31600 Social Psychology (LA)

Study of the psychological determinants of social behavior and interpersonal processes, as well as the social determinants of the development of self-concept, beliefs, and attitudes. Prerequisites: One 200 level PSYC course (excluding PSYC 20700). (F-S,Y)

Attributes: 1, PSPS, SS

3 Credits

PSYC 32000 Personality (LA)

An overview and critical analysis of the major perspectives (e.g. trait, biological, cross-cultural, psychodynamic, cognitive), scientific issues, applications, and research findings in the area of personality. Develops effective writing for different purposes and audiences, as well as oral and/or visual presentation skills. Prerequisites: PSYC 10300 and PSYC 10500 (may be taken concurrently). (Y)

Attributes: ACS

4 Credits

PSYC 32100 Abnormal Psychology (LA)

Introduction to dynamics of abnormal behavior with special emphasis on the etiology, diagnosis, treatment and evaluation of interventions for psychiatric diagnoses and common forms of psychological distress. Prerequisites: One 200-level course from the following list: 200 level PSYC course (except PSYC 20700) SOCI 21700, OTBS 20100 or OTBS 20200; or PSYC 10400 and RLS 24300. (F-S,Y)

Attributes: PSCL, SS

3 Credits

PSYC 33000 Cognition (LA)

Topics in cognitive psychology, including perception, attention, memory, language, problem solving, decision making, and reasoning. Developmental changes, individual differences in cognitive skills, and applications of cognitive research to fields such as law, education, and business are considered. Prerequisite: One 200 level PSYC course (except PSYC 20700), or PSYC 10300 and either BIOL 11900 or BIOL 12100. (F-S,Y)

Attributes: 2A, NS, PSBS

3 Credits

PSYC 33400 Industrial and Organizational Psychology (LA)

Overview of the application of psychology to the behavior of people in workplace settings. Topics include personnel psychology, organizational behavior, workplace design, and consumer psychology. Prerequisites: One 200 level PSYC course (excluding PSYC 20700), MGMT 20600, or STCM 21000. (S,O)

Attributes: PSPS, SS

3 Credits

PSYC 33600 Forensic Psychology (LA)

Application of psychology to the civil and criminal justice systems. Emphasis on psychology's role in criminal investigation, legal decision making, assessment of competency and insanity, and understanding and predicting criminal behavior. Prerequisites: PSYC 10300 and one 200 level PSYC course (excluding PSYC 20700), or GBUS 20300. (S, E).

Attributes: CNSL, PSCL

3 Credits

PSYC 34100 Forms of Therapy (LA)

Introduction to modalities of individual psychotherapy, including cognitive-behavioral, humanistic, and psychodynamic. Goals include achieving an understanding of therapeutic modalities as well as an appreciation of issues related to pharmacological treatments and methods of evaluating the outcome of treatment interventions. For psychology majors, this course counts towards the Sociocultural Competence requirement. Prerequisites: PSYC 32100. (F,S,Y)

Attributes: CC

3 Credits

PSYC 34200 Family Therapy (LA)

Survey of current approaches to family and couples counseling. Emphasis on systemic models of family functioning and therapeutic intervention. Assessment techniques, intervention rationales and the role of the family therapist. For psychology majors, this course satisfies the APA Communication Skill development requirement. Prerequisites: PSYC 32100, or SOCI 21700/PSYC 21700. (F,Y)

Attributes: CC

3 Credits

PSYC 35100 Independent Supervised Study (LA)

In-depth study of topic of interest in psychology, chosen in consultation with supervising instructor. A student may undertake more than one independent study. Offered on demand only. Prerequisites: Consent of instructor. Variable credit (commensurate with the complexity of the study). (IRR)

Attributes: UND

1-5 Credits

PSYC 35200 Independent Supervised Research (LA)

Students conduct empirical research on a topic selected in consultation with the instructor. Students may undertake more than one independent supervised research project. Offered on demand only. Prerequisites: Consent of instructor. Variable credit (commensurate with the complexity of the project). (IRR)

Attributes: UND

1-5 Credits

PSYC 36100 Infant, Child and Adolescent Development (LA)

This course focuses on the early part of the lifespan development and will emphasize the basic theories and research methods in the field of developmental psychology. Topics include brain development, parenting, identity, moral reasoning, child psychopathology, and challenges in adolescence. For psychology majors, this course counts towards the Sociocultural Competence requirement. Prerequisites: Any 200 level PSYC course (except PSYC 20700); sophomore standing. (S,Y)

Attributes: CC, PSPS

3 Credits

PSYC 36600 Adulthood and Aging (LA)

Examination of the biological, cognitive, and socioemotional process across the adult lifespan, from emerging and early adulthood through late adulthood and death, with an emphasis on major developmental theories and methods of study. For psychology majors, this course counts towards the Sociocultural Competence requirement. Prerequisites: PSYC 10400 or any 200-level course (except PSYC 20700); sophomore standing. (F,Y)

Attributes: 1, CC, CNSL, PSPS, SL, SS

3 Credits

PSYC 39800 Psychology Professional Development (NLA)

Exploration of career opportunities and options for individuals with an undergraduate degree in psychology, including graduate school (or other professional training) and employment in a related field. Psychology majors only. (F,S,Y)

1 Credit

PSYC 40500 Forms of Therapy (LA)

Introduction to modalities of individual psychotherapy, including cognitive-behavioral, humanistic, and psychodynamic. Goals include achieving an understanding of therapeutic modalities as well as an appreciation of issues related to pharmacological treatments and methods of evaluating the outcome of treatment interventions. For psychology majors, this course counts towards the Sociocultural Competence requirement. Prerequisites: PSYC 32100. (F,S,Y)

Attributes: CC

3 Credits

PSYC 40900 Skills for the Helping Professional (NLA)

This course introduces students to theory and practice of psychotherapy and other professional helping relationships. Students learn about counseling, assessment, ethics, and helping skills. This course emphasizes basic and specialized skills necessary to function effectively in a helping relationship. Emphasis is placed upon understanding the nature of the helping process in a practical and applied way. Professional helping is explored in the context of cultural competency and a biopsychosocial viewpoint. Self-exploration and some level of self-disclosure are required inasmuch as effective counseling requires the ability to understand oneself and to articulate personal feelings. Prerequisites: SOCI 21700; PSYC 32100; and PSYC 34100 OR PSYC 34200 (courses may be taken concurrently). (F,S,Y)

4 Credits

PSYC 42000 Professional Seminar in Human Services (NLA)

An opportunity for students enrolled in internships in human services agencies to analyze and discuss individual and general problems related to their experiences. Weekly seminar meetings focus on integration of internship experiences with issues in the human services field, including structure of mental health delivery and patient-practitioner interaction. May be repeated three times for a total of three credits. Corerequisites: PSYC 45000. Prerequisites: Permission of instructor. Psychology and applied psychology majors, psychology minors, and counseling minors only. (F-S,Y)

Attributes: CC

1 Credit

PSYC 45000 Internship in Psychology (NLA)

Provides students the opportunity to apply psychology under the supervision of the sponsoring agency and a psychology faculty member. Internships are arranged individually. Students must complete the H&S internship application process. May be repeated for up to twelve credits. Prerequisites: Junior standing, permission of instructor. (F-S-SU, Y)

Attributes: UND

1-12 Credits

PSYC 45100 Advanced Independent Supervised Study (LA)

Intensive study of an individually selected topic in psychology, including honors studies (generally following PSYC 35100). Offered on demand only. Prerequisites: Senior standing; consent of the department. Variable credit.

Attributes: UND

1-5 Credits

PSYC 45200 Advanced Independent Supervised Research (LA)

Intensive empirical research, including honors research (generally following PSYC 35200). Offered on demand only. Prerequisites: Senior standing; consent of the department. Variable credit.

Attributes: UND

1-5 Credits

PSYC 46700 Psychopharmacology (LA)

Examination of the effects of psychoactive drugs with a multilevel emphasis on neural effects, cognitive functioning, emotion, and behavior. Covers psychotherapeutic compounds used for the treatment of various psychopathologies, as well as drugs of abuse. Studies basic principles of psychopharmacology, mechanisms of action for major classes of psychoactive agents, and individual and sociocultural factors affecting use and abuse of drugs. Prerequisites: PSYC 31100. (IRR)

3 Credits

PSYC 49200 Senior Seminar in Psychology (LA)

Investigation of a specific area or topic in psychology at an advanced level that integrates prior learning. Explores the relationships between the various components of the integrative core curriculum (ICC), the psychology major, other learning experiences at the College, and future goals. Reflection on the role of a liberal arts education. (F,S,Y)

Attributes: CP

4 Credits