

Department of Psychology

Psychology is the study of human experience across the lifespan including individual (cognition, emotion, behavior) and family/community systems. The psychology program at University of the West emphasizes the dimensions of multicultural and cross-cultural influence. Course offerings in psychology include introductory and advanced instruction in both Western and Eastern systems of psychological theory and practice.

Philosophy and Objectives

UWest's psychology program prepares students to be innovative critical thinkers, ready to meet the needs of a dynamic and complex global community. Consistent with the university's mission, the department not only aims to cultivate leading edge awareness, knowledge, and skills, but also aspires to educate the whole person by nurturing social responsibility and integrity. The culturally diverse faculty and staff contribute to awakening an appreciation of cultural differences.

Bachelor of Arts in Psychology

The learning outcomes for the BA Psychology degree are informed by the American Psychological Association's 10 Optimal Guidelines for the Undergraduate Psychology Major as well as the university's institutional learning outcomes. These outcomes reflect the knowledge and skills undergraduates are expected to acquire during their studies at UWest.

Program Learning Outcomes

Wisdom & Skillful Means

Students are thoroughly prepared for academic and professional success.

Knowledge	Students summarize the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology. Students describe how psychology utilizes the scientific method, research design, and data analysis. Students demonstrate information competency and can explain how technology is used in the field of psychology. Students express realistic ideas on how to implement their psychological knowledge, skills, and occupational pursuits in a variety of settings.
Praxis	Students apply psychological principles to personal, social, and organizational issues.
Ethics	Students weigh evidence, tolerate ambiguity, act ethically, and reflect the values that are the underpinning of the discipline of psychology.
Critical Thinking	Students apply critical and creative thinking, skeptical inquiry and, when possible, the scientific method to discern, evaluate, and criticize specific issues in psychology.
Communication	Students clearly articulate their study of psychology in speech and writing.

Self-Awareness

Students are prepared to engage in an ongoing-process of self-understanding that enables them to lead happy, purposeful lives characterized by healthy relationships to self and others.

Character	Students relate their training in psychology to their own self-exploration and character development.
Expression	Students apply their knowledge of psychology to explore and express ideas about themselves.
Relationship	Students demonstrate effective teamwork skills.

Liberation

Students recognize the diversity and dignity of all human beings and understand their own role in the pursuit of social justice.

Pluralism	Students recognize, understand, and respect sociocultural and international diversity, especially its impact on psychology.
Liberation from Suffering	Students relate issues in psychology to social, economic, and environmental issues.
Service	Students recognize their ability to increase wellness and reduce suffering of self and others through service-oriented activities.

Interdependence

Students possess a holistic understanding of global interdependence in order to cultivate compassionate thought, speech, and action in service to themselves, others, and the environment.

Culture	Students demonstrate an understanding and respect for eastern and other diverse contributions to western psychology theory, research, and practice.
Interconnectedness	Students demonstrate compassionate sensitivity toward themselves and others.

Program Requirements

Area	Required Units
General Education	51
General Electives	20
Core Courses	49
Lower Division	13
Upper Division	21
Psychology Core Electives	12
Capstone for Psychology	3
Total	120

General Education Courses: 51 units required

All undergraduates must complete 51 units of general education, including nine units at the upper-division level, as described in the General Education section of this catalog. This requirement is an integral part of UWest's mission to produce well-informed, balanced, versatile, intellectually capable, socially sensitive, and ethically committed graduates in all fields of study.

Psychology majors must select PSYCH 100 Introduction to Western Psychology as one of their two requirements under GE Category 5: Social and Behavioral Sciences.

General Electives: 20 units required

Students have the opportunity to select 20 units of undergraduate courses from all majors, including general education or psychology courses that have not been applied to other requirements.

Lower Division Core: 13 units required

Students complete the lower-division courses below. A minimum grade of C minus is required in all Psychology core courses.

Courses	Prerequisite(s)	Units
PSYCH 150 Introduction to Buddhist Psychology	none	3
PSYCH 210 Eastern & Western Perspectives on Cognitive Psychology	ENGL 101 w/C or higher & PSYCH 150	3
PSYCH 220 Eastern & Western Perspectives on Affective Psychology	ENGL 101 w/C or higher & PSYCH 100	3
MATH 212 Introductory Statistics	MATH 112 w/C or higher	4

Upper Division Core: 21 units required

Students complete the 7 upper division core courses below. A minimum grade of C minus is required in all Psychology core courses.

Students must complete the prerequisites ENGL102 and MATH212 prior to enrolling in any upper division core courses. Concurrent enrollment is allowed in the prerequisite PSYCH300, where required.

Courses	Prerequisite(s)	Units
PSYCH 300 Research Design & Data Analysis in Psychology	ENGL102, MATH 212, & PSYCH100	3
PSYCH 310 Physiological Psychology	ENGL102, MATH 212, & PSYCH 300	3
PSYCH 320 Psychology of Learning	ENGL102, MATH 212, PSYCH 210 & 300	3
PSYCH 330 Developmental Psychology	ENGL102, MATH 212, PSYCH 220 & 310	3
PSYCH 340 Psychology of Personality	ENGL102, MATH 212, PSYCH 220 & 300	3
PSYCH 350 Social Psychology	ENGL102, MATH 212, & PSYCH 300	3
PSYCH 415 Abnormal Psychology	ENGL102, MATH 212, & PSYCH 300	3

Upper Division Core Electives: 12 units required

Students select four courses. A minimum grade of C minus is required in all Psychology core courses.

Courses	Prerequisite(s)	Units
PSYCH 404 Introduction to Child & Adolescent Theory & Intervention	ENGL 102 & PSYCH 330	3
PSYCH 410 Introduction to Western Psychotherapy	ENGL 102 & PYSCH 100	3
PSYCH 418 Psychological Tests & Measurements	PSYCH 300	3
PSYCH 420 Cross Cultural Psychology	ENGL 102, PSYCH 100, PSYCH 150	3
PSYCH 430 Industrial & Organizational Psychology	ENGL 102	3
PSYCH 440 Psychology of Religion	ENGL 102, PSYCH 150	3
PSYCH 450 Buddhist Psychology	ENGL 102, PSYCH 150, PSYCH 210	3
PSYCH 455 Buddhist & Scientific Approaches to the Mind	ENGL 102, PSYCH 210, PSYCH 320	3
PSYCH 460 Buddhist Counseling	ENGL 102, PSYCH 150	3
PSYCH 465 Buddhist Practices & Mental Health	ENGL 102, PSYCH 150, PSYCH 300, PSYCH 415	3
PSYCH 470 Integrative Psychology of Living & Dying	ENGL 102, PSYCH 150, PSYCH 300	3
PSYCH 490 Advanced Topics in Psychology	ENGL 102, PSYCH 150, PSYCH 300	3

Capstone: 3 units required

The psychology degree culminates in the course PSYCH 495 Capstone Eastern & Western Perspectives on Contemporary Issues. A minimum grade of C minus is required.

Graduation Requirements

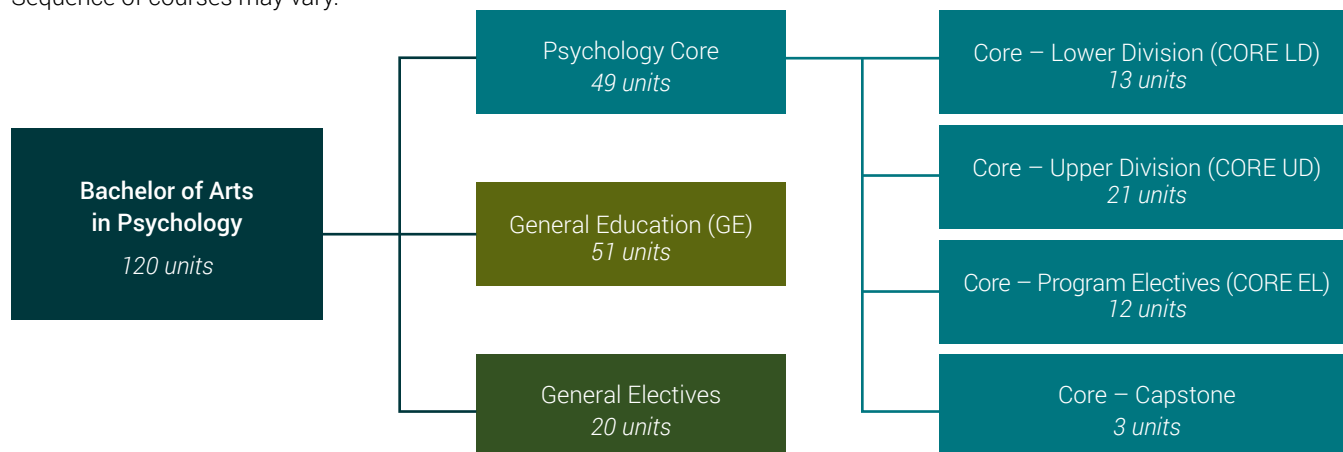
Students must complete 120 units as designated above with a cumulative GPA of 2.0 or higher. UWest's residency requirement for the Bachelor of Arts states that at least 30 units, including 24 upper division units, must be completed at UWest.

Students are required to complete their final 6 units in attendance at UWest. Any pre-approved transfer work must be completed with a C (2.0) prior to the last day of the student's last term in attendance at UWest.

Sample Road Map for the Bachelor of Arts in Psychology

The following is a sample course progression that allows students to graduate in 4 years / 8 semesters. Students who attend part-time or require developmental coursework may take longer to graduate.

Sequence of courses may vary.



Fall Semester

Spring Semester

	Fall Semester	Spring Semester
First Year 30 units	GE CAT 1: CS 101 Information Literacy & Academic Study Skills GE CAT 1: ENGL 101 English Composition GE CAT 1: MATH 102 Quantitative Reasoning I GE CAT 2A: HIST 200 Big History I GE CAT 4A: L&C 120 Life & Culture 1: World Religion GE CAT 7: Wellness 1	GE CAT 1: CS 102 Whole Person Wellness & College GE CAT 1: ENGL 102 Advanced Composition GE CAT 1: SPCH 100 Speech Communications GE CAT 2B: HIST 205 Big History II GE CAT 3A: MATH 112 Quantitative Reasoning II GE CAT 4B: L&C 121 Life & Culture 2: World Philosophy
Second Year 31 units	Core LD: MATH 212 Introductory Statistics GE CAT 1: CS 103 Introduction to Major & Career Development GE CAT 5: PSYCH 100 Introduction to Psychology GE CAT 6: Humanities 1 GE CAT 7: Wellness 2 General Elective 1	CORE LD: PSYCH 150 Intro to Buddhist Psychology CORE LD: PSYCH 210 E/W Perspectives Cognitive Psychology CORE LD: PSYCH 220 E/W Perspectives Affective Psychology GE CAT 5: Social/Behavioral Sciences, Sect. A, C, D, or E GE CAT 3B: Science with Lab GE CAT 8: SRVLG 100 Service Learning
Third Year 30 units	CORE UD: PSYCH 300 Research Design CORE UD: PSYCH 320 Psychology of Learning CORE UD: PSYCH 330 Developmental Psychology GE CAT 9: CAP 401 General Education Capstone GE CAT 6: Humanities 2	CORE UD: PSYCH 310 Physiological Psychology CORE UD: PSYCH 340 Development of Personality CORE EL: Program Elective 1 General Elective 2 General Elective 3
Fourth Year 29 units	CORE UD: PSYCH 350 Social Psychology CORE UD: PSYCH 415 Abnormal Psychology CORE EL: Program Elective 2 General Elective 4 General Elective 5	CORE EL: Program Elective 3 CORE EL: Program Elective 4 CORE CAPSTONE: PSYCH 490 E/W Perspectives General Elective 6 General Elective 7