WSU PSYCHOLOGY DEPARTMENT Advisement Handbook HOW TO GET THE MOST OUT OF THE PSYCHOLOGY PROGRAM

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Is Psychology the Right Major for Me?

sychology is the scientific study of behavior and mental processes. Because many fields rely on the understanding of human behavior, psychology has widespread applications. If you enjoy working with people, are interested in human behavior, and have a scientific view of the world, then majoring in psychology may be right for you.

The WSU Psychology Department has dedicated faculty who are actively engaged in the discipline. Faculty members receive grants and awards, present their research at professional conferences, publish their research in academic journals, and practice psychology in applied settings. Faculty members have some of the highest course evaluations at WSU and graduating majors report being *very satisfied* with their experience in the department.

Psychology students are intellectually enriched by an exciting curriculum in which they receive excellent training in the science and practice of psychology. Small class sizes enable students to learn statistical, research, and interpersonal skills. Students also have the opportunity to participate in carefully supervised practicum courses and one-on-one research courses with faculty members. Graduating seniors have promising career trajectories and are well-prepared to succeed in graduate programs (e.g., masters or Ph.D. programs) or professional schools (e.g., law, pharmacy, medicine).

Through excellence in training in the science of psychology, our Department's mission is to facilitate students' career aspirations and academic goals in the context of an undergraduate, Liberal Arts University, and a department which values teaching and research. The curriculum of the psychology department is centered on meeting the following learning outcome goals for undergraduate students:

- 1. **Knowledge**: Students will understand psychology as a scientific discipline. Essential to this, students will understand a core set of statistical and methodological knowledge regarding how psychologists critically evaluate, creatively test, and scientifically defend psychological claims. They will also understand a core set of content knowledge addressing the biological, cognitive/behavioral, social/personality, and developmental aspects of behavior.
- 2. **Application**: Students will be able to critically apply psychological principles and research to explain social issues, inform public policy, solve problems, understand themselves, and achieve career goals.
- 3. Values/Ethics: Students will share key values adopted by psychologists, which include (but are not limited to) skepticism and intellectual curiosity, tolerance of ambiguity, respect for human diversity, appreciation of their civic, social, and global responsibilities, and humility regarding the limits of their psychological knowledge and skills. Students will also grasp the spirit of the American Psychological Association (APA) Code of Ethics, follow its guidelines, and recognize the necessity of ethical behavior in all aspects of the science and practice of psychology.
- 4. **Communication**: Students will exhibit skills to professionally communicate their understanding of terms, concepts, research, and theories of the discipline to others via written and oral formats. Students will also have interpersonal and collaborative skills necessary to effectively work in groups with others who hold diverse opinions, beliefs, and attitudes.

This handbook addresses students' most frequent questions about the Psychology program and should serve as an excellent reference for department requirements and resources.

Advising

Who is my adviser?

The Department Adviser assists psychology majors and minors (including psychology teaching majors and minors) with annual academic planning. The Department Chair performs all graduation evaluations and assists all transfer and Bachelor of Integrated Studies (BIS) students with academic planning. Individual department faculty provide graduate school and career advising for students interested in their specific areas of expertise (e.g., biopsychology, counseling). The Social Sciences Advisor (801.626.7809, SS 138) advises psychology majors on their general education requirements for the Associate's and Bachelor's degrees and basic University information. Appointments with the Department Adviser and Chair should be scheduled with the Department Secretary; appointments with individual department faculty should be scheduled directly.

When should I see my adviser?

You should meet with the Department Adviser *at least annually* to discuss your progress toward graduation and your academic and professional goals. This annual appointment also satisfies your program declaration requirement in the Psychology program.

How should I prepare for my advising appointment?

It is best to schedule an appointment with the Adviser after you have reviewed the course schedule for the next semester and the general education and psychology courses you still need to complete. This advanced preparation will enable you to better discuss your academic progress and ask relevant questions. You should come to the advising meeting with a tentative course outline for the next semester and your questions. Be prepared to take notes. The Adviser's job is to provide you with advice and guidance related to your progress toward graduation; do not expect the Adviser to tell you which classes you should take and what time of day to take them.

How long will my advising appointment last?

The typical meeting with the Adviser lasts about 15 minutes. If you have reason to believe that you will require more time, you should mention this to the Department Secretary when scheduling.

Do I need a minor?

A minor in another field of study is required for graduation and helpful for many reasons (note: students who have a double major are not required to have a minor). A minor can: (1) extend the scope of and complement your psychology major, (2) make you more competitive in the job market or as an applicant to graduate school, (3) give you a better understanding of some aspect of the human condition, (4) help foster your personal awareness, and (5) assist you in specializing your psychology training (e.g. a minor in business may prepare you for training in industrial/organizational psychology; a minor in neuroscience or zoology may prepare you for training in biopsychology, a minor in linguistics may prepare you for training in cognition, a minor in women's studies may prepare you for training in social/cultural psychology). The Department Adviser and Psychology faculty are not familiar with other departments' minor requirements. Questions about minor requirements or your double major in another program should be directed to the director of the relevant program.

What classes should I take first?

After taking PSY 1010 (Introductory Psychology) and declaring psychology as your major, take a couple of courses on topics you enjoyed from PSY 1010 (e.g., any of the core content courses listed below) while taking your required general education courses. You should complete MATH 1010 (or equivalent) no later than your sophomore year so you can take Statistics (PSY 3600) and Research Methods in Psychology (Psy 3610), in that order, by the end of your junior year. It is critically important for most students considering graduate or professional school to get upper division research instruction and experience (PSY 4800, 4830 and/or 4910) by the end of their junior year or beginning of their senior year (when graduate school applications are due). One reason Statistics and Research Methods should be taken by the end of junior year is that these courses are prerequisites for upper division research. Lower division research instruction and research (PSY 2800 or 2830) are recommended for sophomores and juniors.

Psychology Major/Minor Requirements (2009-2010 catalog)

If you are working under a different catalog, follow the requirements listed in that catalog. Refer to the current course catalog for all course prerequisites and registration restrictions.

Psychology Major and Teaching Major:

Psychology Teaching Majors must meet the Teacher Education admission and licensure requirements (see Teacher Education Department) and are required to take PSY 4000 (preferred) or 4090.

- 1. Complete a minimum of <u>36 credit hours</u> from the following:
 - Core General Courses (10 hours)
 - Core Content Courses (15 hours)
 - Additional Courses (11 hours) from Core General, Core Content, or Electives Group A or B.
- 2. A minor is required (except for students with double majors).
- 3. All required courses must be passed with a letter grade of "C" or higher.
- 4. Other requirements (e.g., general education courses, upper division credit hours) may be found in the WSU catalog and discussed with the Social Sciences Advisor.

Core General Courses

1010SS	Introductory Psychology	3
3600*SI	Statistics in Psychology	3
3610**SI	Research Methods in Psychology	4

^{*} Math 1010 (or equivalent) is a prerequisite.

Core Content Courses (15 hours)

Biopsychology	3
Child Psychology	3
Psychology of Adolescence	3
Abnormal Psychology	3
Conditioning and Learning	3
Cognition	3
Social Psychology	3
Theories of Personality	3
	Child Psychology Psychology of Adolescence Abnormal Psychology Conditioning and Learning Cognition Social Psychology

†One of these courses must be taken to fulfill the core course requirement; the second course may be taken as an elective.

^{**}PSY SI3600 (or an equivalent with prior approval from the Department Chair) is a prerequisite.

Electives Group A: Area Specialization Courses

2000	Interpersonal Relationships	3
2370 DV	Psychology of Women and Gender	3
3020	Child & Adolescent Psychopathology	3
3100 DV	Psychology of Diversity	3
3270	Motivation and Emotion	3
3300	Applied Behavior Intervention	3
3550	Psychology of Consciousness	3
3560	Group Dynamics	3
3710	Physiological Psychology	3
3730	Perception	3
3740	Drugs and Behavior	3
4000	Advanced General	3
4050	Evolutionary Psychology	3
4090	History and Systems of Psychology	3
4310	Intro to Counseling Theories	3
4340	Skills & Techniques of Counseling	3
4510	Industrial & Organizational Behavior	3
4760	Tests & Measurements	3
4900	Selected Topics in Psychology	2-3
4990	Seminar	1

Electives Group B: Individualized Instruction and Experiential Courses

1050	Careers in Psychology	1
1540	Psychology of Adjustment	3
2010	Science & Profession of Psychology	3
2800	Projects and Research	1-2
2830	Directed Readings	1-2
2890	Cooperative Work Experience	1-2
4380	Practicum	1-2
4390	Practicum	1-2
4800	Projects and Research	2-3
4830	Directed Readings	2-3
4890	Cooperative Work Experience	1-2
4910	Capstone Research Project	3, 3
4920	Conferences and Workshops	1-3

Extending your Learning beyond the Classroom

During your sophomore and junior years you should start to get involved in activities that will supplement your psychology course work. Check with the Department Adviser and/or specific faculty members about opportunities such as research, directed readings courses, practicum, as well as involvement in Psi Chi and Psychology Club. These activities are not only fun and stimulating; they are critical to make you competitive for jobs and/or graduate school. Everyone with whom you will be competing for a job or a place in a graduate program will have completed college with good grades. What will make you stand out from the crowd? Involvement in activities outside of the classroom is an excellent way to show your commitment and competence in the field of psychology in a way that goes beyond course work. Supervised research (PSY 2800,

4800, 4910) and directed readings (PSY 2830, 4830) are excellent means for you to personalize your course of study through intensive exploration of a topic that is of particular interest to you. Practicum (PSY 4380, 4390) is an excellent opportunity for you to apply what you have learned in the classroom in a psycho-educational context and to determine if a career in applied psychology is for you.

What are the benefits?

Students who participate in these activities often report they were a highlight of their college experience. In addition, students seeking admission to graduate school can expect graduate admissions committees to value the ambition and intellectual curiosity demonstrated by supervised research, reading, or practicum experiences. These experiences allow students to have more extensive and personalized attention than can be obtained in the classroom. Because a letter of recommendation is strongest when a faculty member can report knowing the student quite well, this more extensive contact with a professor can result in a particularly strong letter of recommendation.

Projects and Research

What is Projects and Research?

Projects and Research (PSY 2800, 4800) is a course for students who want to get research experience. The research question may be your own idea or one being explored in a faculty member's ongoing research in which you get involved.

How do I enroll?

First, you must find a faculty member willing to serve as your research mentor. If the research idea is your own (e.g., an extension of a research methods project or other coursework), you should find a faculty member with interest and/or expertise in the area. Otherwise, you should investigate the current research ongoing in the department (see faculty websites and/or the research board outside the main Department office) and seek to get involved in a faculty member's research lab. Your faculty mentor will then discuss with you the research course in which you should enroll. PSY 2800 is for students with no research experience and who have not yet taken Research Methods (1-2 credits). PSY 4800 is for students who are interested in research and who have taken Research Methods (2-3 credits). PSY 4910 is for students who would like to complete a senior thesis and/or obtain Departmental Honors in Psychology (must be taken for 6 credits, typically over two consecutive semesters). Your faculty mentor will discuss with you the credit hours and details of the work expectation of the course. Upon agreement, you will complete a form that will serve as a course contract between you and the faculty mentor. The completed form should be given to the Department Secretary, who will advise you on how to register for the course.

Directed Readings

What is Directed Readings?

Directed Readings (PSY 2830, 4830) is a course for students who want to investigate a topic of particular interest. The topic will be one that you and a faculty member agree upon and may involve exploring a theory/concept covered in one of your courses in more depth or exploring a theory/concept not covered by a regularly scheduled course.

How do I enroll?

First, you must find a department faculty member who is willing to serve as your readings mentor. You should find a faculty member with interest and/or expertise in the area who is comfortable supervising your projects. Your faculty mentor will then discuss with you the reading course in which you should enroll. PSY 2830 is intended for students who have not yet taken Research Methods (1-2 credits); PSY 4830 is intended for students who have taken Research Methods (2-3 credits). Your faculty mentor will discuss with you the credit hours and details of the work expectation of the course. Upon agreement, you will complete a form that will serve as a course contract between you and the faculty mentor. The completed form should be given to the Department Secretary, who will advise you on how to register for the course.

Practicum

What is Practicum?

Practicum (PSY 4380, 4390) is a course for students who want to be placed in state or community agencies for the purpose of getting supervised practice in application of psychological skills and knowledge. Practicum sites have included the WSU Counseling Center, Youth Impact, the Treehouse Museum, and programs in local middle and high schools.

How do I enroll?

First, you should contact the Practicum Coordinator for application deadlines for Fall and Spring semesters. Completed applications are reviewed by the Practicum committee. Finalists will be interviewed by members of the Practicum committee. Your Practicum supervisor will discuss with you the credit hours and details of the work expectation of the course. Upon agreement, you will complete a form that will serve as a course contract between you and the faculty mentor. The completed form should be given to the Department Secretary, who will advise you on how to register for the course.

Departmental Honors

What is Departmental Honors?

To earn Departmental Honors in Psychology, a student must maintain a departmental GPA of 3.7 and an overall GPA of 3.25, successfully complete 6 hours of PSY 4910 Capstone Research Project (see course catalog), and complete 3 credit hours of General Honors coursework. Students who earn Departmental Honors will be recognized with special designations on their transcript and degree diploma, a personalized letter signed by the President of WSU and the Honors Director, invitations to the Honors educational and social events and to the Honors Nye-Cortez banquet at the end of the academic year.

How do I enroll?

Students must apply to be awarded Departmental Honors and be cleared by both the Psychology and the Honors Program. After ensuring you meet the above requirements, you should complete the Application for Departmental Honors in Psychology and submit it to the Honors Director (Steward Library, 2nd floor). You must be cleared for graduation with Departmental Honors by Marilyn Diamond, the Honors Adviser (801.626.7336; mdiamond@weber.edu).

Psi Chi International Honorary in Psychology

Psi Chi is the International Honor Society in Psychology. Our chapter gives you the opportunity to join the honor society if you meet the standards required by Psi Chi and the Association of College Honor Societies. Our chapter requires that applicants be of junior or senior standing, have completed at least 10 credit hours in Psychology, and have a 3.25 overall and Psychology GPA.

Membership in Psi Chi is an earned honor for life. A permanent record of your membership is preserved at the Psi Chi National Office and may be used for reference purposes (e.g., applications for graduate school and jobs). One-time \$60 dues (\$45 National dues, \$15 Chapter dues) are for lifetime membership, a certificate suitable for framing, and other benefits. There are no annual dues.

When you are inducted into Psi Chi, you become eligible to wear Psi Chi regalia at graduation and to receive copies of Psi Chi's magazine, "Eye on Psi Chi'. Psi Chi members are eligible to present research papers/posters at Psi Chi programs held at national and regional conventions, and members may participate in Psi Chi's undergraduate and graduate research award and grant programs. Undergraduate members may submit their research for publication in the Psi Chi Journal of Undergraduate Research. For more information on Psi Chi and its benefits, visit www.psichi.org.

To join, submit a completed membership application and National and Chapter registration cards to the Psi Chi faculty advisors, who will then determine your membership eligibility.

Psi Cho, the Weber State University Psychology Club

You should consider joining Psi Cho, the Weber State University Psychology Club, if you love psychology and want to get involved in academic and social events related to Psychology but currently do not meet the chapter standards for membership in Psi Chi. Membership in Psi Cho will give you the opportunity to get involved in the department and on campus and to interact with your peers and faculty in Psychology. Please submit a completed Psi Cho membership application with your one-time \$15 chapter dues to the Psychology Club faculty advisors.

Bachelor of Integrated Studies (BIS)

How do I declare a Bachelor of Integrated Studies (BIS) in Psychology?

First, call 801.626.7713 to set up an appointment with the Director of the BIS Program (Student Services room 140). Second, decide on your 3 areas of emphasis, one of which is Psychology. Finally, meet with each Department Chair to discuss your required courses (call 801.626.6247 to set up an appointment with the Psychology Department Chair). The Department Secretary will provide the Chair with a copy of your transcripts, but you will need to bring a copy of your BIS contract. PSY 1010 will NOT count among the 18 credits you need if you count it as a General Education class.

Transfer Students

Which classes will transfer to WSU?

Weber State University accepts transfer credit from regionally accredited colleges and universities, and awards credit for competencies gained outside the university as measured by way of standard examination such as the College Level Examination Program (CLEP) and the Advanced Placement program (AP), the International Baccalaureate (IB), by special examination administered by individual departments, and by petition. The Transfer office can help you transfer to Weber State University the credits for courses taken elsewhere that may count towards your degree. Please see http://www.weber.edu/Admissions/Transfer Guide.html for information on the transfer process at WSU. The Department Chair, guided by the WSU Transfer office and Utah State Board of Regents policy on transfer credit, can accept the courses and credits as counting towards your Psychology major or minor. The Psychology Department accepts course credits from Psychology classes (no other departments) taken at regionally accredited universities. An explanation of accreditation can be found at https://ope.ed.gov/accreditation/Search.aspx.

Why didn't my psychology courses transfer in the way I expected?

Your transcripts will be evaluated by the Transfer office as part of the admissions process at WSU. If a Psychology course(s) did not transfer in the way you expected you can request that it be reevaluated by the Department Chair. To have a class reevaluated, you will need to set up a meeting with the Chair by contacting the Department Secretary at 801.626.6247. If the university where you took your Psychology course(s) was acceptable, the Chair will determine how the credits will count towards your Psychology major or minor. For the Chair to accept a transfer course in lieu of a course in the WSU Psychology curriculum, you must demonstrate to the Chair's satisfaction that the courses are equivalent, typically by bringing in a course syllabus or other similar documentation beyond the course description.

Graduation (You're almost there!)

How and when do I apply for graduation?

You must receive clearance from your major and minor departments and clearance for your General Education requirements before you can graduate. Psychology majors are strongly encouraged to seek clearance once they have registered for their final semester of coursework. Consult the Graduation office for information about application fees and deadlines.

Contact the Department Secretary with your W# the semester before you plan to graduate to schedule your graduation evaluation. Scheduling your appointment early leaves time to satisfy any remaining requirements. Graduation Evaluation appointments are approximately 15 minutes; please let the Secretary know if you think you will need more time.

Psychology Department Assessment

Please complete the WSU Psychology Graduation Evaluation survey (found on the FAQs page of our website or in the Department office) and bring it to your Graduation Evaluation appointment.

Planning for Graduate School?

To help students understand when and why they should take certain courses earlier rather than later, and to highlight the importance of doing research for graduate school, we offer two examples below to show a successful and not-so-successful undergraduate study. Please recognize that there are many ways to achieve your personal goals with the WSU courses available and extracurricular opportunities. These examples are meant only to clarify how waiting too long can hurt your chances at getting into a graduate or professional program.

or professional program.	
Successful Strategy	Not-so-successful Strategy
Freshman Year:	Freshman Year:
• Complete PSY 1010 and math requirements	Complete PSY 1010
(up to at least MATH 1010)	
Sophmore Year:	Sophmore Year:
 Take some PSY core courses and electives. 	Take some PSY core courses and electives.
 Take PSY 2830 (Directed Readings) or 2800 	Take Math requirement (up to at least
(Projects and Research).	MATH 1010).
 Possibly present research at a professional 	
meeting and get a travel scholarship from the	
WSU Office of Undergraduate Research to	
pay for your travel.	
• Take PSY 3600 (Statistics) in 2 nd semester	
Junior Year:	Junior Year:
 Take some PSY core courses and electives. 	• Take some PSY core courses and electives.
• Take PSY 3610 (Research Methods) in 1 st	• Take PSY 3600 (Statistics) in 2 nd semester
semester.	Join Psi Cho or Psi Chi
Join Psi Cho or Psi Chi.	
• Take PSY 4800, 4830, or 4910 in 2 nd semester.	
 Possibly present research at professional 	
meeting. With PSY 4910 you may apply for a	
"long term grant" from the WSU Office of	
Undergraduate Research to fund your project	

Senior Year: First Semester

- Take some PSY core courses and electives.
- Continue to develop the research project started in junior year.
- Possibly present research at a professional meeting.
- Possibly submit your work for publication in the WSU research journal ERGO
- Note: Applications to graduate school are almost always due by December (end of first semester senior year).

Senior Year: First Semester

- Take some PSY core courses and electives.
- Take PSY 3610 (Methods) in 1st semester.
- Ask faculty about directed readings or research possibilities, but find that you can only do lower division courses (PSY 2800 or 2830) because you have not yet finished Methods.
- Discover that even if you do research this semester, there is no way you can present the research at a regional or national meeting until the following semester (long after your graduate school applications are due)

Benefits to this strategy:

By the end of the 1st semester of your Senior Year (when graduate applications are due), your application may show:

- Good grades
- Membership in Psi Cho or Psi Chi
- 1 or 2 research projects
- 1 or 2 travel grants awarded to you
- 1 or 2 presentations at a professional meeting
- A "long term grant" awarded to you to pay for your own research project
- A publication in the WSU research journal ERGO
- Departmental Honors (if you took 2 semesters of PSY 4910 and met other requirements)
- Strong letters of recommendations from faculty who know you extremely well

Consequences of this strategy:

By the end of the 1st semester of your Senior Year (when graduate applications are due), your application may show:

- Good grades
- Membership in Psi Cho or Psi Chi
- Weak letters of recommendation from faculty who only know your face in class.
- Nothing else (and the sinking suspicion that other student applicants have a much more impressive resume)

NOTE: Some students choose to wait until after they have graduated to apply to graduate school. This can be a good way to get additional experience and have more time to build your resume and complete your application materials. If you follow the traditional route of applying in December of your senior year (end of fall semester) you should know *that nothing you do in your 2nd semester of senior year will* **show up in your applications.** This is why it is critical to start building your resume early.

Psychology Faculty Listing

Professor	Area of Interest	Office	Phone (801)	Email address
Eric Amsel (Chair)	Developmental	SS 354	626-6658	eamsel@weber.edu
Aaron Ashley	Cognitive	SS 360	626.8743	aaronashley@weber.edu
Todd Baird	Clinical	SS 328B	626.7724	tbaird@weber.edu
Norris Bancroft	Experimental	SS 328A	626.7068	nbancroft@weber.edu
Lauren Fowler	Neuroscience	SS 368	626.7620	lfowler@weber.edu
Azenett Garza	Social	SS 328D	626.6249	agarza@weber.edu
Richard Grow	Clinical	SS 334	626.6713	rgrow@weber.edu
Joseph Horvat	Personality	SS 340	626.6248	jhorvat@weber.edu
Theresa Kay	Clinical	SS 366	626.6812	tkay@weber.edu
Maria Parrilla de Kokal	Clinical Developmental	SS 328B	626.7622	mdekokal@weber.edu
Melinda Russell-Stamp	School/ Educational	Davis 308K	395.3592	melindarussellstamp@weber.edu
Matthew Schmolesky	Neuroscience	SS 356	626.8745	mschmolesky@weber.edu
Leigh Shaw	Developmental	SS 362	626.7429	lshaw@weber.edu
Mark Adams (Adjunct)	Clinical	CS	626.6406	marksadams@weber.edu
Melissa Alder (Adjunct)	Clinical	CS	626.6406	melissaalder1@weber.edu
Bruce Haslam (Emeritus and Adjunct)	Social	SS 305	626.6247	wbhaslam@weber.edu
Craig Oreshnick (Adjunct)	Clinical	CS	626.6406	coreshnick@weber.edu
Peggy Smith (Adjunct SLCC)	Developmental Psychopathology			margaretsmith@weber.edu