

A
GUIDE TO
UNDERGRADUATE STUDY
IN
PSYCHOLOGY
AT
AMERICAN UNIVERSITY
2017
EDITION

ψ

 Department of Psychology

©2017 *Department of Psychology / American University*

Psychology Department -- American University
 321 Asbury Building - South Wing
 Phone: (202) 885-1710; Fax: (202) 885-1023
 E-Mail: psychology@american.edu
 Website: <http://www.american.edu/cas/psychology/>

TABLE OF CONTENTS

A Message From The Department of Psychology	3
Requirements for Graduating with a Major in Psychology.....	4
The Minor in Psychology	6
Combined B.A./M.A. Program in General Psychology .. .	8
Psychology Credits at Other Universities	8
The AU Abroad Program	9
The Psychology Transfer Student	10
Research and Clinical Training Opportunities within the Department	11
Internships	11
Faculty Research Interests	12
University Honors Options for Psychology Majors	15
Psi Chi	16
Psychology Club.....	16
APA Resources	16
Charles B. Ferster Award	17
Psychology Department Events	17

Students must follow the Undergraduate Manual in effect the day they declare their major. If a change in requirements is made and a student wants to take advantage of the change they must follow the later manual in its entirety.

A Message From The Department of Psychology

Psychology combines the social and natural sciences. Psychologists conduct both basic and applied research to better understand behavior, and emotions. The Psychology Department has active research programs in animal learning, human memory, cognition, perception, anxiety disorders, human neuropsychology, neuroscience, interpersonal processes, drugs and behavior, social psychology, depression, motivation, program evaluation, and psychotherapy processes. A complete list of the faculty and their interests is on pages 13-15, and on the Psychology Department's website at:

<http://www.american.edu/cas/psychology/>

Psychology majors are encouraged to consult the Psychology Majors Blackboard site. Please e-mail the psychology department staff at psychology@american.edu in order to be added as a user to the Psychology Majors blackboard page.

Psychologists often work in research, academic, educational, clinical and other applied settings. The Department has courses, as well as internships and independent study, which enable students to learn about and participate in the applications of psychology in mental health facilities, schools, shelters, laboratories, and policy-making settings. Psychology students may be found interning at the National Institutes of Mental Health, St. Elizabeth's Hospital, the American Psychological Association, the DC Public Defender's Office, DC Public Schools, Children's Hospital, Community Services for Autistic Adults and Children, Community Connections, Child Development Center at AU, among other placements.

Psychology majors often use their B.A. as a foundation for graduate certification or professional school as well as for employment in mental health programs, social services, research laboratories, the courts, public administration, and other organizations throughout the private sector. Graduate study beyond the B.A. is necessary for the independent practice of clinical psychology.

A psychology minor combined with majors in the fields of business, government, history, health promotion, biology, chemistry, justice, communication, economics, languages, or the arts has proved useful for many students.

Requirements for Graduating with a B.A. in Psychology

How to Become a Major

To become a Psychology major, come to the Psychology Department (Asbury 321) and fill out a major declaration form and the Questionnaire for Undergraduate Majors. You will be assigned an advisor or you can request a specific professor as advisor.

Course Requirements for the Major

A total of forty-one (41) credit hours, at least 18 of which must be at the 300 level or higher and fifteen must be taken in residence (which can include credits taken at the AU Study Abroad Institute).

All courses counting toward the major must be taken for a grade and passed with a C or better.

COURSE REQUIREMENTS FOR THE MAJOR IN PSYCHOLOGY

- PSYC-105 Psychology: Understanding Human Behavior FA4 (3)
- PSYC- 115 Psychology as a Natural Science FA5 (3)
- PSYC-116 Psychology as a Natural Science Lab FA5 (1)
- STAT-202 Basic Statistics (4)

One course in Research Methods from the following:

- PSYC-301 Research Methods in Psychology (3)
- PSYC-433 Research Design and Methods: Social Science Psychology Research (4)
- PSYC-480 Research Design and Methods: Experimental Psychology (4)

One course in Biopsychology from the following:

- PSYC-240 Drugs and Behavior FA5 (3)
- PSYC-318 Fundamentals of Human Neuropsychology (3)
- PSYC-325 Neurobiological Bases of Behavior (3)
- PSYC-360 The Evolution of Behavior (3)

One course in Learning and Cognition Courses from the following:

- PSYC-200 Behavior Principles FA5 (3)
- PSYC-220 The Senses FA5.(3)
- PSYC-300 Memory and Cognition (3)
- PSYC-370 Learning and Behavior (3)

Two courses in the Individual, the Situation, and Psychological Health from the following:

- PSYC-205 Social Psychology FA4 (3)
- PSYC-215 Abnormal Psychology and Society FA4 (3)
- PSYC-235 Theories of Personality FA4 (3)
- PSYC-333 Health Psychology (3)
- PSYC-350 Child Psychology (3)

- 1) Additional psychology courses are listed in the University Catalog and may be used as electives.
- 2) Take 14 or 15 (depending on the research courses taken) additional Psychology credits to complete the major.

Note: No more than a total of 6 credit hours from any combination of the following: PSYC-390 Independent Reading Course in Psychology, PSYC-490 Independent Study Project in Psychology and PSYC-491 Internship will apply toward fulfilling major requirements, although such additional courses will count toward graduation credits.

Psychology Electives -- take 14 or 15 (depending on the research courses taken) Psychology credits

Students may include among electives one of the following non-psychology courses for credit toward their psychology major.

EDU 420 Psychology of Education
 JLS 352 Psychiatry and the Law
 HFIT 280 Sports Psychology

The Minor in Psychology

The declaration form for the Psychology minor can be obtained in the Psychology office (Asbury 321).

A minor in Psychology requires 22 Psychology credits, *at least nine of which must be completed at the 300 level or higher*. To be counted towards the minor, a course must be taken for a letter grade and receive a score of C or better.

The 22 credits must be chosen from the following list of courses (please see notes about transfer credits below):

1. Required Foundation Courses (must take all three courses)

PSYC-105 -- Psychology: Understanding Human Behavior
 PSYC-115 -- Psychology as a Natural Science
 PSYC-116 -- Psychology as a Natural Science Lab

2. Natural Sciences Courses (must take at least one course)

PSYC-200 -- Behavior Principles
 PSYC-220 -- The Senses
 PSYC-240 -- Drugs and Behavior
 PSYC-300 -- Memory and Cognition
 PSYC-318 -- Fundamentals of Neuropsychology
 PSYC-325 -- Neurobiological Bases of Behavior
 PSYC-360 -- The Evolution of Behavior
 PSYC-370 -- Learning and Behavior

3. Social Sciences Courses (must take at least one course)

PSYC-205 -- Social Psychology
 PSYC-215 -- Abnormal Psychology and Society
 PSYC-235 -- Theories of Personality
 PSYC-333 -- Health Psychology
 PSYC-350 -- Child Psychology

4. Psychology Electives

Nine additional credits in the Psychology Department

Notes:

- a. A maximum of three credits towards the minor can come from Independent study, Independent reading, and Internship. Additional credits in these courses will count towards graduation but not towards the Psychology minor.
- b. Transfer students can apply no more than nine credits from other universities towards the Psychology minor.
- c. Courses through the Consortium can be counted towards the minor but require the approval of the Psychology Department Chair.
- d. Basic Statistics (STAT-202) is not required for the Psychology minor
- e. One course (3 credits) from an approved Psychology course taken during study abroad may count toward the minor.

Combined B.A./M.A. Program in General Psychology

This program gives full-time students the opportunity to complete both the B.A. and M.A. in Psychology in as little as five years.

The BA/MA Program is designed for students who want a terminal master's degree or want experience at the graduate level before applying to a doctoral (Ph.D.) program. These experiences permit students to test their interest in pursuing a career in psychology while strengthening their applications to doctoral programs. Up to nine of these graduate credits can count toward the students' BA as well as their MA.

Admission to the Program

Please see Dr. Ahrens, Director of the MA program, if you are interested in the BA/MA program. Students should apply for this program no later than the first semester of their senior year and no earlier than the first semester of their junior year. Before applying to the BA/M.A. program in General Psychology a student must have (1) completed at least half the credit hours required for the B.A. in Psychology (2) a 3.00 grade point average (on a 4.00 scale) in Psychology, and (3) the required Statistics course. To apply to the BA/MA program, a student should submit a completed application for Graduate Admission (through the Office of Admissions) that includes scores from General (Verbal, quantitative, and Analytic sections) of the Graduate Record Examination (GRE), two letters of recommendation, and copies of all college transcripts.

Degree and Major Requirements

- All requirements for the B.A. degree with a major in Psychology
- All requirements for the M.A. degree in any of the Department's three Master's Degree tracks, General Psychology, Personality/Social Psychology or Experimental/Biobehavioral Psychology. These requirements can be found in the Graduate Student Handbook.

Psychology Credits at Other Universities

Some students choose to take courses during the summer at another university and/ or become involved in exchange programs for a semester. **The only way you can ensure that such courses will apply to your major in Psychology at American University is to receive approval to do this before beginning your classes. There is a limit of 6 credits in the major that can be taken at another four year college or university.** The procedure is simple. Pick up the University form (Undergraduate Permit to Study at Another Institution) requesting permission to study at another institution and take it to your advisor with the catalog copy of the course description. Once your advisor has signed off on your request, you will then need to get final approval from the Dean of the College of Arts and Sciences.

Study Abroad

AU Abroad Program

Psychology majors can count up to 6 credit hours of pre-approved courses, taken while abroad, toward their major course requirements. Courses under consideration must be offered by the Psychology Department at the host institution.

To have a course pre-approved requires the submission of a detailed course syllabus to :

AU Abroad
 Rockwood Building
 4400 Massachusetts Ave., NW
 Washington, D.C. 20016
 Tel: – 202.885.1320
 Fax: —202.885.1370
auabroad@american.edu

If you are interested in studying abroad, please let your academic advisor know as soon as possible so you can set up a schedule of classes that completes all the degree requirements and includes your study abroad experience.

If you are premed, you can go abroad. Many programs offer courses (counted as elective credit) on topical biomedical subjects.

Students attending AU Programs classified as “not direct enrollment” choose from a special selection of courses offered each term which are designed or chosen specifically for AU students and are listed in the AU catalog. They can count for major or minor requirements subject to approval prior to taking the course. Submit a copy of the course description and a syllabus if possible to the AU Abroad Office.

Partnered Universities

In all instances, the credit students receive for their AU Abroad experience will appear on the AU transcript as AU credit, with grades that will be calculated into their overall grade point average. In order to determine what AU courses will appear on the transcript, an AU faculty member must equate all the courses that students take abroad to courses at AU. There is no limit to the number of courses taken in a foreign university for AU credit but a maximum of six such credits can count toward the psychology major. Students should be prepared to submit or provide a web link for course syllabi. If a syllabus is not in English, students will be required to provide a translation along with the original version of the syllabus.

Note that unless the course is taken at an institution that is an approved AU Abroad program, only credits (and not grades) will be translated. If the foreign university is not part of AU Abroad and is not a partnered institution, courses taken at foreign universities will not count.

In all instances, a maximum of six psychology major credits or a maximum of three minor credits can be transferred from courses taken abroad.

STUDY ABROAD FOR PSYCHOLOGY MAJORS

Our partner universities in the English-speaking countries of Ireland, Australia, Canada, England, New Zealand and Scotland have excellent departments or faculties of Psychology. You may take Psychology courses at any of the following AU Partner Universities:

<p>Australia Murdoch University University of Melbourne University of New South Wales</p>	<p>Ireland Trinity College Dublin University College Dublin University of Limerick</p>
<p>Canada Carleton University University of Toronto</p>	<p>New Zealand University of Auckland Victoria University of Wellington</p>
<p>England University of Oxford St. Edmund's Hall University College London University of Exeter</p>	<p>Scotland University of Edinburgh University of Glasgow</p>

AU Abroad (202-885-1320) is located at Rockwood Building
AUAbroad@american.edu

Forms can be picked up at the AU Abroad Office.

The Psychology Transfer Student

Some special rules apply to the transfer of courses into the Psychology Department by a student who transfers to AU in fulfilling the requirements for the major and the minor. These rules are:

- 1) Psychology Major: The major in Psychology requires the completion of a total of 41 credits (37 in Psychology and 4 in Statistics). No more than 18 of these credits can be transferred from another university by the transfer student.
- 2) Psychology Minor: The minor in Psychology requires the completion of a total of 22 credits in Psychology. No more than 9 of these credits can be transferred from another university by the transfer student. Transfer students must have 12 credits completed at AU before they can take an internship.

It is important to note that although only 18 transfer credits can apply to the major and 9 transfer credits can apply to the minor, this does not mean that you lose credit if you transfer more than this number of

Psychology credits. If American University accepts your courses, they will apply to your overall University credits as electives for graduation even if they can't be applied towards your major. Courses from another university can be applied to your Psychology Major or Minor only if the grade was a "C" or better.

If you are a transfer student and have any questions about the transfer of your credits, contact the University Registrar office.

Research and Clinical Training Opportunities within the Department

The Psychology Department offers a variety of research and clinical training opportunities. Because of the experience that you can gain from participation in these projects, we encourage you to become actively involved. Your participation can take many forms, ranging from research in independent Study projects, scholarly analysis through independent readings and direct clinical experience through internships. These projects and experiences are coordinated by individual faculty in the department. Each requires special permission. Consult your advisor for details. Academic credit for these activities may be obtained by registering for any of the following courses.

1. Independent Study Project in Psychology (PSYC-490)
2. Independent Reading Course in Psychology (PSYC-390)
3. Internship (PSYC-491).

The Psychology Department is committed to supporting undergraduates in animal and human research and in clinical training and evaluation. On the following page, the Psychology Department faculty are listed with their areas of interest and expertise. Feel free to contact them to discuss their work, inquire whether they would be available to supervise you, or simply to talk about shared interest.

Internships

Students interested in taking part in an internship should do the following:

Find an internship that is clearly in Psychology. There are a number of ways that you can learn about relevant internships. The Psychology department has a blog that lists information about many internship sites. The blog can be found at <http://aupsy.blogspot.com/>. You might also consult with faculty for ideas or talk to the faculty member who teaches the internship course (PSYC-491 001). A current printed list of placements is available from Dr. Gray (x1716). Also, on the landing as you come up the stairs from the second to the third floor in the Asbury building (South Wing), you will see an undergraduate bulletin board with lists of internship placements, as well as research oriented placements.

You should spend at least fifteen hours per week at the placement if your internship is for three credits, 10 hours per week for 2 credits and 5 hours per week for 1 credit. You should be supervised by a licensed mental health worker.

- You should plan to meet regularly with the faculty member in charge of the Internship course. You will be asked to keep a journal and read one book and several articles that relate to your placement.

Forms to Be Completed

- American University internship agreement.
- Internship/cooperative education consent and release form.
- Internship Registration Form.

Full-Time Faculty Research Interests

Anthony H. Ahrens, Ph.D.

Gratitude, mindfulness and fear of emotion.

Nicole Caporino, Ph.D.

Improving access to and outcomes of cognitive-behavioral therapy for anxiety and obsessive-compulsive disorder in youth.

Michele M. Carter, Ph.D.

Anxiety disorders, African-American issues, cognitive therapy, depression, Sports Psychology

Terry Davidson, Ph.D.

Neural basis of learning and memory; biological and associative controls of energy and body weight regulation.

Laura Duval, Ph.D.

Social cognition, stereotyping and prejudice, medial violence.

Noemí Enchautegui-de-Jesús, Ph.D.

Job stressors, work-family balance, and coping resources in low-income families and communities; African-American and Latino issues; women and children/youth well-being

Bryan D. Fantie, Ph.D.

Human neuropsychology, behavioral & cognitive neuroscience, brain dysfunction, cognition, emotion, head injury, bipolar disorder, depression, behavioral genetics.

Maria Gomez-Serrano, Ph.D.

Neuroscience, basic physiology, immunoreactivity, epigenetic factors in drug abuse, maternal behavior in drug use and abuse.

James J. Gray, Ph.D.

Eating disorders, OCD, trichotillomania, cognitive behavior therapy, psychology of religion.

Kathleen C. Gunthert, Ph.D.

Stress and coping, depression, everyday emotion regulation, sleep, anxiety.

David A.F. Haaga, Ph.D.

Cognitive assessment, depression, cigarette smoking, trichotillomania.

- Erica A. Hart, Ph.D.** Implicit biases and other nonconscious processes, body image, cross-cultural issues.
- Nathaniel Herr, Ph.D.** Interpersonal functioning, emotion regulation, and identity disturbance among individuals with borderline personality disorder and related affective problems.
- Laura M. Juliano, Ph.D.** Smoking, caffeine, drug expectancies, placebo effects, anxiety
- David N. Kearns, Ph.D.** Animal models of drug abuse and addiction, conditioning and learning, extinction.
- Barry McCarthy, Ph.D.** Couple sex therapy; Good enough sex model; Psychological Relational, and Sexual Well-Being after 60.
- Scott Parker** Psychophysics and related areas.
- Zehra Peynircioglu, Ph.D.** Human memory and metamemory and cognition in general
- Anthony L. Riley, Ph.D.** Psychopharmacology, prenatal drug effects, drug addiction and abuse, drug interactions, taste aversions.
- Arthur Shapiro, Ph.D.** Visual perception and cognitive neuroscience, color, motion, visual camouflage, and low-light-level vision. Created a series of visual phenomena ("illusions") that elucidate the connections between perception, the brain, and the physical world and can be seen at www.shapirolab.net, and www.illusionsscience.com.
- Alan M. Silberberg, Ph.D.** Learning theory and choice behavior, behavioral economics
- Catherine Stoodley, Ph.D.** Neurophysiological underpinnings of development and developmental disorders such as developmental dyslexia; regional specification in the human cerebellum for cognitive and motor functions.

Jonathan Tubman, Ph.D.

Understanding health risk behaviors among adolescents in treatment for substance abuse problems. Brief motivational interventions for reducing sexual risk behavior and related risk behaviors in adolescents.

Brian T. Yates, Ph.D.

Program evaluation (cost-effectiveness and cost-benefit analyses) applied to almost any human service system (e.g., substance abuse treatment, supported housing, paraprofessional and consumer operated services).

Psychologists in Residence**Jay Casey, Psychologist in Residence**

Dr. Casey is a clinical psychologist and group psychotherapist with specializations in the treatment of criminality, personality disorder, and alcohol and other substance use disorders.

Michael Heil, Psychologist in Residence

Dr. Michael Heil is a Senior Consultant with Aon Hewitt's Talent and Rewards practice (Industrial Organizational Psychology). His primary research activities include selection and validation research, job analysis, test development, competency modeling, program evaluation, and human performance research.

Deborah Norris, Psychologist in Residence

Dr. Deborah Norris is Executive Director of Science for Health Energy, Inc. and Founder of The Mindfulness Center in Bethesda Md. Dr. Norris teaches and conducts research in behavioral medicine, health, and mind-body connections.

Psychology Department Honors Program Requirements

Three hundred dollars (\$300.00) will be available from our Departmental funds for each Honors student.

1. An advanced research methods course (PSYC-433 or PSYC-480) with a B- or better.
2. One 500 level course. Independent Reading would not count.
3. One Honors Colloquium or an interdisciplinary Science Honors Course with a grade of C or better or a standing course with a supplement which is designated as an honors course by the psychology department.
4. An Honors Capstone Independent Research Study supervised by a full time faculty member and approved by the director of the undergraduate program (Take PSYC-498).
5. Typically students apply to the program in their sophomore year (exceptions can be made for a start in the junior year, (e.g. transfer students)).
6. After consulting with a chosen capstone advisor, applicants should write a short summary of their proposed study which will be reviewed by the director of the undergraduate program and the UCC.
7. Up to fifteen students will be admitted each year (therefore there will be up to thirty students in the program at any time).
8. To enter the Honors Program, a student must have a GPA of 3.5 and have a 3.67 GPA by the end of their junior year.
9. Students can be in both the university and the departmental honors program. Contact Dr. James Gray at 202-885-1716 or jgray@american.edu for details.

Psi Chi: National Honor Society in Psychology

Psi Chi is the National Honor Society in Psychology. Students in the second semester of their sophomore year with a 3.3 cumulative average (GPA) and a 3.3 (GPA) in Psychology courses are eligible to join.

Psychology Club

All psychology majors are encouraged to join the Psychology Club. Each year a president, vice president, secretary and treasurer and a representative to the undergraduate curriculum committee are elected. The club helps run “Career Night” and “Graduate School Night” as well as inviting speakers on such topics as Sports Psychology and Forensic Psychology.

American Psychological Association (APA)

You can become an American Psychological Association Student Affiliate as an undergraduate Psychology major. The 2017 Affiliate dues are \$55.00. You get reduced rates on APA journals and books. You will receive the *APA Monitor*, a monthly magazine, which contains news about the discipline of Psychology. You will also receive the *American Psychologist*, a monthly journal with scholarly articles pertaining to important issues in Psychology. You will get a discounted reservation at the APA convention and discounts on a variety of consumer services.

Visit the APA website at www.apa.org

Books*

Getting In: A Step-by-Step Plan for Gaining Admission to Graduate School in Psychology (Second Edition). Washington, DC: American Psychological Association, 2007. B\$12.11 paperback or \$9.99 on Kindle.

Graduate Study in Psychology. (2017). Washington, DC: American Psychology Association, 2016. ISBN: 1433826429 \$32.53.

Kracen, A.C. & Wallace, I. J. (2010). Applying to Graduate School in Psychology. Washington, DC: American Psychological Association. \$30.82 new, also used or \$20.04 on Kindle.

Norcross, John C. Michael A. Sayette, Tracy J. Mayne. Insider’s Guide to Graduate Programs in Clinical and Counseling Psychology (2016/2017 Edition). New York: The Guilford Press. \$20.36 ISBN: 978-1462525720.

Landrum, Eric R., Stephen F. Davis. The Psychology Major: Career Options and Strategies for Success (Fifth Edition, 2013). New Jersey: Pearson, 2009. \$33.22 Kindle Edition \$39.93
Careers in Psychology. Washington, DC: American Psychological Association, 2011.

<http://www.apa.org/careers/resources/guides/careers.pdf>

Sternberg, Robert J. Career Paths in Psychology: Where Your Degree Can Take You (Third Edition). Washington, DC: American Psychological Association, 2016. \$29.95. ISBN: 1433823101.

*Most are also available through the library.

Charles B. Ferster Award for Excellence in Psychology

Each year, early in the Spring semester, the Chair of the Undergraduate Curriculum Committee will ask the registrar to supply the GPA's for all psychology majors graduating in January, May or August of that year. Then, all Psychology Department faculty will be given the names of graduating seniors with a GPA over 3.5 in the major and a list of all other graduating Psychology majors as well. The faculty will be asked to nominate any senior for the Ferster award and to give whatever supporting materials they have (research experience, conference presentations, publications, etc.). Students may present supporting materials as well. The faculty members of the UCC will then nominate one senior to receive the award.

Psychology Department Events

All psychology related events are posted on the Blackboard site for majors. You can speak to the administrative assistant in the Psychology Department (Asbury 321) or email psychology@american.edu to have your name added to the Blackboard site so you can receive updates and information about the department and events.

- a) A welcoming party for majors early in the Fall semester.
- b) A "career" night in the mid-fall to prepare students for applying to Ph.D., Psy.D., M.S.W., and other graduate programs.
- c) A "Job" night in the mid-spring to prepare students for jobs with the BA in Psychology
- d) A Psychology Department gathering and award ceremony at the end of the Spring semester.
- e) An award ceremony for Psi Chi inductees at the end of the spring semester.
- f) Colloquium speakers and panels throughout the semester.