(PY) PSYCHOLOGY

Courses

PY 111. General Psychology. 3 Hours.
This is a scientifically based introduction to the discipline of psychology. It examines the study of basic patterns of behavior including motivation, learning, emotions, the physiological basis of behavior, human growth and development, personality theory and measurement, and abnormal and deviant behavior.

PY 113. Ethics and Professional Conduct. 3 Hours.
In this course, students develop an understanding of professionalism and integrity in mental health practice. Students learn how to confront and resolve ethical challenges by seeking appropriate collaboration and consultation. The ethics code of the American Psychological Association and the ethics code of the MHRT/C are examined. This course is one of eight courses required for eligibility for MHRT/C certification.

PY 141. Human Growth and Development. 3 Hours.
This course includes physiological processes of development including conception, prenatal growth, birth, maturation, and aging, providing a framework for examining the cognitive, affective and social development of the individual during his/her life-span.

PY 207. Positive Psychology. 3 Hours.
This course explores the science of happiness, well-being, and human flourishing. Students will examine the foundations of positive psychology, including its history, key concepts, and the PERMA model. Topics include the science of happiness, positive emotions, resilience, character strengths, relationships, meaning, and purpose. Emphasis is placed on applying research-based practices to real-life contexts, from personal development to work and education. Through reflection, group projects, and hands-on activities, students will learn to measure, track, and enhance well-being in themselves and others.

PY 231. Social Psychology. 3 Hours.
Through this course students explore classic research in the field of social influence and perception. Students are introduced to several concepts that provide understanding of the world in new ways. Prerequisite(s): PY 111 or PY 141.

PY 232. Abnormal Psychology. 3 Hours.
This is a comprehensive course focusing on the better understanding of the field as an area of active inquiry both in clinical practice and in research. A complete presentation of the most important theoretical models along with topics that reflect contemporary interests are examined. Developmental perspectives along with current views of abnormality and current treatment approaches are studied. Prerequisite(s): PY 111.

PY 233. Psychology of Human Sexuality. 3 Hours.
This course examines the historical, behavioral, and psychological dimensions of human sexuality. Topics typically include sexual maturation, gender identity, sexual orientation, development and maintenance of healthy sexual relationships, sexual attitudes, normal sexual behavior, abnormal sexual behavior, sexual dysfunction, sexual trauma, and cross-cultural sexual practices. Prerequisite(s): PY 111 and PY 141.

PY 242. Research Methods. 3 Hours.
In this course students cover basic topics in research methodology in psychology. They learn how to develop research questions, identify problems inherent in many research designs, and how to present their findings. They also cover ethical issues related to research with human beings and animals. Prerequisite(s): (PY 111 or PY 141) and MS 132.

PY 252. Psychology of Learning. 3 Hours.
This course serves as an introduction to the broad field of human learning, including its cognitive and educational bases as well as its applied value. The text and lectures cover basic terms, concepts, principles, and theories related to the scientific study of human learning. Students survey much of what is currently known from cognitive science such as memory, attention, judgment, decision making, and problem solving. The course also surveys what is currently known from education; theories, principles, and issues investigated in this course include cognitive, linguistic, personal, social, emotional & moral development, as well as students with special needs. The course also covers the applications of human learning; it would be beneficial to all professions that engage in teaching groups or individuals of all ages. Authentic case studies are used to analyze the practical applications of these principles in teaching and learning situations. There is further in-depth study in the areas of cognitive learning process, construction of knowledge, behavior view of learning, social cognitive learning and motivation. This class will serve, not only as a foundational course for students in education and psychology, but also students who are interested in enhancing their own learning and teaching skills.

PY 299. Topic/. 1-3 Hour.
This course is intended to provide the opportunity to offer courses in psychology that would not normally be a part of the Husson curriculum. As such the topics will depend upon the interests of students and faculty. Prerequisite(s): PY 111 and (PY 141 or PY 241).

PY 320. The Psychology of Nourishment & Wellness. 3 Hours.
How individuals define and perceive the terms “wellness” and “nourishment” affects attitudes and outcomes of dietary and self-care practices. In this class, students study sensory process disorders and eating disorder types, symptoms and treatments, how foods affect mental health, mindfulness practices, and elements of cognitive behavioral therapy. Students also learn about human motivation as it relates to nourishment and wellness. Students obtain an intermediate understanding of factors that affect health/wellness perceptions and how the factors influence lifestyle and dietary practices. Prerequisite(s): PY 111 or PY 141.

PY 322. Cultural Competency. 3 Hours.
This course takes a broad perspective on culture not only as it relates to race and ethnicity or country of origin but also culture as it relates to one’s family, community and personal lifestyle. This course also focuses on helping students understand approaches to assisting individuals with emotional or psychological difficulties or who are experiencing problems in making adaptive adjustments to life's many transitions. This course is one of eight courses required for eligibility for MHRT/C certification. It is strongly recommended that students complete PY111, PY113, & PY141 prior to enrolling in this course.

PY 333. Psychology of Personality. 3 Hours.
This course provides a critical review of methods and content in the study of personality. Students examine the development of the field, with attention to recent applications of scientific methods to problems of personality. The course also surveys major theories of personality. Prerequisite(s): PY 111 or PY 141.

PY 335. Behavioral, Psychological, & Rehabilitation Intervention Mod. 3 Hours.
This course provides a basic foundation for understanding the importance of establishing rapport, communicating effectively and respectfully, and working collaboratively with consumers of mental health services. It also covers providing care to support recovery with an awareness of the changing needs consumers have across the lifespan. This course is one of eight courses required for eligibility for MHRT/C certification. It is strongly recommended that students complete PY113 & PY232 prior to enrolling in this course.

PY 336. Evolutionary Psychology. 3 Hours.
Evolutionary psychology will examine the impact evolutionary theory on the field of psychology. This course links psychology, anthropology, and biology and examines why contemporary humans behave and think the way they do. It examines the proximate and ultimate causes of behavior with an emphasis on function. The course begins with an overview of heredity and evolutionary theory and then discusses research on evolutionary factors that influence human learning, thinking, motivation, and emotion. It also covers the evolutionary explanations for social behavior such as cooperation and competition, and mate-selection and parenting. Prerequisite(s): PY 111 and PY 141.

PY 338. Cognitive Psychology. 3 Hours.
This course provides students with an overview of the theories and research in cognition. The course covers diverse topics such as memory, attention, judgment, decision making, problem solving, language, intelligence, sensation, perception, and sensory integration. In addition, this course integrates concepts from many diverse areas of psychology including biopsychology, learning, development, educational psychology, and sociocultural psychology, as well as other scientific disciplines. Prerequisite(s): PY 111 and PY 141 and PY 242.

PY 340. Physiological Psychology. 3 Hours.
This course examines behavior as viewed by the biological perspective. It is an introduction to and survey of the physiological bases of behavior, including biochemical and neurophysiological determinants of sensation, motor control, sleep, eating and drinking, learning and memory, language and mental disorders. Prerequisite(s): PY 111 or PY 141.

PY 341. Gerontology. 3 Hours.
This course is designed to expose the students to the most relevant and current problems in the field of aging and present a variety of divergent views on the appropriate solutions to these problems. The topics covered include demographic trends, the aging process, longevity, social attitudes toward old age, problems and potentials of aging, retirement, death, living environments in later life and social policies, programs and services for older people. Also, mental and physical health, cognitive and personality development, relationships and sexuality are studied. The key theories on aging and the influence of scientific knowledge, changing world views and historical events on theoretical viewpoints are examined. Prerequisite(s): PY 241 or PY 141.

PY 344. Early Childhood. 3 Hours.
This course is designed to expose students to the interplay among biological, cognitive and social factors in children`s development and examine its multiple determination. Basic research, theoretical models and applications of knowledge in areas such as prenatal environment, heredity and environment, sensation, perception and learning, emotional development, language and communications, intelligence, family, peers, morality, altruism, aggression, gender roles and differences, and technology and television are examined. Prerequisite(s): PY 241 or PY 141.

PY 346. Adolescent Psychology. 3 Hours.
This course examines the contextual development of adolescents as they transition through biological, cognitive, and social changes. These contextual transitions include the family, peer groups, schools, and work and leisure. Also, the developmental issues of identity, autonomy, intimacy, sexuality, achievement and psychosocial problems are explored. Prerequisite(s): PY 241 or PY 141.

PY 349. Behavioral Neuroscience. 3 Hours.
Building on the knowledge gained from PM 348-Neuroscience Exploring the Brain, the student will gain a detailed understanding of human behavior modulated by the functioning of the Nervous System. Prerequisite(s): PM 348.

PY 431. Behavior Modification/Seminar in Learning. 3 Hours.
This is an advanced course examining how learning principles influence human behavior. Students study the extension of principles and concepts emerging from experimental analysis of behavior to problems of behavior modification in academic, social, and industrial settings. Prerequisite(s): PY 111 and PY 232.

PY 442. Seminar in Psychology. 3 Hours.
The senior seminar involves a group of advanced students studying under a professor with each student actively contributing to the class via readings, discussion, and various written assignments. The primary emphasis involves examining a broad subject area chosen by the instructor. Students work with the instructor to identify a specific area of focus within this broad area about which they conduct library research, make an oral presentation, and write a comprehensive review paper on the agreed-upon topic. Students rely upon critical thinking skills and their ability to analyze and synthesize information in both a written and oral format. Prerequisite(s): College Level=Senior and (Major=BS Psychology - MHRT/C Certification or Major=BS Psychology or Major=Psychology).

PY 447. Trauma and Resiliency. 3 Hours.
This course examines the theory and methodology of sexual abuse, non-sexual trauma, and the effects of trauma. It also covers awareness of abuse, recognizing the sources of trauma and developing a recovery plan through the use of available resources for prevention and treatment in the State of Maine. This course is one of eight courses required for eligibility for MHRT/C certification. It is strongly recommended that students complete PY113, PY141, PY232, & PY450 prior to enrolling in this course.

PY 450. Introduction to Counseling and Psychotherapy. 3 Hours.
This course covers an introduction to the principles and techniques to counseling and psychotherapy with attention given to professional identity factors, theoretical and research foundations, counseling applications, current issues in therapeutic practice, and the place and obligations of the psychotherapist in the profession. Prerequisite(s): (PY 141 or PY 241) and (PY 232 or PY 332).

PY 491. Field Placement. 3 Hours.
Field placements and professional internships are a critical component of undergraduate psychology education. Experiences gained in this course provide students with real-world exposure to the challenges faced by professionals in their career field. Additionally, students have the opportunity to learn and apply professional skills that are valued by employers. Psychology is a broad field. Therefore, this course allows students to pick a placement that is (1) aligned with their career goals and (2) involves the direct application of psychology. Weekly journal entries focus on issues relevant to experiential learning. This course is intended for students in their senior year at Husson. Prerequisite(s): College Level=Senior and (Major=BS Psychology - MHRT/C Certification or Major=BS Psychology or Major=Psychology).

PY 499. Topic/. 1-3 Hour.
This course is intended to provide the opportunity to offer advanced courses in psychology that would not normally be a part of the Husson curriculum. As such the topics will depend upon the interests of students and faculty. Prerequisite(s): PY 111 or PY 141 and (College Level=Junior or College Level=Senior).

PY 602. Program Planning, Management, and Evaluation. 3 Hours.
In Program Planning, Management, and Evaluation students will learn psychology-based skills and concepts needed for effective program design, implementation, and evaluation. Topics such as needs assessment, measurement strategies, defining program mission and goals, program implementation strategies, and program evaluation approaches will be covered. Students will learn the fundamentals of applying psychological research findings and research design to planning and evaluating programs in the workplace, public service settings, communities, and education.

PY 603. Psychology and Health Behavior Change. 3 Hours.
Psychology and Health Behavior Change introduces participants to theories of behavior change/health behavior change, and the application of those theories to efforts for personal and population level health improvement. Students will learn social and behavioral theories that guide our understanding of health-related behavior. Examples of the application of these theories to current health problems (e.g., youth violence, obesity, HIV/AIDS) and changing behavior related to those problems will be studied. Students will design a population-based program to change health behaviors, incorporating principles of applied psychology, effective communication and program evaluation.

PY 610. Applied Psychology: Current Theories and Practices. 3 Hours.
This course explores the applications and experiential learning methods in Psychology under the auspices of multiple applied domains in the vast Psychological field, including but not limited to Applied Behavioral Analysis, Industrial and Organizational, Human Factors, Sports Psychology, Applied Social Psychology, Human Resources, Social Work, Research Analyst, and Change Management, among other subspecialties.

PY 620. Soc Psy:Study of Soc Theories to Exp Complexities of Culture. 3 Hours.
This course delves into the phenomena that occur when people engage in socialization. From influence to cognition, attributions to attitudes, each of us has a lens through which we view society and ourselves. This lens, albeit biased and wrought with interpretive constraints, is the compass that guides our actions, values, beliefs, thoughts, and feelings about the world around us. This course prepares students in their professional and personal interactions and provide students with tools that prepare them to engage across cultures, settings, and other boundaries of time and space.

PY 630. Behavioral Psychology: Learning, Behavior, and Motivation. 3 Hours.
Behavioral modification is an essential component in the evaluation and treatment of behaviors that are dysfunctional and which threaten an individual's social, emotional, psychological, and/or behavioral well-being. In this course, students learn the process of behavioral modification and change through the lens of Behavioral Psychological principles, including but not limited Behavioral Analysis, Behavioral Modification, Behavioral Assessment, and components of Cognitive Behavioral Therapy (CBT).