

PSYCHOLOGY (PSY)

PSY 101. Psychology Of Self. 3 Credits.

By applying behavior principles to everyday human activities, students achieve insight into the way individuals operate in their environment. By exploring psychological theory as it relates to self-assessment and personal growth, students gain extensive understanding of their values, interests, behaviors, motivations, abilities, personality, and communication skills. Students will also investigate various career/interest assessments which will help in making career and life decisions. The classroom is used as a laboratory, with workshops, discussion groups, and simulations of various social relationships and interactions to enhance the student's self-understanding. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

PSY 102. Breathwork Techniques: Building a Healthier Immune System, and Coping with Stress. 3 Credits.

This course provides knowledge and demonstration of how to breathe purposefully, reducing stress, and anxiety, and freeing past "stuck" energy held in the body through proper diaphragmatic breathing. Breathwork has been proven to reduce negative mental and physical issues and actually heal the body and mind. This course is essential to have in conjunction with coursework in psychology explaining /healing conflict and trauma. Stress reduction techniques will be connected, explored, and practiced. Mindfulness will be connected with coherent breathing and guided imagery. Various breathing techniques will be taught and practiced and class breathwork sessions will be included. The history of breathwork will be reviewed; as well as its being an evidence-based science technique including knowledge of biological science, psychology, and holistic health fields. A review of literature is covered on how breathwork is currently being used in all fields of health professions; medical, psychological, substance abuse, and holistic. To be taught by a Certified Breathwork Practitioner only. General Elective for all MWCC College Degree Programs, a Professional Elective for Human Service Majors. A required course for the Substance Addiction Counseling Certificate program. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

PSY 105. Introduction To Psychology. 3 Credits.

Students are introduced to the basic concepts and methods of psychology. Course content surveys scientific methods, the brain and nervous system, sensation and perception, consciousness, learning and memory, personality, psychological disorders, and treatment. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

PSY 106. Autism Spectrum Disorder. 3 Credits.

This course will examine the neurological underpinnings and behavioral characteristics of children with autism spectrum disorders. It will focus on an overview of child-centered, developmental and evidence-based interventions used in early care and education environments. Collaborating with families will be emphasized. Prerequisite: ENG 098, FYE 101, RDG 098, or placement. Spring.

PSY 107. Trauma and Resilience in Children, Youth and Families. 3 Credits.

The course explores resilience, the ability to adapt well and recover after stress, adversity, trauma or tragedy. Emphasis will be on understanding trauma and resilience as well as exploring evidence-based strategies and skills to implement trauma-sensitive curriculum and behavioral practices. The focus will also be placed on using trauma-informed approaches to foster student, professional, and family relationships. Prerequisite: ENG 098, FYE 101, RDG 098, or placement. Fall.

PSY 108. Child Development. 3 Credits.

This course focuses on the development of the young child from the time of conception through prenatal development, infancy, early childhood, and the school years up to adolescence. Emphasis is placed on studying the "whole child" by addressing physical/motor, psychosocial, sociocultural, cognitive, and language aspects of development. Current theories of child development based on research will be presented, as well as strategies for incorporating theory into practice. Students will develop an understanding of how to facilitate the development of the child. The students are required to observe a young child throughout the semester and complete a child study. ECC and ECT students must earn a C or better in the course. This course meets the requirement for Child Growth and Development in the ECE Foundational Certificate. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

PSY 110. Human Growth And Development. 3 Credits.

This course focuses on lifespan development through an examination of the biological, cognitive, and social domains and their interdependency. Students will study developmental changes from conception to late adulthood and will gain an understanding of how current research theories of human development translate into practice. Prerequisite: PSY 105.

PSY 143. Group Dynamics. 3 Credits.

This course introduces students to the basic techniques, concepts and theories of group dynamics through instructional and experiential learning opportunities. Emphasis is placed on developing self-awareness by interacting with others as a member of a functioning group where students practice developing skills through classroom exercises and observations. Course content includes ethical and consideration within the group setting. Multicultural proficiency in the working group setting, stages of group development, socialization, structure, comparisons of individual and group performance, problem solving, decision-making, conformity, norms, cohesiveness, communication and leadership. Prerequisites: ENG 101. Spring.

PSY 240. Abnormal Psychology. 3 Credits.

This course focuses on issues of mental health and mental illness, exploring causes, classifications, and treatment approaches. Students will examine historical and cultural views on mental health, explore the various approaches used to define and classify abnormal behaviors, and investigate treatment options. Through case studies and diverse models of understanding abnormal behavior, students will develop a compassionate and informed approach to mental illness. Prerequisite: PSY 105.

PSY 244. Children With Special Needs. 3 Credits.

This course explores ways of understanding the strengths and needs of children with differing abilities. Emphasis will be on combining information about specific disability categories with evidence based practices for instruction and behavioral support. This course covers evolving social/cultural dimensions of disability as well as legislation and policies supportive of children with special needs and their families. Students are required to observe special needs children in an educational setting. ECC and ECT students must earn a C or better in the course. Prerequisites: PSY 108 or PSY 110.

PSY 246. Psychology And The Law. 3 Credits.

This course examines the role of the forensic psychologist in the criminal justice system as well as the personality traits, thoughts, and action patterns of the criminal mind. Using research in the field of forensic psychology and case histories, students will gain an understanding of the characteristics commonly identified in individuals who engage in a criminal lifestyle. They will also be able to identify common patterns of behavior that allow one to develop a profile of individuals who have committed certain types of crime (rapists, murderers, mass killers, etc.). Other areas of discussion include eyewitness testimony, jury selection, competency to stand trial, and battered wife syndrome. Prerequisite: PSY 105.

PSY 280. Psychology Of Death And Dying. 3 Credits.

Students examine the experience of dying from psychological, sociological, and historical perspectives. Topics include: the issues of loss and the grieving process; the research of Elizabeth Kubler-Ross; terminal illness and the hospice concept; the funeral process and bereavement; life after life experiences; and the philosophical meaning of life and death. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

PSY 290. The Psychology Of Aging. 3 Credits.

Students will examine older adults from a developmental and interdisciplinary perspective. Such a view allows students to understand the psychology of aging through an analysis of biological, cognitive, and sociocultural contexts. Detailed attention will be given to the areas of cognition, emotional adjustment, intelligence, creativity, wisdom, motivation, perception, psychopathology, learning, and memory. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Spring.