

## **Bachelor of Science (BS) - Health Psychology**

### **Cheney Campus, Bellevue Campus, and Online Self-Support Programs (23-24 catalog)**

The Health Psychology BS is designed to provide students an understanding of the ways that psychological, behavioral, and sociocultural factors relate to physical health. Course content and directed experiences focus on how patients interact with healthcare providers and the healthcare system in general. The major is designed for individuals wanting to work in psychology and counseling-related professions that interface with primary care and health systems or for individuals planning to pursue other health-aligned professions or graduate training.

1. You are responsible for making sure you have completed all EWU general undergraduate requirements as delineated in the EWU catalog and are strongly encouraged to complete them as early as possible.
2. To declare the BS Health Psychology major, students must have a minimum cumulative GPA of C/2.0 and taken and passed PSYC 100 (or its equivalent) with a C/2.0 or higher. Transfer students may be given credit for appropriate transfer courses in the major and for electives. Transfer credits will be limited to 20 lower division courses and no more than 30 transfer credits total applied toward the degree. In the situation where students have completed the required courses at another institution in a number exceeding 20/30 credits, the student should consider the course requirement to be met and not retake a course of the same content, but plan to make up those credits with other psychology courses from the elective list.
3. PSYC 100, PSYC 309, and PSYC 310 must be passed with a C/2.0 or higher. No minor is required.
4. In addition to the BS requirements, to graduate you will need to complete University Requirements including:
  - a. A minimum of 180 credits total
  - b. 60 upper division credits
  - c. A Diversity course (PSYC/GWSS 331, PSYC/GWSS 321, or other university option)
  - d. A Global Studies course (PSYC 374 or other university option)
  - e. The Senior Capstone or Thesis (PSYC 490C)
  - f. Apply for graduation and pay the graduation fee by the deadline and two quarters in advance of your intended graduation quarter
5. Map out a general schedule identifying when you plan to take each course. Not all PSYC courses are offered each quarter. Check with your Departmental Advisor and the University Catalog to identify course prerequisites. Complete prerequisites early (e.g., PSYC 309) so you have flexibility to take other courses when they are offered.
6. Consult with your Departmental Advisor and the instructor teaching the course for information about enrolling in Internship, Directed Study, and Senior Capstone. The instructor's permission is required for registration for Directed Study and Internship courses.
7. **Psi Chi** is an International Honor Society in Psychology and EWU has a chapter. Their email is [psichi@ewu.edu](mailto:psichi@ewu.edu).
8. **Graduate School Preparation** – Psychology and Counseling graduate programs are competitive. If you are hoping to start the fall following graduation, it is in your best interest to get started right away. Deadlines for application are typically in the fall and winter of your senior year. Here are some things that you should be considering:
  - a. Researching programs in the locations and areas in which you are interested, including requirements (e.g., GRE test) – most people apply to multiple programs
  - b. Taking courses required for the types of programs you are considering
  - c. Getting involved in volunteer work/internships and research; be thinking about letters of recommendation

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**Required Courses (52 credits)**

**All majors are required to take the following courses. Proficiency in English and Math are prerequisites for many courses; taking PSYC 309 prior to PSYC 310 is highly recommended.**

<b>COURSE #</b>	<b>COURSE TITLE</b>	<b>CR</b>	<b>COURSE PREREQUISITES</b>
PSYC 100	General Psychology	5	BACR for social sciences
PSYC 201	Lifespan Development	5	BACR for social sciences
PSYC 231	Science of Stress and Coping	3	BACR for natural science
PSYC 302	Abnormal Psychology	5	
PSYC 309	Scientific Principles of Psychology	5	Math proficiency
PSYC 310	Psychological Statistics	5	Math proficiency. MATH 121 recommended.
PSYC 316	Human Memory and Cognition	5	Junior standing or instructor permission
PSYC 317	Health Psychology	5	Junior standing, PSYC 309 rec.
*PSYC 324 <b>or</b> *PSYC 325	Conditioning and Learning <b>or</b> Cognitive and Behavioral Change	4	Junior standing Junior standing
PSYC 420	Biological Basis of Behavior	5	PSYC 309
PSYC 490C <b>or</b> PSYC 491	Capstone: Health Psychology Senior Thesis	4-5	PSYC 309, PSYC 310, PSYC 317 invitation of the instructor/advisor

**Elective Courses (Students are required to take at least two 2) of the following courses (9-10 credits)**

<b>COURSE #</b>	<b>COURSE TITLE</b>	<b>CR</b>	<b>COURSE PREREQUISITES</b>
PSYC 301	Theories of Personality	5	
PSYC 303	Foundations of Psychotherapy	5	PSYC 301 and PSYC 302
PSYC 314	Tests and Measurements	5	PSYC 310 or CSBS 320
PSYC 323	Drugs and Behavior	5	PSYC 100 recommended
PSYC 359	Human Sexuality	5	
PSYC 374	Cultural Psychology	5	PSYC 100
PSYC 381	Social Psychology	5	PSYC 309 recommended
PSYC 413	Research Methods in Psychology	5	PSYC 310, and PSYC 309 with a grade $\geq$ C; English proficiency or equivalent.
PSYC 429	Psycho-oncology	5	PSYC 100 with a B or higher
PSYC 440	Happiness and Positive Psychology	5	Junior Standing
CMST 210 <b>or</b> CMST 420	Interpersonal Communication Health Communication	5	
PSYC 312	Computer Aided Data Analysis	4	PSYC 310 or CSBS 320 or equivalent

**Focus Experience (8 credits)**

Take 8 credits of PSYC 495, PSYC 498, and/or PSYC 499 in any combination for a total of 8 credits.

<b>COURSE #</b>	<b>COURSE TITLE</b>	<b>CR</b>	<b>COURSE PREREQUISITES</b>
PSYC 495	Internship	1-8	Instructor Permission
	<i>Dr. Linda Kirsch is the Internship instructor for Health Psychology students, lkirsch02@ewu.edu</i>		
PSYC 498	Seminar(s)	1-8	
PSYC 499	Directed Study	1-8	Permission of instructor

\* only one course will count toward degree