

Bachelor of Science (BS) - Health Psychology (Cheney)

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.

- You are responsible for making sure you have completed all EWU general undergraduate requirements in the EWU catalog and are strongly encouraged to complete them as early as possible.
- 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.
- PSYC 100, PSYC 231, PSYC 309, PSYC 310, and capstone must be passed with a C/2.0 or higher. No minor is required.
- In addition to the BS requirements, to graduate you will need to complete University Requirements including:
 - A minimum of 180 credits total
 - 60 upper division credits
 - A Diversity course (PSYC/GWSS 331, PSYC/GWSS 321, or other university option)
 - A Global Studies course (PSYC 374 or other university option)
 - The Senior Capstone or Thesis (PSYC 490C)
 - Apply for graduation and pay the graduation fee by the deadline and two quarters in advance of intended quarter
- 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.
- Psi Chi** is an International Honor Society in Psychology and EWU has a chapter. Their email is psichi@ewu.edu.
- 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:
 - Research programs in the locations and areas in which you are interested, including requirements (e.g., GRE test) – most people apply to multiple programs
 - Take courses required for the types of programs you are considering
 - Get involved in volunteer work/internships and research; be thinking about letters of recommendation

DURING YEARS ONE AND TWO (PREREQUISITES COMPLETED ANY QUARTER)

PSYC 100 (Social Sciences BACR)	5	PSYC 231 (Natural Science BACR)	3	PSYC 201 (Cluster A/Social Sciences BACR)	5
ENGL 101	5	Humanities and Arts BACR	5	PSYC 202 (Humanities and Arts BACR)	5
MATH 107	5	ENGL 201	5	Natural Sciences BACR	5

Total Credits for First Two Years = 90

YEAR THREE – (roughly 45 credits to get to 90 across last two years)

FALL QUARTER	Credits	WINTER QUARTER	Credits	SPRING QUARTER	Credits
PSYC 309	5	Health PSYC Elective	5	PSYC 310	5
PSYC 317	5	PSYC 302	5	PSYC 495/498/499	4
PSYC 316	5	PSYC 420	5	PSYC 325 (or elective)	4/5
Total Credits	15	Total Credits	15	Total Credits	13/14

YEAR FOUR – (roughly 45 credits to get to 90 across last two years)

FALL QUARTER	Credits	WINTER QUARTER	Credits	SPRING QUARTER	Credits
Health PSYC Elective	4/5	Elective	5	Elective	5
PSYC 495/498/499	4	PSYC 490C	5	Elective	5/6
PSYC 324 (or elective)	4/5	Elective	5/6	Elective	5
Total Credits	12/14	Total Credits	15/16	Total Credits	15/16

Bachelor of Science (BS) - Health Psychology (69-70 credits required)

Cheney

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.

COURSE #	COURSE TITLE	CR	COURSE PREREQUISITES
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
PSYC 316	Human Memory and Cognition	5	Junior standing or instructor permission
PSYC 317	Health Psychology	5	Junior standing, PSYC 309 recommended
*PSYC 324 <u>or</u> *PSYC 325	Conditioning and Learning <u>or</u> Cognitive and Behavioral Change	4	Junior standing Junior standing
PSYC 420	Biological Basis of Behavior	5	PSYC 309
PSYC 490C <u>or</u> PSYC 491	Capstone: Health Psychology Senior Thesis	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)

COURSE #	COURSE TITLE	CR	COURSE PREREQUISITES
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 & PSYC 309 with a C, English proficiency
PSYC 429	Psycho-oncology	5	PSYC 100 with a B; PSYC 317 recommended
PSYC 440	Happiness and Positive Psychology	5	Junior Standing
CMST 210 <u>or</u> CMST 420	Interpersonal Communication Health Communication	5	
PSYC 312	Computer Aided Data Analysis	4	PSYC 310 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.

COURSE #	COURSE TITLE	CR	COURSE PREREQUISITES
PSYC 495	Internship	1-8	Instructor Permission
<i>Email psychology@ewu.edu to be connected with the internship instructor 1 quarter prior to enrollment</i>			
PSYC 498	Seminar(s)	1-8	
PSYC 499	Directed Study	1-8	Permission of instructor

* only one course will count toward degree