



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

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. 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 professional training.

1. 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.
2. **Completion of PSYC 100** (or its equivalent) with a grade of C/2.0 or higher is strongly recommended before declaring the major, as it provides foundational knowledge for upper-division coursework. You can declare your major at: [inside.ewu.edu/records-and-registration/major-declaration/](https://inside.ewu.edu/records-and-registration/major-declaration/)
3. **Transfer students** may receive credit for appropriate transfer courses in the major. Transfer credits will be limited to 20 lower-division courses from the originating institution and no more than 30 transfer credits total applied toward the major. 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.
4. **PSYC 100, PSYC 231, PSYC 309, PSYC 310, and PSYC 490** must be passed with a C/2.0 or higher.
5. In addition to the BS requirements, **to graduate you will need to complete University Requirements including:**
  - a. **A minimum of 180 credits total including 60 upper division credits**
  - b. A Diversity course (PSYC/GWSS 331, PSYC/GWSS 321, or other university option)
  - c. A Global Studies course (PSYC 374 or other university option)
  - d. The Senior Capstone (PSYC 490) or Thesis (PSYC 491)
  - e. Apply for graduation and pay the graduation fee by the deadline and two quarters in advance of intended quarter
6. **Consult with your School of Psychology Advisor and the instructor** teaching the course for information about enrolling in Internship and Directed Study. 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** – 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. Research programs in the locations and areas in which you are interested, including requirements (e.g., GRE test) – most people apply to multiple programs
  - b. Take courses required for the types of programs you are considering
  - c. Get involved in volunteer work/internships and research; be thinking about letters of recommendation

Total Credits for First Two Years at Community College (DTA Preferred to make sure requirements are met) = 90  
Transfer courses should include the equivalent of PSYC 100 and PSYC 201, or they must be completed in the below

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

| FALL QUARTER         | CR        | WINTER QUARTER       | CR        | SPRING QUARTER       | CR        |
|----------------------|-----------|----------------------|-----------|----------------------|-----------|
| PSYC 309             | 5         | PSYC 310             | 5         | PSYC 495/498/499     | 5         |
| PSYC 302             | 5         | PSYC 317             | 5         | PSYC 316             | 5         |
| PSYC 231 (online)    | 3         | Health PSYC Elective | 5         | PSYC 325             | 5         |
| <b>Total Credits</b> | <b>13</b> | <b>Total Credits</b> | <b>15</b> | <b>Total Credits</b> | <b>15</b> |

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

| FALL QUARTER         | CR        | WINTER QUARTER       | CR        | SPRING QUARTER       | CR        |
|----------------------|-----------|----------------------|-----------|----------------------|-----------|
| PSYC 420             | 5         | Elective             | 5         | PSYC 490             | 5         |
| PSYC 495/498/499     | 5         | Elective             | 5         | Elective             | 6         |
| Health PSYC Elective | 5         | Elective             | 6         | Elective             | 5         |
| <b>Total Credits</b> | <b>15</b> | <b>Total Credits</b> | <b>16</b> | <b>Total Credits</b> | <b>16</b> |

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

**All Bellevue students must register in the following sections:**

**In person sections including 050, 051, etc., and online sections including 075, 076, etc.**

### 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 or<br>*PSYC 325 | Conditioning and Learning or<br>Cognitive and Behavioral Change | 4  | PSYC 201 or PSYC 305 or PSYC 306<br>Junior standing                              |
| PSYC 420                  | Biological Basis of Behavior                                    | 5  | PSYC 309                                                                         |
| PSYC 490 or<br>PSYC 491   | Capstone: The Tradition of Psych.<br>Senior Thesis              | 5  | PSYC 309 and PSYC 310 with a C or higher Invitation of<br>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 408                | Coll Care & BHSS Intern Prep                        | 5  | PSYC 302 and PSYC 317 each with a grade ≥B        |
| 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 or<br>CMST 420 | Interpersonal Communication<br>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.

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