

Student Handbook

**Undergraduate Psychology Program at
NMHU**

2008-2009

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regarding the material in this Handbook

Table of Contents

General Information	3
What you can do with the degree	3
Course of study	4
Advisement	5
Faculty	6
Research	6
Professional conferences	8
Psi Chi	8
Grants, fellowships, etc	9
Evaluation of the program	10

General Information

This document is designed to provide students with information about the undergraduate psychology program at NMHU, Farmington Campus. This document includes information regarding general university policies as well as information specific to the psychology program. While some of the information contained in this document is taken straight from the NMHU Catalog, it is not meant to serve as a substitute for that catalog. Students should obtain a copy of the Catalog and the University Student Handbook and familiarize themselves with both of those documents in addition to this one.

The bachelor's in psychology program is offered in collaboration with San Juan Community College. The program is designed for transfer students

The NMHU web site can be found at <http://www.nmhu.edu> More information about the psychology program can be found at <http://www.nmhu.edu/psychology/>

What you can do with the degree

A bachelor's degree in psychology can be helpful in obtaining employment in several fields. The most obvious is the mental health field, generally as line staff in treatment programs. The degree would also be useful for work in corrections (for example, as parole officers), in business, especially in personnel work, and in many other possible fields.

Options for careers expand if you pursue a graduate degree. A bachelor's degree in psychology is good preparation for graduate-level work in social work, counseling, and, of course, psychology. With a master's degree in these fields you can become licensed as a master-level clinician, which will allow you to work as a therapist. In addition, a master's degree in psychology will prepare you for careers in research or teaching at the community college level. With a doctoral degree in psychology you could consider careers in university-level teaching and research, clinical administration, consulting, or research in the business community.

Course of study

The department offers two undergraduate degree programs in psychology, a bachelor's of arts (B.A.) and a bachelor's of science (B.S.). The B.S. degree emphasizes science, math and research-related courses to a greater extent than does the B.A. If you are considering applying for graduate programs in psychology, or a career in research, you should choose the B.S.

PSYCHOLOGY (B.A.)

Required courses: 11 credits

Psych 101 Psych & Society (3)
Psych 301 Res Methods & Analysis 1 (4)
Psych 302 Res Methods & Analysis 2 (4)

Other Requirements: 20 credits

Choose courses as indicated below in consultation with the major advisor:

Choose at least one course from each of Groups A, B, C, and D below, including at least two (2) laboratory or techniques/methods courses. Take both courses in Group E.

A) Social

Psych 321 Social Psychology: Theories & Research (3)
Psych 322 Techniques in Social Psychology Research (1)
(*Co-requisite*: Psych 321)
Psych 405 Positive Psychology (3)

B) Personality

Psych 324 Abnormal Psychology (3)
Psych 328 Theories of Personality (3)
Psych 329 Techniques in Personality Research (1)
(*Co-requisite*: Psych 328)

C) Learning and Cognitive Processes

Psych 317 Learning: Basic Processes (3)
Psych 318 Experimental Techniques in Learning (1)
(*Co-requisite*: Psych 317)
Psych 319 Memory & Cog Processes (3)

D) Psychobiological

Psych 408 Drugs and Behavior (3)
Psych 410 Physiological Psychology (3)
Psych 411 Techniques in Physiological Psychology (1)
(*Co-requisite*: Psych 410)

E) Other Required Courses

Psych 340 Developmental Psychology (3)
Psych 433 History of Psychology (3)

In addition, the student may select two (2) other elective psychology courses to complete the 36 credits for a psychology major.

Additional requirements for this major (not counted toward the 36 credit minimum):

In the core curriculum, select the courses Social 152 (or 210 or 215) and Anthro 103 (or 221 or 241), or substitutes approved by the major advisor. For computer proficiency, select CompS 101 or an equivalent approved by the discipline. Completion of Math 120, 140, 150 and 211 is also recommended.

Major Total: 36

PSYCHOLOGY (B.S.)

Major in Psychology (B.S.)

For the Bachelor of Science in Psychology, complete the Bachelor of Arts (B.A.) program described above, with the following changes:

1. Complete 3 credits of Psych 499, Independent Research.
2. Select within the science options of the core curriculum either one year of biology or chemistry.
3. Complete Math 140, 150, & Math 211, & select an academic minor in one of the science fields.

Major Total: 36

Advisement

Obtaining good advisement plays a critical role in successfully completing your degree and in enjoying the process! Advisors can help you clarify your career goals, ensure that you are taking the appropriate classes to meet those goals, and alert you to opportunities for involvement in the department.

You can choose your own advisor just by asking a psychology faculty member with whom you feel comfortable to serve that role. You should choose an advisor as early in your academic career as possible and, at a minimum, meet with your advisor once a semester before you register for classes. Ideally, you will meet with your advisor more often than that.

Faculty

The psychology program currently includes four full-time faculty members and an adjunct faculty members. We also occasionally employ visiting professors. The faculty represent a wide variety of sub-fields of psychology.

Dr. Jean Hill is a Community/Clinical Psychologist. She received her doctorate from DePaul University. She teaches courses in behavioral and cognitive interventions, community psychology, and developmental psychology. Her research interests include community-level interventions and sense of community. Dr. Hill is the psychology Graduate Program Coordinator.

Dr. Linda LaGrange is a Psychobiologist. She received her degree from the University of Alberta. She teaches courses in psychopharmacology and neuroanatomy. She conducts research on the biochemical markers of alcoholism, the neurochemistry of personality, and the phytotherapeutic properties of plants. Dr. La Grange is Associate Dean of the College of Arts and Sciences.

Dr. Ian Williamson is a Social Psychologist. He received his degree from the University of Minnesota. He teaches courses in social psychology, statistics and research methods, history of psychology, positive psychology, and personality. His research interests involve conflict-related emotions such as forgiveness, shame and guilt, volunteerism, civic engagement, and positive psychology.

Dr. Camea Gagliardi-Blea is a Clinical Psychologist. She teaches courses in abnormal psychology, assessment, psychotherapy, personality and ethics. Her research interests include factors affecting college retention for minority and female students.

Dr. Gerald Russell is an Adjunct Professor. He is a psychologist at the Las Vegas Medical Center specializing in Neuropsychology and Gerontology. He received his degree from the University of California, Los Angeles.

Research

It is highly recommended that all undergraduate psychology majors become involved in a research project. Students seeking a B.S. degree are required to conduct research when they take Psych 499, Independent Research. However, research experience is a necessity for **any** student who plans on applying to graduate school. This is because graduate school admission faculty look for it in your application. Most students find it interesting and fun.

You have a number of options for obtaining research experience. If you would like to conduct your own research project you may do so. Just find a professor who has an interest in your topic and ask him or her to supervise you. You can also help with someone else's research. Our graduate students must each conduct an independent research project for their theses, and they often need

assistance. The psychology professors also have on-going research projects and can often find a role for an interested student. In some cases undergraduate students have become involved in projects that have led to publications, which is a nice addition to their resumes.

Evaluation of the Program

The psychology faculty is committed to ensuring that the psychology program continues to meet the needs of our students. Because of this commitment, the psychology program undergoes continuous evaluation of both a qualitative and a quantitative nature.

This evaluation is based, in large part, on an assessment of how well the program is meeting its intended outcomes. Copies of our Outcomes Assessment Plan and recent Outcomes Assessment Reports are available upon request.

Psi Chi

Highlands has had an active chapter of Psi Chi, the National Honor Society in Psychology, for over 50 years. In the past decade, the members of the NMHU Psi Chi chapter have brought in speakers, conducted social activities, and arranged opportunities for service. In addition, Psi Chi members raise funds used by students to attend professional conferences. All students, both graduate and undergraduate, are encouraged to join Psi Chi.

Professional conferences

As part of the research experience here at Highlands, we highly recommend that you attend professional conferences, and, if at all possible, give a presentation at one. This is not as hard as it sounds. The American Psychological Association holds a national convention. Each region of the U.S. has its own APA organization that also holds a conference. The national convention is in August of each year. The regional conventions are usually held in the spring. Psi Chi sponsors programs at each of these conventions and it is relatively easy to get papers accepted for these presentations. For example, if you write a paper for one of your classes that you are particularly proud of, you could turn it into a conference presentation.

There are also subject-specific conferences that the faculty often attend. If you have an interest in a sub-field of psychology, ask a faculty member who shares your interest about conferences in that area.

One of the main goals of the NMHU chapter of Psi Chi is to encourage our students to attend and present at conferences. The members raise money to help defray the costs of attending. In addition, there are several grants and award

programs that for which you can apply that can help you with these costs (see the section on grants and fellowships in this handbook).

In addition to professional conferences, there are other national opportunities available for psychology students. For example, the APA sponsors a Summer Science Institute at which selected freshmen and sophomore students get to spend a week conducting research with nationally known psychologists. We strongly encourage you to apply for these types of opportunities and will be more than happy to assist you with the application process.

Grants, fellowships, etc

Deadline	Title	Award	Requirements	More Information
October 1	Psi Chi Undergraduate Research Grants Program	Up to \$1000 to defray the costs of a research project. (number of awards varies)	Undergraduate Psi Chi members	http://www.psichi.org/pdf/undgrant.pdf
February 6, 2009	Moore Undergraduate Research Apprentice Program Summer Student Fellowships	Summer research internship, \$1,450 stipend, \$500 travel and on-campus room and board.	Junior or senior status in fall of 2009.	http://www.unc.edu/depts/murap/index.html
February 9, 2009	APA Summer Science Institute	A week-long research experience.	Freshmen or sophomores with an interest in psychology.	http://www.apa.org/science/ssi.html
February 13 th , 2009	University of Maryland Summer Research Institute to Increase Diversity	8-week summer research experience, \$2,700 stipend, airfare, campus housing and meal plan.	Junior or senior status in fall of 2009, intent to pursue a doctorate in behavioral sciences.	http://www.bsos.umd.edu/dean/summer.html
February 16 th . 2009	Summer Research Opportunity Program, University of Utah	Nine week research internship, campus housing, and \$2400 stipend	Sophomores, juniors and seniors who do not have immediate plans for graduate school and who are members of under-represented groups	http://www.psych.utah.edu/srop/
February 28, 2009	Scholarship Program for Individuals from Disadvantaged Backgrounds, NIH	Up to \$20,000 per year for educational expenses	Undergraduates who are committed to careers in basic biomedical, behavioral, research	https://ugsp.nih.gov/home.asp?m=00
March 1, 2009	Summer Program on Mind and Brain at Colorado State University	8-week summer research experience, stipend and room and board	Undergraduate majors or minors	http://psy.psych.colostate.edu/reu/
March 17, 2009	Summer Research with the National Institute on Drug Abuse (NIDA)	8-10 weeks of drug abuse research experience with scientists funded by NIDA. Stipend of up to \$4,000 for college students or \$3,2000	Students in high school or college who are members of under-represented groups	http://www.nida.nih.gov/about/organization/spo/spohome.html

		for high school students.		
May 1, 2009	Allyn & Bacon Psychology Awards	1 st place - \$500 2 nd place- \$300 3 rd place- \$200	Undergraduates who have conducted an empirical research study	http://www.psichi.org/awards/completelist_awards.asp#11
May 1, 2009	Erlbaum Awards in Cognitive Science	\$500 (two awards, one graduate and one undergraduate)	Undergraduates or graduates who are members of Psi Chi and have conducted empirical research in cognitive science.	http://www.psichi.org/awards/completelist_awards.asp#11
May 1, 2009	Guilford Undergraduate Research Awards	1 st place- \$500 2 nd place- \$300 3 rd place- \$200	Undergraduates who have conducted research.	http://www.psichi.org/awards/completelist_awards.asp#11
May 1, 2009	American Indians Into Psychology	6-week summer institute at Oklahoma State University	American Indian students considering a graduate degree in psychology	http://psychology.okstate.edu/special/aiip/sep.html
August 31	Minority Undergraduates Students of Excellence Program	A directory of graduating psychology majors which is distributed to over 600 graduate-level training programs in psychology for recruitment purposes.	A psychology major who is a member of an ethnic minority group and who plans to begin graduate studies.	Contact the APA's Office of Ethnic and Minority Affairs at 202/336-6029

A complete list of all Psi Chi sponsored research grants and program can be found at http://www.psichi.org/awards/completelist_awards.asp#11

In addition, HACU, the Hispanic Association of Colleges and Universities, offers a variety of programs. You can read about them at <http://hnip.net>

NEW MEXICO HIGHLANDS UNIVERSITY - LAS VEGAS, NEW MEXICO 87701

MAJOR FORM PSYCHOLOGY

Candidate for the BA Degree _____ (Check one)

Candidate for the BS Degree _____

Banner ID @ _____

NAME OF STUDENT _____ DATE _____

Last, First Middle

MAILING ADDRESS _____

Street/Box City State Zip

1st Major: Psychology 2nd Major: _____

1st Minor: _____ 2nd Minor: _____

DEPT.	C.NO.	TITLE	SEM.HRS.	GRADE	WHERE TAKEN
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Take all three of the following::

PSY 101 Psychology and Society 3

PSY 301 Research Methods & Analysis I 4

PSY 302 Research Methods & Analysis II 4

Choose at least one course from each of the following four groups of courses, including at least two techniques/methods courses.

Group A) Social. Choose one of the following:

PSY 321 Social Psychology 3

PSY 322 Techniques in Social Research 1

PSY 4xx Positive Psychology 3

Group B) Personality Choose one of the following:

PSY 328 Theories of Personality 3

PSY 329 Techniques in Personality Research 1

PSY 324 Abnormal Psychology 3

Group C) Learning and Cognitive Processes Choose one of the following:

PSY 317 Learning: Basic Processes 3

PSY 318 Experimental Techniques in Learning 1

PSY 319 Memory and Cognition 3

Group D) Psychobiological Choose one of the following:

PSY 410 Physiological Psychology 3

PSY 411 Techniques in Physiological Research 1

PSY 408 Drugs and Behavior 3

Group E) Other Required Courses:

PSY 340 Developmental Psychology 3

PSY 433 History of Psychology 3

Choose two psychology elective courses in consultation with your advisor:

PSY _____

PSY _____

TOTAL NUMBER OF SEMESTER HOURS IN MAJOR 36

MAJOR APPROVED: _____ STUDENT DATE _____

_____ MAJOR ADVISOR DATE _____

_____ DEPARTMENT CHAIR DATE _____

Psychology Major Sample Schedules

The following schedules are *samples only!* The major does not require that you take these exact courses, or that you take them in this sequence. Both schedules assume you have already taken PSY 101, Psychology and Society. Both schedules also assume that you want to finish the major in two years. Most psychology classes are only offered every other year, so what courses you take will depend upon what year you begin.

Sample 1: Sample schedule for those starting in the Fall semester of *even numbered years.*

Year 1

Fall (even # years)		Spring	
301, Research Methods & Analysis I	4	302, Research Methods & Analysis (2)	4
328 & 329 Theories of Personality and Lab	4	321 & 322 Social Psychology and Lab	4
340 Developmental Psychology	3	319 Memory and Cognition	3
408 Drugs and Behavior	3	Psychology elective	3
	14		14

Year 2

Fall		Spring	
Psychology elective	3	433 History of Psychology	3
	3		3

Sample 2: Sample Schedule for those starting in the Fall semester of *odd numbered years.*

Year 1

Fall (odd # years)		Spring	
301, Research Methods & Analysis I	4	302, Research Methods & Analysis (2)	4
410 & 411 Physiological Psychology and Lab	4	4xx Positive Psychology	3
324 Abnormal	3	433 History of Psychology	3
		317 & 318 Learning and Lab	4
	11		14

Year 2

Fall		Spring	
Developmental Psychology	3	Psychology elective	3
Psychology elective	3		
	6		3

