

# Psychology

## Faculty

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## Program Overview

Psychology aims at giving students an understanding of the human mind and behavior. We offer Major and Honours programs that emphasize Psychology as an objective science, cover the various subfields of Psychology and allow the students who desire to do so to gain specialization into specific areas of interest. We also offer a Minor in Psychology, a Minor in Mindfulness and Contemplative Studies, as well as a one-year Certificate in Human Psychology.

Within this general framework, we offer an array of courses that apply the psychological approach to a wide range of topics. We emphasize quality of teaching and a close relationship between professors and students. A fundamental concern of the Department is to provide an education that not only prepares students for further training in Psychology and related fields at the graduate level, but also enables them to be active, contributing members to their communities.

## Prerequisites

*Note that all prerequisites can be completed at Bishop's.*

All our programs include two Introduction to Psychology prerequisites (PSY 101 and PSY 102). Our Majors/Honours programs also include an Introductory Biology (BIO 196/BIL 196 or BIO 194) prerequisite. These courses must be completed within the first three semesters of study. These prerequisites will be waived for students who have completed CEGEP courses in Psychology (Introductory Psychology and two other Psychology courses) and Human Biology. Our psychology – neuroscience program includes additional science prerequisites; these will be waived for CEGEP science students.

## Psychology Programs

Please note that the complete list of courses to be taken within each program is outlined in the table on the next page.

**B.A. – Psychology (54 credits)****Prerequisites**

PSY 101 Intro Psy. I  
 PSY 102 Intro Psy. II  
 BIO 194 Intro Biology for the Social  
 and Human Sciences

**Core courses (8)**

PSY 206 Personality  
 PSY 213 Research Methods  
 PMA 260 Psychological Statistics  
 PBI 288 Brain and Behavior  
 PSY 301 Abnormal OR  
 PSY 311 Psychopathology  
 PSY 342 History of Psy.  
 PMA 353 Psychometrics  
 PMA 360 Advanced Statistics

**Block A – Physiological (take at least 1)**

PBI 379 Neuropsychology  
 PBI 380 Psychopharmacology  
 PBI 388 Brain Behavior II

**Block B – Cognitive & Motivational***(take at least 3)*

PSY203 Cognition Motiv. Sports  
 PBI 217 Motivation Emotion  
 PSY 302 Perception  
 PCS 305 Cognition  
 PSY 370 Learning Memory  
 PSY 386 Psy. Language

**Block C – Developmental***(take at least 2)*

PSY 235 Child Development  
 PSY 266 Adult Aging  
 PSY 290 Adolescence  
 PSY 333 Psy. Exceptional Child.  
 PSY 348 Social Development \*

**Block D – Social***(take at least 2)*

PSY 214 Community Psy.  
 PSY 219 Psy. Gender  
 PSY 245 Social Psy. I  
 PSY 246 Social Psy. II  
 PSY 293 Multicultural Psy.  
 PSY 348 Social Development \*

**Block E – Free options***(take at least 2 other Psychology courses)***Honours – All programs***(18 additional credits)*

PSY 313 Adv. Research Methods  
 PSY 443 History Psy. Seminar  
 PMA 460 Multivariate Stats  
 PSY 498 Honours Seminar  
 PSY 499 Honours Thesis (6 creds.)

**Honours – Applied program only***(6 additional credits)*

PSY 441 Adv. Applied Seminar  
 PSY 442 Practicum

\* the same course can contribute to only one Block

**B.A. Psychology (Applied)***19 courses or 57 credits***Prerequisites**

PSY 101 Intro Psy. I  
 PSY 102 Intro Psy. II  
 BIO 194 Intro Biology for the Social  
 and Human Sciences

**Core courses (8)**

PSY 206 Personality  
 PSY 213 Research Methods  
 PMA 260 Psychological Statistics  
 PBI 288 Brain and Behavior  
 PSY 301 Abnormal OR  
 PSY 311 Psychopathology  
 PSY 342 History of Psy.  
 PMA 353 Psychometrics  
 PMA 360 Advanced Statistics

**Block A – Physiological (take at least 1)**

PBI 379 Neuropsychology  
 PBI 380 Psychopharmacology  
 PBI 388 Brain Behavior II

**Block B – Cognitive & Motivational***(take at least 2)*

PSY 203 Cognition Motiv. Sports  
 PBI 217 Motivation Emotion  
 PSY 302 Perception  
 PCS 305 Cognition  
 PSY 370 Learning Memory  
 PSY 386 Psy. Language

**Block C – Developmental (take at least 2)**

PSY 235 Child Development  
 PSY 266 Adult Aging  
 PSY 290 Adolescence  
 PSY 333 Psy. Exceptional Child.  
 PSY 348 Social Development \*

**Block D – Social (take at least 2)**

PSY 214 Community Psy. \*  
 PSY 219 Psy. Gender  
 PSY 245 Social Psy. I  
 PSY 246 Social Psy. II  
 PSY 293 Multicultural Psy.  
 PSY 348 Social Development \*

**Block E – Intervention (take at least 2)**

PSY 214 Community Psy. \*  
 PSY 330 Ethics  
 PSY 336 Interviewing  
 PSY 337 Crisis intervention  
 PSY 406 Current Topics in Clinical  
 Treatment Models

**Block F – Health & Wellbeing***(take at least 2)*

PSY 204 Social Psychology Sports  
 PSY222 Group Dynamics  
 PBI 275 Health Psy. I  
 PBI 276 Health Psy. II  
 PSY 277 Physical and Mental Health

PSY298 Zen and the Brain  
 PSY 306 Advanced Theories of  
 Personality  
 PBI 327 Psy. of Nutrition  
 PBI 399 Psychology of Drug Addiction  
 PSY 477 Personality, Health & Well-  
 Being

\* the same course can contribute to only one Block

**B.Sc. Psychology (Neuroscience)***18 courses or 54 credits***Prerequisites – Grade 12 and non-science CEGEP students**

PSY 101 Intro Psy. I  
 PSY 102 Intro Psy. II  
 BIO 196/ BIL 196 Intro Bio.  
 CHM 191 / CHL 191 Gen. Chem I  
 CHM 192/ CHL 192 Gen. Chem II  
 MAT 198 Calculus I  
 MAT 199 Calculus II  
 PHY 193 / PHL 193 Physics I  
 PHY 194/ PHL 194 Physics II

**Core courses – Psychology (8)**

PSY 206 Personality  
 PSY 213 Research Methods  
 PMA 260 Psychological Statistics  
 PBI 288 Brain and Behavior  
 PSY 301 Abnormal OR  
 PSY 311 Psychopathology  
 PSY 342 History of Psy.  
 PMA 353 Psychometrics  
 PMA 360 Advanced Statistics

**Core courses – Neuroscience (5)**

BIO 201 Cellular Molecular Bio.  
 BIO 208 / BIL 208b Genetics  
 PBI 379 Neuropsychology  
 PBI 380 Psychopharmacology  
 PBI 388 Brain Behavior II

**Block A – Cognitive science options***(take at least 2)*

PSY 302 Perception  
 PCS 305 Cognition  
 PSY 370 Learning Memory  
 PSY 386 Psy. Language

**Block B – Natural Science options***(take at least 3)*

CHM 111 / CHL 111 Organic Chem.  
 BIO 205 / BIL 205 Diversity of Life  
 BIO 336 / BIL336 Animal Physiol. I  
 BIO337 / BIL337 Animal Physiol. II  
 BCH313 / BCL313 Metabolism  
 BCH 382 Biochem. & Toxicology  
 BIO 359 Human Genetics  
 BCH 383 Molecular Biology

## **Honours and Major in Psychology (54 and 72 credits) HONPSY/MAJPSY**

This classic program is our most flexible and most popular. The Major includes 24 credits of Core Courses and 30 credits of Psychology options for a total of 54 credits. The Honours adds an additional 18 credits of Core Courses for a total of 72 credits.

### **Special Requirements for Honours**

To qualify for an Honours program, students must have a cumulative average of at least 80% in program courses. Students must also achieve a combined average of at least 75% in PSY 313 (Advanced Research Methods) and PMA 360 (Advanced Psychological Statistics). Eligible students will officially transfer into Honours after the acceptance of their Thesis proposal in the Fall term of their final year.

## **Honours or Major in Psychology – Applied Concentration (57 and 81 credits) HONPSA/MAJPSA**

This program emphasizes the applied/clinical side of Psychology. The Major includes 24 credits of Core Courses and 33 credits of courses specific to the Applied concentration for a total of 57 credits. The Honours adds an additional 18 credits of Core Courses and an additional 6 credits of Honours courses specific to the Applied concentration for a total of 81 credits.

## **Honours or Major in Psychology – Neuroscience Concentration (B.Sc.; 54 or 72 credits) HONPNS/MAJPNS**

This program focuses on the physiological aspects of Psychology and the brain-behavior relationship. To complete the neuroscience program within three years, Quebec students should enter with a collegial diploma in science (D.E.C.), that includes Mathematics 201-NYA-05, 201-NYB-05, Physics 203-NYA-05, 203-NYB-05, Chemistry 202-NYA-05, 202-NYB-05, and Biology 101-NYA-05. Students entering from other CEGEP programs or from Grade 12 will be required to complete science prerequisites prior to undertaking the neuroscience major and will usually complete the degree in four years. The major includes 39 credits of core courses and 15 credits of Psychology and Science options for a total of 54 credits. The Honours adds an additional 18 credits for a total of 72 credits.

## **Minor in Psychology (24 credits) MINPSY**

The Minor involves completing any 8 courses in Psychology. This flexible and popular program has been joined with Majors/Honours in almost every discipline offered at Bishop's. The most popular and most useful combinations include, among others: Biology, Political Studies, Sociology, Business, Philosophy, English and Education.

## **Minor in Mindfulness and Contemplative Studies (24 credits) MINPMC**

This program provides students with a platform to investigate the psychological, philosophical, and scientific bases of human contemplative experience. It will prepare students who are thinking about clinical work using mindfulness-based interventions; those who are planning research in the area of contemplative neuroscience; as well as those who want to deepen the understanding of themselves and the world they live in. This is an interdisciplinary Minor, involving courses in Psychology and Humanities, to facilitate exploration of human consciousness, nature of self, and life meaning. It requires 8 courses (24 credits), two of which are mandatory (PSY 298 & PSY 420). The remaining six courses can be chosen from a pre-selected list of courses from a wide range of departments listed below:

### **A. Psychology**

PSY 298 – Zen & the Brain (mandatory)  
PSY 408 - Psychology of Consciousness  
PSY 410 - Psychology of Death & Dying  
PSY 420 – Contemplative Practicum (mandatory)

### **B. Religion**

REL101 – Eastern Religions  
REL 124 - Hinduism: The Many Faces of the Divine  
REL 125 - Buddhism: The Middle Way  
REL 148 - Psychology of Religion  
REL 236 – Death & Dying in the Ancient World

### **C. Liberal Arts**

LIB 216 - The Divine & Ultimate Concern  
LIB 303 - On the Road Again: Pilgrimage in Theory and Practice

### **D. Philosophy**

PHI 201 - Medieval Philosophy  
PHI 263 - Hegel  
PHI 271 - Socrates and Plato  
PHI 272 - Aristotle  
PHI 374 - Spinoza

### **E. Fine Arts**

FIS 169 - Drawing I  
FIS 170 - Sculpture I  
FIS 181 - Painting I  
FIN 222 - Art Therapy

### **F. Music**

MUS 108 - Choral & Sacred Music  
MUS 110 - The Art of Listening I  
MUS 111 - The Art of Listening II

## Certificate in Human Psychology (30 credits) CONPSH

This one-year program is designed for adult students. It has particular relevance for teachers, health or social workers, and managers. It involves taking 10 psychology courses that relate to human behavior.

### List of Courses

The following list includes courses which are normally offered by the department each year, as well as courses which are offered on a rotating basis. Those courses which are offered only irregularly are listed separately at the end of this section.

#### **PSY 101 Introduction to Psychology I : Basic Processes 3-3-0**

An introduction to the functioning and development of the basic cognitive processes: perception, learning, memory, thinking, intelligence and consciousness. Approaches and methods will also be discussed.

#### **PSY 102 Introduction to Psychology II: Human Interactions 3-3-0**

An introduction to motivation, emotion, and personality as factors in human functioning. Approaches, methodology, social psychology and abnormal psychology are also discussed.

#### **PSY 203 Cognition and Motivation in Sport: Performance Enhancement 3-3-0**

A systematic review of how individual factors influence and optimize sports performance. Major topics include introduction and research methods, personality, mood, motivation, learning and cognition. Both theory and application will be emphasized.

*Students who have taken PSY 208 (Sports Psychology) cannot take this course for credit.*

*Prerequisite: PSY 101 or PSY 102*

*Corequisite: PSY 101 or PSY 102*

#### **PSY 204 The Social Psychology of Sport and Exercise 3-3-0**

A systematic review of the social aspects and effects of sport and exercise. Major topics include introduction and research methods, audience effects, leadership, team cohesion, aggression in athletes and fans, bias in judging, and benefits and costs of sports and exercise participation.

*Prerequisite: PSY 101 or PSY 102*

*Corequisite: PSY 101 or PSY 102*

#### **PSY 206 Personality 3-3-0**

An examination of theories of personality based on the clinical approach, as illustrated by psychoanalytic and humanistic theories; and based on the psychometric and experimental approaches, as illustrated by trait and learning theories.

*Students who have taken PSY 107 (Personality) or PSY 207 (Personality II) may not take this course for credits*

*Corequisite: PSY 101 or PSY 102*

#### **PSY 210 Psychology of the Couple 3-3-0**

This course is a survey of research on the psychology of the couple. Topics treated include: psychology of the female and male; factors in partner choice; bonding and love; commitment and contract; stages of coupling; divorce and recommitment. Psychodynamic, behavioural and systemic approaches to couple therapy will be examined.

*Prerequisite: PSY 101 and PSY 102*

#### **PSY 213 Research Methods 3-2-2**

Scientific bases of psychological theory; experimental and non experimental research methods; data analysis; report writing; critical analysis of published articles. Class projects are conducted, statistically analyzed, and written up.

*Students who have taken PSY113 (Research Methods I) cannot take this course for credit*

*Prerequisite: PMA 260*

*Corequisite: PMA 360*

#### **PSY 214 Community Psychology 3-3-0**

Community Psychology is the study and application of psychological solutions to community-based problems. Through an analysis of the reciprocal relationship between person and environment (clubs, churches, schools, neighborhood, larger culture) Community Psychology emphasizes action and interventions whose aim is to prevent problems in living, promote social-psychological competencies and improve people's well-being. This course introduces students to the ways in which research and science intersect with the practical aspects of working successfully with people in their communities. Topics include the background and history of the field, community research methods, empowerment of disenfranchised groups, social support, cultural diversity, prevention, program evaluation and development of community intervention strategies.

*Prerequisite: PSY 101 AND PSY 102*

#### **PBI 217 Motivation and Emotion 3-3-0**

An exploration of the underlying causes of human behavior. Topics include hunger and eating, sex and love, aggression, drug use/abuse and higher-level behaviors (e.g. creativity, attaining peak performance, goal setting, self-regulation). The role of emotions in guiding behavior will also be addressed.

*Prerequisite: PSY 101*

#### **PSY 219 Psychology of Gender 3-3-0**

In this course, gender diversity, gender stereotypes and biases are exposed. The rape myths are debunked and sexual orientation is demystified. Gender comparisons in cognitive abilities and in social and personality characteristics are discussed. Other topics of interest include love relationships, sexuality, sexual harassment and assault, gender-based violence, as well as prevalence of specific mental health problems across gender. This course is a must for those who enjoy class discussions.

*Students who have taken PSY 109 (Psychology of Women) cannot take this course for credit*

*Prerequisite: PSY 101 or PSY 102*

*Corequisite: PSY 101 or PSY 102*

#### **PSY 222 Group Dynamics 3-3-0**

This course introduces students to the principles and practices of group behavior, emphasizing dynamic processes (norms, roles, relations, development, social influence) which form a basis for group therapy as a branch of psychotherapy. Background, founders and key influences, contexts of use, techniques, methodology and current trends in group therapy will be discussed.

*Prerequisite: PSY 101 and PSY 102*

#### **PSY 235 Child Development: Infancy to Middle Childhood 3-3-0**

The foundations of child development. Topics include basic genetics, development of learning and cognition, socioemotional development, moral development and the classic theories of developmental psychology.

*Students who have taken PSY 236 or PSY 237 cannot take this course.*

*Prerequisite: PSY 101 or PSY 102*

#### **PBI 241 Evolutionary Psychology 3-3-0**

Evolutionary Psychology is the study of behavior founded within the framework of Darwin's Theory of Evolution through Natural Selection. The purpose of this course is to introduce the students to the principles of Evolutionary Psychology and to investigate the adaptive origins of many common behaviors such as cooperation, mating strategies, parenting, aggression and dominance.

*Students who have taken PBI 141 (Evolutionary Psychology) cannot take this course for credit*

*Prerequisite: PSY 101*

#### **PSY 245 Social Psychology I 3-3-0**

Methodology of social psychology; prejudice; sexism; social perception; attitude formation and attitude change; legal and clinical applications.

*Prerequisite: PSY 101 or PSY 102*

*Corequisite: PSY 101 or PSY 102*

#### **PSY 246 Social Psychology II 3-3-0**

Social motives, such as aggression, attraction and altruism; group processes and social interaction; conformity and leadership; social institutions; environmental psychology.

*Prerequisite: PSY 101 or PSY 102*

*Corequisite: PSY 101 or PSY 102*

<b>PMA 260</b>	<b>Psychological Statistics</b>	<b>3-2-1</b>	<b>PSY 298</b>	<b>Zen and the Brain</b>	<b>3-3-0</b>
Basic descriptive and inferential statistics developed from a conceptual perspective. Topics include measures of central tendency and variability, normal distribution, probability, confidence intervals, sampling distributions, hypothesis testing, power analysis, z-tests, t-tests and chi-square. <i>Students who have taken PMA160 (Psychological Statistics I) cannot take this course for credit</i> <i>Students who have taken PHY 101a may not take this course for credit</i>			The interest in Eastern philosophy and religion in the West is not a new phenomenon, but careful scientific examination of the techniques linked to some Eastern traditions, such as meditation and mindfulness, as well as their increasing use in psychotherapy, is relatively new. In this course we will introduce the basis of Buddhist and Hindu thought and practice, and review critically the available literature on the neurophysiological and neuropsychological effects of different forms of meditation. <i>Pre or Corequisites: PSY 101, PSY 102 or being admitted to Mindfulness &amp; Contemplative Studies Minor</i>		
<b>PSY 266</b>	<b>Adult Development and Aging</b>	<b>3-3-0</b>	<b>PSY 301</b>	<b>Abnormal Psychology</b>	<b>3-3-0</b>
An examination of psychological development during adulthood and old age. Research findings on age related changes in memory, health issues, adjustment, coping styles, and stress will be covered. Case studies will be used to explore various applications in society. <i>Prerequisite: PSY 101 or PSY 102</i> <i>Corequisite: PSY 101 or PSY 102</i>			An introduction to the experimental approaches, diagnoses, classifications, viewpoints, and the therapeutic techniques used in abnormal psychology. The interaction between genetic predisposition and environmental stressors in the etiology of abnormal behavior will be emphasized. Various anxiety disorders (e.g., specific phobias), trauma and stress-related disorders (e.g., PTSD), obsessive-compulsive and related disorders (e.g., OCD), and psychotic disorders (e.g., schizophrenia), will be discussed. <i>Prerequisites: PSY 101, PSY 102 and PSY 206</i> <i>Students who have taken PSY 341 (Abnormal Psychology) may not take this course for credit.</i>		
<b>PBI 275</b>	<b>Health Psychology I</b>	<b>3-3-0</b>	<b>PSY 302</b>	<b>Perception</b>	<b>3-3-0</b>
Introduction to health psychology and the biopsychosocial model of health. Topics include: methods of health research, obtaining care and following health advice, stress, pain, behavioural factors in health, alternative medicine, mental illness, global health issues. <i>Prerequisite: PSY 101. It is highly recommended that students also take PSY 102</i>			Based on a rich array of perceptual demonstrations, this course provides a comprehensive overview of how our senses, mostly vision and audition, allow us to know and understand the world. Topics include physiology of the sensory systems, perceiving objects and faces, color, depth and motion perception, visual illusions, music perception, perceptual illusions and perceptual impairments. <i>Prerequisite: PSY 101 and PBI 288</i>		
<b>PBI 276</b>	<b>Health Psychology II</b>	<b>3-3-0</b>	<b>PCS 305</b>	<b>Cognition</b>	<b>3-3-0</b>
Selected topics in health psychology: cardiovascular disease, cancer, chronic and terminal illness, preventing injuries, smoking tobacco, using alcohol and other drugs, diet and weight control, exercising, future projects. <i>Prerequisite: PSY 101. It is highly recommended that students also take PSY 102</i>			Cognitive processes: language, memory, concepts, heuristics, the nature of thought, reasoning, problem solving, creativity, and anomalous beliefs. <i>Students who have taken PCS 205 (Cognitive Psychology) cannot take this course for credit</i> <i>Prerequisites: PSY 101 and PSY 102 and PBI288</i>		
<b>PSY 277</b>	<b>Physical and Mental Health</b>	<b>3-3-0</b>	<b>PSY 306</b>	<b>Advanced Theories of Personality</b>	<b>3-3-0</b>
This course will examine the mutual interaction between physical and mental health, using the biopsychosocial model as a conceptual framework. For example, depression as a factor in cardiovascular disease (and vice-versa), or the effect of diet upon behaviour disorders, will be explored with detailed attention to genetic, developmental, personality, lifestyle and social factors. Therapeutic interventions will also be covered, for example to compare the success of behavioural versus medical approaches in the treatment of depression. The course will include lectures and seminar presentations. <i>Prerequisite: PSY 101. It is highly recommended that students also take PSY 102</i>			An advanced course focused on deepening knowledge of core aspects of personality theories. Topics will focus on the clinical aspects and the social implications stemming from personality theories. In addition the role of statistical methodology (e.g. factor analysis) will be explored in terms of how personality dimensions are established. <i>Prerequisites: PSY 101 and PSY 102, PSY 206a, PSY 213b</i>		
<b>PBI 288</b>	<b>Brain and Behavior I</b>	<b>3-3-0</b>	<b>PSY 311</b>	<b>Psychopathology</b>	<b>3-3-0</b>
An introduction to physiological psychology and to the complex relationship between brain activity and human behavior. Topics include structure and function of the brain, the neuron, neurotransmitters, neuroscience research methods and the physiology of the sensory and motor systems. <i>Students who have taken PBI 128 (Physiological Bases of Behavior I) may not take this course for credit</i> <i>Prerequisite: PSY 101</i>			This course is a continuation of PSY301. Topics covered include: mood, personality, dissociative, somatic and eating disorders, as well as sexual dysfunctions and disorders of childhood and adolescence. <i>Students who have taken PSY 341F (Abnormal Psychology) may not take this course for credit</i> <i>Prerequisites: PSY 101, PSY 102 and PSY 206</i>		
<b>PSY 290</b>	<b>Adolescence</b>	<b>3-3-0</b>	<b>PSY 313</b>	<b>Advanced Research Methods</b>	<b>3-2-2</b>
An examination of developmental issues in the adolescent period and related clinical phenomena: environmental influences (family, school, peers) and intra personal concerns (identity, sexuality, moral development); clinical conditions such as depression (suicide), eating disorders, and delinquency. <i>Prerequisite: PSY 101 and PSY 102</i>			Research methodology in the study of human behaviour. Formulation of the research proposal; presentation and discussion of results in APA format reports; factorial and correlational designs; computers in data analysis. Class and individual projects are conducted. <i>Students who have taken PSY215 (Research Methods II) cannot take this course for credit</i> <i>Prerequisites: PSY 213b and PMA 360b</i>		
<b>PSY 292</b>	<b>Psychology of Music</b>	<b>3-3-0</b>	<b>PSY 325</b>	<b>Independent Studies I</b>	<b>3-0-0</b>
This introduction to the psychology of music will explore key music perception and cognition areas such as music and language, emotion and memory as well as the applied psychology of music in a range of social, health, educational and therapeutic contexts. The big questions in the field will be considered; such as the role of music in our evolutionary history, whether some of us are 'born musical' and others are not, whether music can make us smarter, or can encourage us to behave aggressively. <i>Prerequisite: PSY 101 and PSY 102</i>			Theoretical or experimental work conducted under the direct supervision of two faculty members. The project and grading scheme needs to be approved beforehand by the Psychology Department. <i>Prerequisite: PSY 101 and PSY 102</i>		
<b>PSY 293</b>	<b>Multicultural Psychology</b>	<b>3-3-0</b>	<b>PSY 326</b>	<b>Independent Studies II</b>	<b>3-0-0</b>
The place of culture in the evolution of psychology. Cultural similarities and differences in behaviour, thoughts, emotions, attitudes, motivations, mental and physical health, etc. Understanding that psychological principles can range from being universal to culture-specific. <i>Prerequisite: PSY 101 and PSY 102</i>			Theoretical or experimental work conducted under the direct supervision of two faculty members. The project and grading scheme needs to be approved beforehand by the Psychology Department. <i>Prerequisite: PSY 101 and PSY 102</i>		

- PBI 327 Psychology of Nutrition 3-3-0**  
This course explores the many physiological, psychological and sociocultural factors that influence children and adults' food choice and preferences. The activity of eating is understood in its relation to physical and psychological health, body size and dissatisfaction, dieting, obesity, anorexia nervosa and bulimia nervosa. *Students who have taken PBI 227 (Psychology of Nutrition) cannot take this course for credit*  
*Prerequisite: PSY 101. It is highly recommended that students also take PSY 102*
- PSY 333 Psychology of Exceptional Development 3-3-0**  
A survey of various kinds of exceptionality in children, including intellectual disabilities, giftedness, speech and language differences, learning disabilities, hearing and vision impairments, behaviour disorders, health problems, and developmental disabilities. *Students who have taken PSY 233 (Psy. of Exceptional Children) cannot take this course for credit*  
*Prerequisite: PSY 101 and PSY 102*
- PSY 336 Interviewing 3-3-0**  
Interviewing techniques are explored by surveying various theories of change (psychoanalytic, existential, feminist, person-centered, cognitive-behavioral, reality, and postmodern). Emphasis is placed on the acquisition of both theoretical knowledge and practical skills that have direct relevance in applied settings. Class discussions, role-playing, and use of video clips are pedagogical tools enjoyed by students. *Students who have taken PSY 230 (Interviewing) cannot take this course for credit*  
*Prerequisites: PSY 101, PSY 102 and PSY 206*  
*Co-requisite PMA 353a or permission of the instructor*
- PSY 337 Crisis Intervention 3-3-0**  
Engaging class discussions, guest speakers, role plays, videos and practice-based lectures provide a framework for understanding what constitutes a crisis, various types of crises and key elements of crisis assessment and intervention that are used in a variety of crisis situations. Specific crises examined include crises of lethality, conjugal violence, sexual assault, crises of loss and human-made disasters. *Students who have taken PSY 231 (Crisis Intervention) cannot take this course for credit*  
*Prerequisites: PSY 101, PSY 102 and PSY 206*
- PSY 342 History of Psychology 3-3-0**  
An examination of the early conceptions of human nature that influenced psychology's development. The course is presented in two parts, the first examining the nature of history and the history of science. The second part explores the conception of humanity in ancient texts from Homer, Sophocles, Plato, Aristotle and Augustine. *Prerequisite: PSY 101, PSY 102. Open to those students entering their final undergraduate year*
- PSY 345 Family Therapy 3-3-0**  
A critical survey of major theories of family dynamics and family therapy, including psychoanalytic, existential, systemic, structural, and strategic approaches. The course also aims to further the student's understanding of his or her own family system through individual and group exercises. *Prerequisite: PSY 101 and PSY 102*
- PSY 348 Social Development 3-3-0**  
An examination of the development of social relationships from childhood to adolescence, with a particular focus on peer relationships. This includes an examination of sociometrics, social-cognitive and emotional processes, bullying, morality, friendships and romantic relationships. *Pre or Corequisites: PSY 101 & 102*
- PMA 353 Psychometrics and Psychological Testing 3-3-0**  
The psychometric properties of standard psychological tests: norms, reliability and validity. Critical examination of these properties for selected maximum and typical performance instruments. *Students who have taken PMA 223 (Psychometrics) or PSY 224 (Issues in Psychological Testing) cannot take this course for credit*  
*Prerequisites: PSY 213b and PMA 260a*
- PMA 360 Advanced Psychological Statistics 3-3-0**  
Advanced inferential statistics developed from a conceptual perspective. Topics include one and two-way analysis of variance, repeated measures anova, fixed and random designs, post-hoc and apriori tests. Explorations will also include correlation, regression and their relationship to anova and use of SPSS in analysis. *Students who have taken PMA 161 (Psychological Statistics II) cannot take this course for credit*  
*Prerequisite: PMA 260a, or the Business (BMA 140 or BMA 141) or Physics (PHY 101) equivalent.*  
*Corequisite: PSY 213b*
- PSY 370 Learning and Memory 3-3-0**  
A seminar course examining theories of learning and memory. The seminars follow a historical sequence examining changes in our understanding of learning and memory. Topics include classical conditioning, behavioural, cognitive and gestalt approaches to learning and memory. *Students who have taken PSY 270 (Learning and Memory) cannot take this course for credit*  
*Prerequisite : PSY 101 and PSY 102*
- PBI 379 Neuropsychology 3-3-0**  
Neuropsychology is the study of the relationship between brain structures and behaviour. In this course we will explore the neuroanatomical correlates of both normal and abnormal behaviors in humans. Among the topics to be discussed are the behavioural sequelae of head injury, mood disorders associated with regional trauma and epilepsy, sex differences in cerebral organization, cerebral asymmetries, language and aphasia and the various disorders of perception. Depending on the interests of the students, special topics include dyslexia, alexithymia, Alzheimer's disease, alcoholism and schizophrenia. *Students who have taken PBI 279 or BIO 279 (Neuropsychology) may not take this course for credit*  
*Prerequisite: PSY 101, PBI 288b or permission of the instructor*
- PBI 380 Psychopharmacology 3-3-0**  
This course is designed to introduce students in psychology and the natural sciences to the field of psychopharmacology. Emphasis will be placed on the relationships between psychoactive drugs, their mechanisms of action in the nervous system, and human behaviour. Following an analysis of the principles of pharmacology and pharmacokinetics, as well as the mechanisms of drug tolerance and dependence, the cognitive, emotional and behavioural aspects of specific classes of drugs will be examined. These classes of drugs will include sedatives, hypnotics; stimulants; narcotics; psychotomimetics, psychedelics and hallucinogens. *Students who have taken PBI 280 or BIO 280 (Psychopharmacology) may not take this course for credit*  
*Prerequisite: PSY 101, PBI 288b or permission of the instructor*
- PBI 388 Brain and Behavior II 3-3-0**  
The physiological bases of motivated behavior (sleep, sex, hunger and thirst), emotions, learning/memory and language. The focus is on normal physiology but some aspects of abnormal physiology (e.g. amnesia, anxiety, schizophrenia) will be addressed. *Students who have taken PBI 228 (Physiological Bases of Behavior II) cannot take this course for credit*  
*Prerequisite: PBI 288b or permission of the instructor*
- PBI 398 Neuroscience Seminar 3-3-0**  
This course will be taught as a series of student-led seminars covering a wide range of topics including molecular, cellular, behavioral, cognitive and clinical neuroscience, as well as new developments in psychopharmacology and neuroendocrinology. Course content will vary from year to year to encompass the most recent developments in the field of neuroscience. *Prerequisites: PSY 101, PSY 102, and PBI 288*
- PBI 399 Psychology of Drug Addiction 3-3-0**  
Despite decades of intense research, development of new therapeutic approaches, and public advertisement campaigns (e.g. "JUST SAY NO", the problem of drug abuse does not want to go away (and in fact is on the rise in the selected demographic groups such as women, adolescents and children). During this course we will examine different classes of addictive substances; discuss various neurobiological, psychological and sociocultural factors implicated in the initiation and development of dependence; as well as evaluate critically the available therapies and interventions for treatment of drug addiction. *Pre or Corequisites: PSY 101, PSY 102 and PBI 288*
- PSY 406 Current Topics In Clinical Treatment Models 3-3-0**  
This course applies sound scientific methodology in evaluating current clinical treatment models for specific mental disorders. Students will critically examine

outcome data from a variety of clinical diagnoses as outlined in the Diagnostic Statistical Manual 5 (DSM 5).

*Prerequisite: PSY 301 or PSY 311*

*Pre or Co-requisite: PMA353*

**PSY 410 Psychology of Death and Dying 3-3-0**

Death is a human affair, not simply a biological one. Adopting an historical, existential-humanistic psychology perspective, the role of death and its impact on our lives will be examined. Texts from the ancient world will be read along with those written by psychologists (Fechner, James, Freud, Jung, Fromm, Erikson, Frankl, May, Rogers, Skinner, Kübler-Ross and Becker). Integrated throughout the course are contemporary texts drawn from diaries and books by authors who have recorded their experiences with death and dying.

**Pre or Corequisites: PSY206 and PSY336**

**PSY 420 Contemplative Practicum 3-0-3**

Mindfulness and contemplation are essential for intellectual, emotional and spiritual growth and insight. They facilitate deepening of self-knowledge and understanding of the world around us. In this course, students will get a chance to examine their selves, their minds and their surroundings from the first-person perspective. Each student, in consultation with the course instructor, will select a specific method of self-inquiry (e.g., meditation training, pilgrimage, artistic process) and devote to it approximately 50-70 hours of practice. The students will be required to keep a detailed diary of their experience describing the process, providing personal insights, comparative analysis, implications and impact of the experience on their lifestyle and philosophy. In addition, students will be encouraged to share their experiences with others during class discussions.

*Pre-requisites: PSY 298 and being admitted to Mindfulness & Contemplative Studies Minor*

**PSY 441 Advanced Applied Seminar 3-1-2**

As a link between Interviewing (PSY336b) and Applied Practicum (PSY442b), this course is taught as a series of student-led seminars on various clinical topics. Vigorous class debates, meaningful exchanges with guest speakers (from the community at large) and the opportunity to learn and apply basic interviewing skills with video tape feedback are all enriching aspects of this course. Students enrolled in a major program are welcome, providing that they have the prerequisites.

*Prerequisites: PSY 101, PSY 102, PSY 206 and at least 75% in PSY 336*

**PSY 442 Practicum 3-0-3**

Aimed at introducing students to psychology's applied field while sensitizing them to its stakes, this course is completely practical and offers experiential learning opportunities. Students spend 6hrs/week under close supervision in one of a number of applied settings. Field placements are possible in hospital and school settings, various community organizations, senior citizens' homes, life skills development centres, women's centre, etc., and are assigned in accordance with students' competencies and interests.

*Prerequisite: PSY 441*

**PSY 443 History of Psychology Seminar 3-3-0**

A seminar course that examines the effects the scientific revolution on our conception of mind and psychology. The seminars are based on the writings of the Rationalists (Descartes, Spinoza, Leibniz), Empiricists (Locke, Berkeley, Hume) and those that reflect the emergence of Evolutionary thinking and its influences on our conceptions of mind/brain, consciousness and the nature of human science.

*Students who have taken PSY 343 (History of Psychology II) cannot take this course for credit*

*Prerequisite: PSY 342*

**PMA 460 Multivariate Statistics 3-3-0**

An examination of multivariate statistical approaches to research. Topics include multiple correlation, regression, partial & semipartial analysis, stepwise regression, statistical control, hierarchical modeling, multiple regression with categorical and continuous variables, analysis of covariance, and multivariate analysis of variance. *Students who have taken PMA 261 (Multivariate Statistics) cannot take this course for credit*

*Prerequisite: PMA 360*

**PSY 462 Qualitative Methods in Psychology 3-3-0**

This course provides students a conceptual understanding of qualitative research and their application in psychology. The course introduces major concepts and terms, and different qualitative methods including case studies, in-depth interview, participant observation, life histories (narratives) and ethnographies. It focuses on developing a theoretical understanding of qualitative methodology.

*Pre or Corequisites: PSY 101 & 102*

**PSY 477 Personality, Health and Well-being 3-3-0**

An advanced seminar that undertakes a critical analysis of historical and contemporary theoretical perspectives on the role personality plays in physical and psychological well-being. General topics may include the contribution of personality to physical health and illness, the role of personality in stress and coping, the links among personality, health, and well-being across the adult lifespan, the role of personality in health and well-being in the context of personal relationships, and issues related to the assessment of personality and well-being.

*Prerequisite: PBI 275 or PBI 276*

**PSY 498 Honours Seminar 3-3-0**

This seminar aims at exploring cutting-edge issues in Psychological Science. Selected topics from these areas are presented and critically discussed. The course will also guide students as they get their Honours Thesis under way and address practical issues such as applications to graduate school, scholarship applications, GREs and career planning.

*Students who have taken PSY449 (Honours Seminar: Advanced Topics) cannot take this course for credit*

*Prerequisite: Only open to Honours students (having already completed PSY 313 and PMA 360 with an average of 75 % or above)*

*Co-requisite: PSY 499f*

**PSY 499F Honours Thesis 6-0-0**

Under the guidance of two faculty advisors, the student will formulate a proposal for original research involving the collection of data, undertake the research, and report it both as a public talk and in the form of a thesis conforming to the publication style of the American Psychological Association.

*Students who have taken PSY 450 (Dissertation) cannot take this course for credit*

*Prerequisite: Only open to Honours students (having already completed PSY 313 and PMA 360 with an average of 75 % or above)*

*Co-requisite: PSY 498*

*PMA 460b is an additional prerequisite for projects involving multivariate research.*

## Cognate Courses

These courses may count for Psychology credit.

**BHR 221 Organizational Behavior 3-3-0**

**EDU 201 Educational Psychology 3-3-0**

**PHI 252 Philosophy of Mind 3-3-0**

**REL 148 Psychology of Religion 3-3-0**

## Courses offered on an irregular basis.

**PSY 285 Psychology of Reading and Reading Disability 3-3-0**

The aim of this course is to consider the psychological processes involved when we read. In particular, the skills that are acquired, the mechanisms involved, and the abilities that are essential will be examined. Why some people fail to acquire reading skills will also be examined. Answers to this question will focus on theoretical approaches to reading disability, and to the question of why some methods of remediation are successful.

*Prerequisite: PSY 101 and PSY 102*

**PSY 309 Industrial and Organizational Psychology 3-3-0**

This course introduces students to theories and applications of psychology to human resource concerns in organizations. Topics include: Personnel recruitment, selection, training and performance appraisal; motivation; work attitudes; leadership; group behaviour; and other special topics (e.g., work related stress, applied ethics, and organizational conflict)

*Students who have taken BHR 221 cannot take this course for credit*

*Prerequisite: PSY 101 and PSY 102*

**PBI 320 Physiology and Pharmacology of Aging 3-3-0**

The major physiological systems will be reviewed, with emphasis on how these systems change during the aging process and how these changes affect the individual's everyday functioning. Topics will include the cardiovascular system; respiratory system; metabolic regulation, digestion and absorption; and electrolyte and mineralocorticoid regulation. A review of basic pharmacological principles and mechanisms of action will follow this. Finally, we will discuss how the aging process interacts with various types of medications most frequently prescribed to elderly people, and some common idiosyncratic reactions seen in the elderly. Also, the special precautions which must be observed in prescribing and administering drugs to the elderly will be outlined.

*Prerequisite: PSY 101. It is highly recommended that students also take PSY 102*

**PSY 330 Psychology and Ethics 3-3-0**

A wonderful way to learn how to think ethically in several areas of psychology. Students learn about the importance of fundamental ethical principles, values, theoretical and practical models of ethical decision-making and legal considerations, while engaged in the comparison of relevant ethics codes (with particular emphasis on the CPA code of ethics). Specialized topics include confidentiality, multiple relationships, the ethics of teaching, the ethics of counselling, the ethics of assessment, research ethics, and ethics in forensic settings. Class discussions are part and parcel of this course.

*Prerequisite: PSY 101 and PSY 102*

**PSY 350 Environmental Psychology 3-3-0**

Influence of the physical and cultural environment on behaviour, including factors such as heat, noise, crowding, traffic, buildings and urban design. Costs and benefits of city and rural lifestyles. Technology and the working environment. Population, resources and environment.

*Prerequisite: PSY 101 and PSY 102*

**PSY 356 Forensic Psychology 3-3-0**

This course provides broad overview of the issues and processes of Forensic Psychology. Topics include social/cognitive topics such as eyewitness testimony, jury decision making, and police procedures as well as abnormal/clinical topics such as the meaning of being unfit to stand trial, mentally disordered offenders and psychopathy.

*Prerequisite: PSY 101 and PSY 102*

**PBI 361 The Psychology of Sexuality 3-3-0**

Various aspects of human sexuality from a psychological perspective. Includes the following topics: sexuality in childhood, adolescence, and early through late adulthood; sex differences; androgyny; transsexualism; sexual dysfunction and sex therapy; sexuality in the chronically ill and disabled; homosexuality and bisexuality; historical and cross cultural sexual attitudes and practices.

*Prerequisite: PSY 101. It is highly recommended that students also take PSY 102*

**PSY 386 Psychology of Language 3-3-0**

The aim of this course is to provide students with a broad introduction to psychological phenomena in language acquisition and use. The structure of language and speech will be described briefly. Emphasis will be placed on a number of topics, including; language development, perception of language, word meaning and semantic memory, syntax and discourse processing, language production and conversational interaction, cultural influences and bilingualism, and language errors and disorders.

*Prerequisite: PSY 101 and PSY 102*

**PSY 408 Psychology of Consciousness 3-3-0**

A critical examination of consciousness in scientific psychology. Major topics are the nature of consciousness (e.g., consciousness and brain, states of consciousness), the methodology for studying consciousness (e.g., introspection), and the function of conscious experience (e.g., free will, conscious processing in cognition).

*Prerequisite: PSY 101 and PSY 102*

# Sociology

## Faculty

**Vicki Chartrand,**

B.S.Sc. & M.A. (Ottawa) Ph.D. (Macquarie)  
Assistant Professor

**Steven Cole,**

B.A. (Hon.) (Trent), M.A. (Queen's), Ph.D.  
(Alberta); Associate

**Mary Ellen Donnan,**

B.A. (Saskatchewan), M.A., Ph.D. (Carleton);  
Associate Professor

**Cheryl Gosselin,**

B.A. (Bishop's), M.A. (Concordia),  
Ph.D. (Montreal); Professor  
Chair of the Department

## Program Overview

The Department of Sociology provides students with theoretical and methodological tools and substantive insights which can assist them in understanding social life, social organization, and action. The program is designed to provide students with a broad intellectual and sociological background which will help prepare them for a variety of careers and for advanced study at graduate school. The small size of our program and the dedication of our faculty, allow us to provide personal attention to students and extensive access to faculty. Through required courses and study concentrations, students are given substantial flexibility in meeting individual intellectual pursuits and preparation for satisfying employment after university. We offer a minor, major, or honours in Sociology as well as three programs that allow students to concentrate their studies (see down). Students are encouraged to participate in the Experiential Learning program which is linked to their academic field of studies and involves course work and placement in an organization.

The subject matter of our courses ranges widely from theoretical to applied study and our professors employ diverse pedagogies to facilitate student learning. The department has particular strengths of faculty expertise in the areas of Indigenous-Settler relations, criminology, theory, policy, health and family, and gender and diversity studies.

## Careers in Sociology

Recent graduates of the program have embarked on many careers including: education; media, communications, public relations and journalism; policing and corrections; health and social services; a wide variety of careers in both the private and public sector, management and business; graduate degrees in Sociology, and related disciplines and in law and other professional schools. To view an extensive list of career options and to contact graduates of our program please consult our departmental website at: <http://www.ubishops.ca/academic-programs/social-sciences/sociology>