

# PSYCHOLOGY AND HUMAN DEVELOPMENT

## **Mission Statement**

The Psychology and Human Development program guides a holistic systems approach for understanding human growth and development, addressing biological, psychological, sociocultural, and religious spheres. This program enables the student to examine the interdependence of these areas and prepares students for graduate work and professional careers in human services. Culminating in a practicum experience within a professional setting, the program provides a rigorous and challenging educational experience to develop a foundation for direct service and establish a solid base for students' future roles in professional and academic settings in health services.

## **4 + 1 Path to the Masters**

Hellenic College has an agreement with Fisher College granting our graduates in Psychology expedited admission to the MA in Psychology. Thus, a student pursuing a Fisher's MA in Psychology could complete the undergraduate and graduate degrees in 5 years total, while a student pursuing the MA in Counseling Psychology could finish in 6 years. Hellenic College graduates who pursue a master's degree in psychology immediately upon graduation at any Boston-area university are eligible to apply for space in the dorms at a reduced rate, space permitting. Contact the Dean of Hellenic College for more information.

## *Psychology and Human Development Program Goals*

During their course of study:

1. Students will demonstrate knowledge of theories of human development across the life span.
2. Students will demonstrate knowledge of intersections of individual, faith, and spiritual development.
3. Students will demonstrate knowledge of human service needs and interrelationships of individuals, families, communities, and culture.
4. Students will demonstrate competent interpersonal skills for serving and working with others.
5. Students will demonstrate the ability to transfer theory to practice through community engagement and practicum experience.

### *Program Learning Outcomes*

Students of the Psychology and Human Development program will:

1. Demonstrate participation as team members in a professional clinical setting in health and human services (via internship and school-based practicum program participation).
2. Demonstrate and analyze their theoretical and psycho-educational learning experiences in a professional setting.
3. Demonstrate knowledge of human service needs and interrelationships of individuals, families, communities, and culture.
4. Demonstrate the ability to transfer theory to practice through community engagement and practicum experience.

### *Psychology and Human Development Course Requirements*

Human Development Across the Lifespan	3 cr.
Personality Dynamics	3 cr.
Trauma-Informed Practice	3 cr.
Statistics	3 cr.
Self-Care for Helping Professionals	3 cr.
Abnormal Psychology	3 cr.
Research Methodology	3 cr.
Education of Students with Special Needs	3 cr.
Professional Development Seminar	3 cr.
Faith Development & Internal Reflection	3 cr.
Cultural Competence Psychology	3 cr.
Senior Practicum/Capstone	6 cr.

*Total Credits: 39*

### *Psychology and Human Development Minor*

Students in other programs of Hellenic College may choose to minor in Psychology and Human Development. The minor requires five courses in Psychology and Human Development beyond the Hellenic College Core Requirements. Per the academic policies of Hellenic College, students may not use courses already taken in fulfillment of Hellenic College Core Requirements toward the minor requirements.

### *Psychology and Human Development Minor Program Goals*

During their course of study, students will:

1. Demonstrate knowledge of theories of human development across the life span.
2. Demonstrate knowledge of intersections of individual faith and spiritual development.

### *Program Learning Objectives*

Graduates will:

1. Demonstrate aptitude concerning advanced study in the field of human development, i.e., developing concentrated study in a specific topic in the field of human development.
2. Demonstrate applied skills related to the field of human development, e.g., counseling in dyads, field work, and original research, according to course requirements.

### *Psychology and Human Development Minor Course Requirements*

Human Development Across the Lifespan 3 cr.

Faith Development and Internal Reflection 3 cr.

Abnormal Psychology 3 cr.

*And two of the following:*

Theories of Personality 3 cr.

Statistics 3 cr.

Research Methodology 3 cr.

Trauma Informed Practice 3 cr.

Self-Care for Helping Professionals 3 cr.

Cultural Competence Psychology 3 cr.

*Total 15 credits*

## *Bachelor of Arts in Psychology and Human Development Program Map*

### Semester I (Fall)

#### **Freshman Year**

Ancient World to the Conversion of Constantine	3 cr.
Intro. to Orthodoxy	3 cr.
World of Greek Heroes	3 cr.
Great Concert Halls of Boston	3 cr.
Composition and Style	3 cr.
Research & Executive Management	1.5 cr.

Total: 16.5 cr.

### Summer I

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### Semester III (Fall)

#### **Sophomore Year**

Intro. to Psychology	3 cr.
Doctrine and Devotion: the Mother of God	3 cr.
From Socrates to Augustine	3 cr.
Literature of Vocation	3 cr.
World Religions in Boston	3 cr.

Total: 15 cr.

### Semester V (Fall)

#### **Junior Year**

H D across the Lifespan	3 cr.
Personality Dynamics	3 cr.
Trauma-Informed Practice*	3 cr.
Statistics	3 cr.
General Elective	3 cr.
Proseminar: Summer internship	0 cr.

Total: 15 cr.

### Semester VII (Fall)

#### **Senior Year**

Education of Students with Special Needs	3 cr.
Professional Development Seminar	3 cr.
Faith Development & Internal Reflection	3 cr.
General Elective	3 cr.
General Elective	3 cr.

Total: 15 cr.

### Semester II (Spring)

#### **Freshman Year**

Byzantium, Holy Russia, and the Medieval World	3 cr.
Discovering Christ in the Scriptures	3 cr.
Mathematics for Acct. & Finance	3 cr.
The Museums of Boston	3 cr.
Analysis of Literature	3 cr.
<i>Spring break: Service trip with Dean</i>	0 cr.

Total: 15 cr.

### Semester IV (Spring)

#### **Sophomore Year**

The Struggle for Identity in the Modern Age	3 cr.
The Natural World	3 cr.
Literature/Business Elective	3 cr.
Classics Elective	3 cr.
Community Engagement	3 cr.
Service Immersion	1.5 cr.

Total: 16.5 cr.

### Semester VI (Spring)

#### **Junior Year**

Self-care for Helping Professionals	3 cr.
Abnormal Psychology	3 cr.
General Elective	3 cr.
Research Methodology	3 cr.

Total: 12 cr.

### Semester VIII (Spring)

#### **Senior Year**

Cultural Competency Psychology	3 cr.
General Elective	3 cr.
Senior Practicum**	6 cr.

Total: 12 cr.

### **Total Credits: 123**

*\*JYP: Course accompanied by Junior  
Year Pre-Practicum for P/HD majors  
and minors, with instructor's permission.*

*\*\* Senior Practicum may be replaced by Capstone  
Research Paper (50- 75 pages) per the Director's  
discretion.*

