

HEALTH PSYCHOLOGY MAJOR, BACHELOR OF SCIENCE (BS)

Proficiency in English (<http://catalog.ewu.edu/undergraduate-degree/#newitemtext>) and Quantitative and Symbolic Reasoning (<http://catalog.ewu.edu/undergraduate-degree/#mathcompproficienciestext>) are the prerequisites for many of these courses. Completing PSYC 309 prior to PSYC 310 is highly recommended.

There is no overall GPA requirement for the major.

Grade Requirements

- To declare the BS Health Psychology major, students must have a minimum cumulative GPA ≥ 2.0 and taken and passed PSYC 100 (or its equivalent) with a grade $\geq C$.
- 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.
- PSYC 100, PSYC 231, PSYC 309, PSYC 310 and PSYC 490C must be passed with a grade $\geq C$.

Required Courses

PSYC 100	GENERAL PSYCHOLOGY	5
PSYC 201	LIFE-SPAN DEVELOPMENT	5
PSYC 231	SCIENCE OF STRESS AND COPING	3
PSYC 302	ABNORMAL PSYCHOLOGY	5
PSYC 309	SCIENTIFIC PRINCIPLES OF PSYCHOLOGY	5
PSYC 310	PSYCHOLOGICAL STATISTICS	5
PSYC 316	HUMAN MEMORY AND COGNITION	5
PSYC 317	HEALTH PSYCHOLOGY	5
PSYC 324	CONDITIONING AND LEARNING (only one course will count toward the major)	4
or PSYC 325	COGNITIVE AND BEHAVIOR CHANGE	
PSYC 420	BIOLOGICAL BASIS OF BEHAVIOR	5

Electives—choose two from the following 9-10

CMST 210	INTERPERSONAL COMMUNICATION	
or CMST 420	HEALTH COMMUNICATION	
PSYC 312	COMPUTER STATISTICAL ANALYSIS	
PSYC 301	THEORIES OF PERSONALITY	
PSYC 303	FOUNDATION OF PSYCHOTHERAPY	
PSYC 314	TESTS AND MEASUREMENTS	
PSYC 323	DRUGS AND BEHAVIOR	
PSYC 359	HUMAN SEXUALITY	
PSYC 374	CULTURAL PSYCHOLOGY	
PSYC 381	SOCIAL PSYCHOLOGY	
PSYC 408	COLLABORATIVE CARE & BHSS INTERNSHIP PREP	
PSYC 413	RESEARCH METHODS IN PSYCHOLOGY	
PSYC 429	PSYCHO-ONCOLOGY	
PSYC 440	HAPPINESS AND POSITIVE PSYCHOLOGY	

Focus Experience 8

Take 8 credits of PSYC 495, PSYC 498, and/or PSYC 499 in any combination for a total of 8 credits.

PSYC 495	INTERNSHIP
PSYC 498	SEMINAR
PSYC 499	DIRECTED STUDY

Required Capstone

PSYC 490C	CAPSTONE: HEALTH PSYCHOLOGY	4-5
or PSYC 491	SENIOR THESIS	

Total Credits 68-70

Plan of Study

The following plan of study is for a student with zero credits. Individual students may have different factors such as: credit through transfer work, Advanced Placement, Running Start, or any other type of college-level coursework that requires an individual plan.

Courses could be offered in different terms, checking the academic schedule is paramount in keeping an individual plan current. **Students should connect with an advisor to ensure they are on track to graduate.**

All Undergraduate students are required to meet the Undergraduate Degree Requirements (<http://catalog.ewu.edu/undergraduate-degree/>).

First Year			
Fall Quarter	Credits Winter Quarter	Credits Spring Quarter	Credits
ENGL 101	5 ENGL 201	5 PSYC 201 (Social Science BACR 2)	5
MATH 107	5 Humanities & Arts BACR 1 ¹	5 Natural Science BACR 1 ¹	5
PSYC 100 (Social Science BACR 1)	5 Elective - certificate, minor, or general elective	5 Elective - certificate, minor, or general elective	5
	15	15	15

Second Year			
Fall Quarter	Credits Winter Quarter	Credits Spring Quarter	Credits
Global Studies - graduation requirement ¹	5 PSYC 231 (Natural Science BACR 2)	3 PSYC 202 (Humanities & Arts BACR 2)	5
Diversity - graduation requirement ¹	5 Elective - certificate, minor, or general elective	5 Elective - certificate, minor, or general elective	5
Elective - certificate, minor, or general elective	5 Elective - certificate, minor, or general elective	5 Elective - certificate, minor, or general elective	5
	Elective - certificate, minor, or general elective	3	
	15	16	15

Third Year			
Fall Quarter	Credits Winter Quarter	Credits Spring Quarter	Credits
PSYC 309	5 PSYC 302	5 PSYC 310	5
PSYC 316	5 PSYC 420	5 PSYC 325	4
PSYC 317	5 Health Psychology Elective ²	5 PSYC 495, 498, or 499 (Focus Experience Elective)	4
	15	15	13

Fourth Year			
Fall Quarter	Credits Winter Quarter	Credits Spring Quarter	Credits
PSYC 324 or 325	4 PSYC 490C (Senior Capstone - graduation requirement)	5 Elective - certificate, minor, or general elective	5
PSYC 495, 498, or 499 (Focus Experience Elective)	4 Elective - certificate, minor, or general elective	5 Elective - certificate, minor, or general elective	5
Health Psychology Elective ²	5 Elective - certificate, minor, or general elective	5 Elective - certificate, minor, or general elective	5

Elective - certificate, minor, or general elective	3		
	16	15	15
Total Credits 180			

¹ University Graduation Requirements (UGR) and Breadth Area Course Requirements (BACR) courses may be less than 5 credits and additional credits may be required to reach the required 180 total credits needed to graduate. Students should connect with an advisor to ensure they are on track to graduate.

² Electives—choose two from the approved list.

University Competencies and Proficiencies

English (<http://catalog.ewu.edu/undergraduate-degree/#newitemtext>)

Quantitative and Symbolic Reasoning (<http://catalog.ewu.edu/undergraduate-degree/#mathcompproficienciestext>)

Placement and Clearance (<http://catalog.ewu.edu/placement/>)

Prior Learning/Sources of Credit AP, CLEP, IB (<http://catalog.ewu.edu/prior-learning/>)

General Education Requirements (<http://catalog.ewu.edu/undergraduate-degree/#generaleducationrequirements>) (GER)

- Minimum Credits—180 cumulative credit hours
 - 60 upper-division credits (300 level or above)
 - 45 credits in residence (attendance) at Eastern, with at least 15 upper-division credits in major in residence at Eastern
- Minimum Cumulative GPA ≥ 2.0

Breadth Area Core Requirements (BACR)

Humanities and Arts (<http://catalog.ewu.edu/undergraduate-degree/#humanitiesandfineartsgecrtext>)

Natural Sciences (<http://catalog.ewu.edu/undergraduate-degree/#naturalsciencesgecrtext>)

Social Sciences (<http://catalog.ewu.edu/undergraduate-degree/#socialsciencesgecrtext>)

University Graduation Requirements (<http://catalog.ewu.edu/undergraduate-degree/#universitygraduationrequirements>) (UGR)

Diversity Course List (<http://catalog.ewu.edu/undergraduate-degree/#cultureandgenderdiversityintheuslisttext>)

World Language (<http://catalog.ewu.edu/undergraduate-degree/#worldlanguagetext>) (for Bachelor of Arts)

Global Studies Course List (<http://catalog.ewu.edu/undergraduate-degree/#internationalstudiesrequirementtext>)

Minor or Certificate (<http://catalog.ewu.edu/undergraduate-degree/#majorminororcertificateugrtext>)

Senior Capstone Course List (<http://catalog.ewu.edu/undergraduate-degree/#capstonecourselisttext>)

Use the Catalog Archives (<http://catalog.ewu.edu/archives/>) to determine two important catalog years.

Requirements in Degree Works (<https://inside.ewu.edu/records-and-registration/degree-works/>) are based on these two catalog years:

- The catalog *in effect at the student's first term* of current matriculation is used to determine **BACR** (Breadth Area Credit Requirements) **and** **UGR** (Undergraduate Graduation Requirements).
- The catalog *in effect at the time the student declares a major or minor* is used to determine the program requirements.

Students who earn a BS in Health Psychology from EWU should be able to:

- evaluate empirical research in health psychology;
- explain how APA's principles of ethics can be applied to health psychology;
- investigate key concepts from health psychology;
- utilize APA (American Psychological Association) style requirements when writing.

Application for Graduation (use EagleNET (<https://inside.ewu.edu/eaglenet/>)) must be made at least two terms in advance of the term you expect to graduate (undergraduate and post-baccalaureate).