

## **HUMAN SERVICES AND HEALTH SCIENCES FOCUS AREA**

This focus area emphasizes applied approaches to psychological and physical health and wellbeing. Core courses introduce students to biological, psychological, and social contributions to health and resilience.

social work, public health, medicine, education, and human resources.

The Human Services and Health Sciences focus area requires the following courses:

### **Counseling Theories**

This course is designed to provide an introduction to the field of counseling psychology. Students will learn the foundational theories that underlie the work of counseling psychologists and researchers. Course materials integrate topics of special relevance to counseling psychology including ethics, assessment, and multiculturalism. Through experiential exercises, students will practice the skills of counseling, including basic interviewing and active listening skills.

Learning Goals:

- Increase knowledge and understanding of counseling psychology theories and how they inform counseling practice

- Gain understanding of how counseling theory is shaped by social, historical, and cultural contexts

- Increase awareness of historical and cultural context and how this shapes individual identity

- Gain skills in formulating case conceptualizations that incorporate an individual's social context

- Develop basic counseling skills, including interviewing and active listening

### **Psychological Disorders: Clinical and Social Perspectives**

This course provides an overview of the theoretical models and phenomenology currently shaping our understanding of psychological disorders and their socio-cultural context. Students will discuss and critique current constructions of the nature of mental illness, as well as classification, assessment, and treatment of psychological disorders. They will discuss specific forms of psychological disorders, with attention to the causes and subjective experience of psychopathology. Class activities will include discussions as well as group and individual projects. A diversity of viewpoints is welcomed and encouraged.

Learning Goals:



in public and private sectors. This focus area provides a solid foundation for students considering graduate programs and careers in business administration, organizational studies, law, counseling and clinical psychology, and industrial/organizational psychology.

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Students evaluate key social, economic, and educational policies, and delineate how such policies affect individual and societal well-being. Focusing beyond the U.S., the course considers how key societal beliefs, demographic patterns, and government policies vary internationally. Guest speakers and site visits provide expert views on cornerstones of social policy: politics, advocacy, and policy creation; policy implementation; and policy evaluation.

Learning Goals:

- Understand demographic trends and patterns underlying social inequities
- Explore scientific, political, and social forces affecting the development of social policies
- Understand key social, educational, and economic policies affecting children and families
- Critically evaluate the effectiveness of such policies in meeting their stated goals
- Further develop scientifically-informed views about central social issues
- Cultivate skills in advocacy and political engagement in relation to social inequities

### **SCIENCE OF LEARNING FOCUS AREA**

Students in this focus area will learn about the cognitive, motivational, and affective processes that underlie learning and behavior across diverse contexts. Students will examine theories and empirical evidence pertaining to the science of learning, and will gain skills in translating this knowledge into practice. This focus area is ideal for those interested in designing programs, curricula, or learning experiences that expand individuals' knowledge, bolster their academic motivation, or promote behavioral change. It is designed for students who are interested in careers in teaching, leadership, developmental and educational psychology, higher education, instructional design, or curriculum development.

The Science of Learning focus area requires the following courses:

Understand the basic cognitive processes that underlie learning

Understand how the interaction between social and biological factors influences learning

Examine individual and group-level factors, such as socio-economic background, that may contribute to differences in educational achievement

Gain knowledge about the methods psychologists use to investigate human development

Critically evaluate the application of learning research in applied settings

Understand the opportunities and challenges of applying the principles developed in the learning sciences to educational practice and professional training

Gain experience in designing and evaluating interventions aimed at optimizing learning-