

**FINLANDIA**  
UNIVERSITY

**Suomi College of Arts & Sciences**  
Academic Progress Sheet 2020 – 2021

**DEGREE: BACHELOR OF SCIENCE – Psychology**

**MINOR:** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**ADVISOR:** \_\_\_\_\_

**STUDENT NUMBER:** \_\_\_\_\_

**ANTICIPATED GRAD. DATE:** \_\_\_\_\_

**CORE CURRICULUM REQUIREMENTS 39 credits**

**Proficiencies:**

|                   |                                 |   |
|-------------------|---------------------------------|---|
| ENG 103*          | College English I               | 3 |
| ENG 104*          | College English II              | 3 |
| COM 108           | Fundamentals of Public Speaking | 3 |
| MAT 145 or higher | College Algebra or higher       | 4 |

**Perspectives:§**

|                   |                              |   |
|-------------------|------------------------------|---|
| UNS 115           | Sisu Seminar                 | 1 |
| REL/FNS           | Religion or Finnish Studies  | 3 |
| BIO 111           | Biology: Essentials for Life | 4 |
| Humanities+       | Three Courses                | 9 |
| Social Sciences++ | Three Courses                | 9 |

- \* Must be successfully completed before taking WI courses.  
 § No more than six credits of one discipline, except up to eight credits of the same foreign language.  
 + Includes courses in ARD, DRM, ENG (but not ENG 101), FNS, HIS, HUM, MUS, PHL, REL, or foreign language.  
 ++Includes courses in ANT, COM, ECN, ENV, GEO, GSS, PLS, PSY, and SOC.

**PSYCHOLOGY MAJOR REQUIREMENTS 49 credits**

Students majoring in psychology develop the skills to study behavior and mental processes in humans and animals. The psychology major allows students to develop a focus of interest in order to prepare for graduate training in both applied and research related fields. The psychology degree also prepares students for a variety of different career paths including social and human services, careers in community mental health, governmental agencies and other fields requiring strong interpersonal skills.

**Core Requirements 21 credits**

|         |  |   |
|---------|--|---|
| PSY 100 | The Psychology Major                         | 1 |
| PSY 101 | Introduction to Psychology                   | 3 |
| PSY 353 | Research Methods in Psychology               | 3 |
| PSY 354 | Quantitative Analysis in the Social Sciences | 3 |
| PSY 380 | History and Systems                          | 3 |
| BIO 113 | Biology: Diversity of Life                   | 4 |
| Science | BIO, CHM, or PHS Course(s)                   | 4 |

**Subfield Courses 9 credits**

Choose three courses from the following:

|         |                          |   |
|---------|--------------------------|---|
| PSY 210 | Social Psychology        | 3 |
| PSY 220 | Personality Psychology   | 3 |
| PSY 230 | Cognitive Psychology     | 3 |
| PSY 240 | Abnormal Psychology      | 3 |
| PSY 250 | Topics in Psychology     | 3 |
| PSY 265 | Developmental Psychology | 3 |
| PSY 290 | Learning and Behavior    | 3 |

**Psychology Electives 15 credits**

Choose five courses from the following:

|         |                                   |   |
|---------|-----------------------------------|---|
| PSY 302 | Emotion                           | 3 |
| PSY 303 | Psychology of Gender              | 3 |
| PSY 305 | Human Sexuality                   | 3 |
| PSY 313 | Stereotypes and Prejudice         | 3 |
| PSY 331 | Social Cognition                  | 3 |
| PSY 333 | Human Neuropsychology             | 3 |
| PSY 345 | Substances of Abuse and Addiction | 3 |
| PSY 350 | Topics in Psychology              | 3 |
| PSY 370 | Introduction to Counseling        | 3 |
| PSY 389 | Internship in Psychology          | 3 |
| PSY 395 | Experimental Psychology           | 3 |
| PSY 396 | Readings in Psychology            | 3 |
| PSY 397 | Directed Research in Psychology   | 3 |

**Senior Capstone Project 4 credits**

|         |                      |   |
|---------|----------------------|---|
| PSY 495 | Capstone Prep Course | 1 |
| PSY 499 | Senior Capstone      | 3 |

**MINOR AND/OR OPEN ELECTIVES 32 credits**

See the Campus Catalog for available minors and their requirements.

**TOTAL CREDITS: 120**

**ADDITIONAL DEGREE REQUIREMENTS**

- Count no more than 12 credits of MUS, DRM, and WEL towards graduation.
- Complete at least 30 of the last 36 credits at Finlandia immediately prior to graduation.
- Complete at least 30 credits at the 300/400 level.
- Complete at least 18 credits for the major at Finlandia University.
- Attain a minimum cumulative GPA of 2.0.
- Attain a minimum grade of C- for each course in the major.
- Complete at least three WI courses from at least two disciplines.

## BACHELOR OF ARTS – PSYCHOLOGY 2020 – 2021 SUGGESTED COURSE SEQUENCE

| <b>FIRST SEMESTER</b> |                                 | <b>15 CREDITS</b> |
|-----------------------|---------------------------------|-------------------|
| UNS 115               | Sisu Seminar                    | 1                 |
| ENG 103               | College English I               | 3                 |
| BIO 113               | Biology: Diversity of Life      | 4                 |
| PSY 101               | Introduction to Psychology      | 3                 |
| PSY 100               | The Psychology Major            | 1                 |
| COM 108               | Fundamentals of Public Speaking | 3                 |

| <b>THIRD SEMESTER</b> |                              | <b>16 CREDITS</b> |
|-----------------------|------------------------------|-------------------|
| PSY 2xx               | Subfield Course              | 3                 |
| Perspectives          | Humanities or Social Science | 3                 |
| Perspectives          | Humanities or Social Science | 3                 |
| Perspectives          | Humanities or Social Science | 3                 |
| Science               | BIO, CHM, or PHS Course      | 4                 |

| <b>FIFTH SEMESTER</b> |                                | <b>15 CREDITS</b> |
|-----------------------|--------------------------------|-------------------|
| PSY 353               | Research Methods in Psychology | 3                 |
| PSY 3xx               | Psychology Electives Course    | 3                 |
| Minor/Elective        | Minor or Open Elective         | 3                 |
| Perspectives          | Humanities or Social Science   | 3                 |
| Perspectives          | Humanities or Social Science   | 3                 |

| <b>SEVENTH SEMESTER</b> |                             | <b>15 CREDITS</b> |
|-------------------------|-----------------------------|-------------------|
| PSY 3xx                 | Psychology Electives Course | 3                 |
| PSY 495                 | Capstone Prep Course        | 1                 |
| Minor/Elective          | Minor or Open Elective      | 3                 |
| Minor/Elective          | Minor or Open Elective      | 3                 |
| Minor/Elective          | Minor or Open Elective      | 3                 |
| Minor/Elective          | Minor or Open Elective      | 2                 |

| <b>SECOND SEMESTER</b> |                              | <b>14 CREDITS</b> |
|------------------------|------------------------------|-------------------|
| ENG 104                | College English II           | 3                 |
| Math                   | MAT 145 or higher            | 4                 |
| PSY 2xx                | Subfield Course              | 3                 |
| BIO 111                | Biology: Essentials for Life | 4                 |

| <b>FOURTH SEMESTER</b> |                              | <b>15 CREDITS</b> |
|------------------------|------------------------------|-------------------|
| REL/FNS                | Religion or Finnish Studies  | 3                 |
| PSY 2xx                | Subfield Course              | 3                 |
| PSY 3xx                | Psychology Electives Course  | 3                 |
| Perspectives           | Humanities or Social Science | 3                 |
| Minor/Elective         | Minor or Open Elective       | 3                 |

| <b>SIXTH SEMESTER</b> |                                 | <b>15 CREDITS</b> |
|-----------------------|---------------------------------|-------------------|
| PSY 354               | Quantitative Analysis in the SS | 3                 |
| PSY 380               | History and Systems             | 3                 |
| PSY 3xx               | Psychology Electives Course     | 3                 |
| Minor/Elective        | Minor or Open Elective          | 3                 |
| Minor/Elective        | Minor or Open Elective          | 3                 |

| <b>EIGHTH SEMESTER</b> |                             | <b>15 CREDITS</b> |
|------------------------|-----------------------------|-------------------|
| PSY 499                | Senior Capstone             | 3                 |
| PSY 3xx                | Psychology Electives Course | 3                 |
| Minor/Elective         | Minor or Open Elective      | 3                 |
| Minor/Elective         | Minor or Open Elective      | 3                 |
| Minor/Elective         | Minor or Open Elective      | 3                 |

### PROGRAM CHECKLIST

| <b>CORE CURRICULUM</b> |                |                 |              |
|------------------------|----------------|-----------------|--------------|
| <u>COURSE</u>          | <u>CREDITS</u> | <u>SEM./YR.</u> | <u>GRADE</u> |
| ENG 103                | 3              | _____           | _____        |
| ENG 104                | 3              | _____           | _____        |
| COM 108                | 3              | _____           | _____        |
| MAT _____              | 4              | _____           | _____        |
| UNS 115                | 1              | _____           | _____        |
| REL/FNS                | 3              | _____           | _____        |
| BIO 111                | 4              | _____           | _____        |
| Humanities             | 9              | _____           | _____        |
| _____                  | _____          | _____           | _____        |
| _____                  | _____          | _____           | _____        |
| Social Sciences        | 9              | _____           | _____        |
| _____                  | _____          | _____           | _____        |
| _____                  | _____          | _____           | _____        |
| _____                  | _____          | _____           | _____        |

| <b>Core Requirements</b> |                |                 |              |
|--------------------------|----------------|-----------------|--------------|
| <u>COURSE</u>            | <u>CREDITS</u> | <u>SEM./YR.</u> | <u>GRADE</u> |
| PSY 100                  | 1              | _____           | _____        |
| PSY 101                  | 3              | _____           | _____        |
| PSY 353                  | 3              | _____           | _____        |
| PSY 354                  | 3              | _____           | _____        |
| PSY 380                  | 3              | _____           | _____        |
| BIO 113                  | 4              | _____           | _____        |
| Science                  | 4              | _____           | _____        |

| <b>Subfield Courses</b> |                |                 |              |
|-------------------------|----------------|-----------------|--------------|
| <u>COURSE</u>           | <u>CREDITS</u> | <u>SEM./YR.</u> | <u>GRADE</u> |
| _____                   | _____          | _____           | _____        |
| _____                   | _____          | _____           | _____        |
| _____                   | _____          | _____           | _____        |

| <b>Psychology Electives</b> |                |                 |              |
|-----------------------------|----------------|-----------------|--------------|
| <u>COURSE</u>               | <u>CREDITS</u> | <u>SEM./YR.</u> | <u>GRADE</u> |
| _____                       | _____          | _____           | _____        |
| _____                       | _____          | _____           | _____        |
| _____                       | _____          | _____           | _____        |
| _____                       | _____          | _____           | _____        |

| <b>SENIOR CAPSTONE</b> |   |       |       |
|------------------------|---|-------|-------|
| PSY 495                | 1 | _____ | _____ |
| PSY 499                | 3 | _____ | _____ |

| <b>MINOR AND/OR OPEN ELECTIVES</b> |                |                 |              |
|------------------------------------|----------------|-----------------|--------------|
| <u>COURSE</u>                      | <u>CREDITS</u> | <u>SEM./YR.</u> | <u>GRADE</u> |
| _____                              | _____          | _____           | _____        |
| _____                              | _____          | _____           | _____        |
| _____                              | _____          | _____           | _____        |
| _____                              | _____          | _____           | _____        |
| _____                              | _____          | _____           | _____        |
| _____                              | _____          | _____           | _____        |
| _____                              | _____          | _____           | _____        |
| _____                              | _____          | _____           | _____        |