

Pre-counseling Accelerated Bachelor of Arts/ Clinical Mental Health Counseling Master of Arts

Division of Social Sciences

PRE-COUNSELING:

- **Major: 33 credit hours**
- **Major GPA required for graduation: 3.50**
- **GPA required for continuation in the program: 3.50**

PROGRAM REQUIREMENTS:

- **Capstone: Research Methods and Senior Thesis (W) (PSY 496)**
- **Research: Research Methods and Senior Thesis (W) (PSY 496)**

Description of Major: The accelerated pre-counseling major provides students with an undergraduate background in psychology and counseling before they apply for admission into McKendree's Master of Arts in Clinical Mental Health Counseling program. The major offers students an opportunity to complete the full McKendree general education program and psychology major requirements in three years. Students who are accepted into the master's program complete the three years of graduate coursework required to become eligible for the state Licensed Clinical Professional Counselor (LCPC) examination, which allows individuals to practice independently and receive third-party payment.

Student Learning Outcomes

Students will:

- Demonstrate fundamental knowledge and comprehension of the major concepts, theoretical perspectives, historical trends, and empirical findings to discuss how psychological principles apply to behavioral phenomena.

- Demonstrate scientific reasoning and problem solving, including effective research methods.
- Develop ethically and socially responsible behaviors for professional and personal settings in a landscape that involves increasing diversity.
- Develop the professional skills needed for success after graduation.
- Develop appropriate knowledge and skills to affect wellness and facilitate change.

Bachelor of Arts in Pre-counseling Major

Pre-counseling majors complete 24 required credits in undergraduate psychology and nine elective credits in psychology.

Pre-counseling majors must complete 30 credit hours at McKendree University with pre-counseling officially declared as their major. Students must maintain a cumulative GPA of 3.50 to remain in the major. Two consecutive semesters with a GPA below 3.50 results in removal from the major. Students may reapply for acceptance into the major if they successfully raise their GPA to 3.50 and maintain it for two consecutive semesters.

Pre-counseling majors complete 102 undergraduate credits in their first three years, then they may apply for acceptance into the Master of Arts in Clinical Mental Health Counseling program. Admission to the Master of Arts in Clinical Mental Health Counseling is competitive, and acceptance is not guaranteed. Students who are not accepted into the graduate program complete 18 additional undergraduate credits and graduate with a Bachelor of Arts in Psychology. Students who withdraw from the program or do not maintain the required GPA may also complete the Bachelor of Arts in Psychology.

PRE COUNSELING
MAJOR REQUIREMENTS **24 crs.**

PSY 153	INTRODUCTION TO PSYCHOLOGY	3
PSY 201	PSYCHOLOGY CORNERSTONE	1
PSY 301	PSYCHOLOGICAL STATISTICS	3
PSY 315	ABNORMAL PSYCHOLOGY	3
PSY 375	PSYCHOLOGICAL ASSESSMENT	3
PSY 396	RESEARCH METHODS	3
PSY 450	CLINICAL AND COUNSELING PSYCHOLOGY	3
PSY 496	SENIOR THESIS (W)	3
PSY 498	PROFESSIONAL SEMINAR	2

ADDITIONAL 9 CREDITS FROM THE FOLLOWING

PSY 210	DEVELOPMENTAL PSYCHOLOGY	3
PSY 211	STRESS MANAGEMENT	3
PSY 230	SUBSTANCE ABUSE	3
PSY 330	BASIC PRINCIPLES OF APPLIED BEHAVIORAL ANALYSIS	3
PSY 396	ETHICS IN RESEARCH AND THERAPY	3
PSY 417	THEORIES OF PERSONALITY	3
PSY 425	POSITIVE PSYCHOLOGY	3

Additional Coursework at the Combined Undergraduate and Graduate Level

After acceptance into the Master of Arts in Clinical Mental Health Counseling program, students complete the following graduate coursework in their first year of graduate school that counts for both undergraduate- and graduate-level credit. Students must receive a grade of B- or better in each course and remain in good standing with graduate program requirements. Students earn a Bachelor of Arts in Pre-counseling after their first year of graduate school when they have successfully completed 120 credit hours. Students who are accepted into the program are classified as graduate students and are not eligible for undergraduate financial aid or services.

FIRST YEAR OF MASTER OF ARTS
IN CLINICAL MENTAL HEALTH
COUNSELING COURSES **18 crs.**

CNL 590	FOUNDATIONS OF PROFESSIONAL COUNSELING	3
CNL 602	PROFESSIONAL AND ETHICAL ISSUES	3
CNL 600	COUNSELING THEORY	3
CNL 603	COUNSELING SKILLS	3
CNL 608	INDIVIDUAL ASSESSMENT	3
CNL 610	GROUP COUNSELING	3

Additional Coursework at the Graduate Level

After their first year of graduate school, students complete the remaining requirements of the Master of Arts in Clinical Mental Health Counseling program. The requirements include 42 credit hours of coursework and can be completed in two years.

ADDITIONAL MA IN CLINICAL MENTAL HEALTH COUNSELING COURSES
42 crs.

CNL 601	SOCIAL AND CULTURAL FOUNDATIONS	3
CNL 605	RESEARCH AND EVALUATION	3
CNL 606	HUMAN DEVELOPMENT AND LEARNING	3
CNL 607	ADDICTIONS COUNSELING	3
CNL 609	COUPLES AND FAMILY COUNSELING	3
CNL 611	CAREER DEVELOPMENT AND COUNSELING	3
CNL 614	GRIEF, LOSS, AND CRISIS INTERVENTION	3
CNL 620	PSYCHOPATHOLOGY AND MALADAPTIVE BEHAVIOR I	3
CNL 621	PSYCHOPATHOLOGY AND MALADAPTIVE BEHAVIOR II	3
CNL 630	PRACTICUM I	3
CNL 631	PRACTICUM II	3
CNL 637	INTERNSHIP I	3
CNL 638	INTERNSHIP II	6
CNL 697	COMPREHENSIVE EXAMINATION	0

Psychology (PSY)

PSY 153 3

INTRODUCTION TO PSYCHOLOGY

Principles and facts necessary for an introduction to the scientific understanding of human behavior on a biological and social-personal level. Provides an introduction to basic concepts necessary for specialization in the field.

PSY 200 0-1

APPLIED SPORT PSYCHOLOGY

This course allows students the opportunity to apply sport psychology theories to sport or other performance-based activities (e.g., band, choir, debate, etc.). Specific topics will include assessment, goal setting, practice journals, routines, stress management, visualization, self-confidence, and persistence. This course can be repeated. No more than three credit hours may be applied to the sport psychology minor or the psychology minor or major; may also be used for up to three elective credit hours. Prerequisite: PSY 153 or instructor consent.

PSY 201 1

PSYCHOLOGY CORNERSTONE

This course is an introduction to the psychology major. The class will provide an overview of APA-style writing, preparing for graduate school, diversity in psychology, subfields of psychology, career opportunities, journal article reading, and psychological research. Prerequisite: PSY 153.

PSY 210 3

DEVELOPMENTAL PSYCHOLOGY

This course is an overview of human development across the lifespan from fetal development through childhood, adolescence, adulthood, and death. Topics include theories and research about physical, cognitive, and social development. Prerequisite: PSY 153.

PSY 211 3

STRESS MANAGEMENT

An introduction to psychological aspects of stress – the etiology and the physiological and psychological consequences of stress. Practical and theoretical experience in a variety of stress management techniques (stress management planning, progressive relaxation, autogenic training, hypnosis, systematic desensitization, and implosive therapy). Prerequisite: PSY 153.

PSY 230 3

SUBSTANCE ABUSE

This course introduces the field of substance abuse and addiction and covers causal factors, theoretical models, assessments, and treatments. Research papers, case studies, and observational methods will be incorporated. Prerequisite: PSY 153.

PSY 250 3

CHILD WELFARE

This course covers the history of child welfare, defining and recognizing child maltreatment, professional responses to child maltreatment, the skills necessary to work with child victims, and child abuse prevention. The course is designed for students pursuing careers in criminal justice, education, social work, sociology, psychology, nursing, paralegal, and other areas where knowledge of child maltreatment and advocating for children might be necessary. Prerequisite: PSY 153.

PSY 255 2

INTRODUCTION TO OCCUPATIONAL THERAPY

An introduction to the field of occupational therapy. This course will require observation and service-learning hours at locations working with children, the elderly, or other populations that occupational therapists assist. Prerequisite: PSY 153.

PSY 265 3

PSYCHOLOGY OF GENDER

A psychological examination of the individual development of gender. Findings from psychological research on gender will be reviewed including interpersonal relations, stereotypes of men and women, physical and mental health, media portrayals, educational biases, career decisions, and individual differences in abilities and personalities. Prerequisite: PSY 153.

PSY 275 3

BIOPSYCHOLOGY

This course will provide an overview of physiological psychology and includes topics such as structure and function of the central nervous system, biological foundations of behavior and personality, brain damage, sensation and perception, sex, sleep, substance abuse and addiction, psychopathology, stress, and mental health. Prerequisite: PSY 153.

PSY 280-289 1-4

SPECIAL TOPICS IN PSYCHOLOGY

Prerequisite: PSY 153.

PSY 299 0-3

RESEARCH PRACTICUM

This course provides students with the experience of engaging in psychology research under the supervision of a faculty member. Students will also learn about the process of presenting and/or publishing research. This course may be repeated. Up to 6 credits may count as electives in the psychology major or minor. Prerequisites: PSY 153, 3.00 overall GPA, and instructor consent.

PSY 301 3

PSYCHOLOGICAL STATISTICS

This course will introduce students to descriptive and inferential statistics used in psychology. Topics will include the interpretation, analysis, and reporting of psychological data. Prerequisite: PSY 201.

PSY 304 3

CROSS-CULTURAL PSYCHOLOGY

This course will provide an overview of the impact of cultural effects on human behavior by focusing on similarities and differences from a global perspective utilizing theories of personality. The purpose of this course is to enhance student sensitivity and awareness of diversity aimed at reducing ethnocentric thinking while sharpening critical thinking skills. Prerequisite: PSY 153.

Psychology (PSY)

PSY 305 FORENSIC PSYCHOLOGY This class provides an overview of forensic, criminal, and legal psychology, including such topics as interrogations, lie detection, forensic identification, profiling, jury selection, eyewitness testimony, and the death penalty. Prerequisite: PSY 153.	3	PSY 370 PSYCHOLOGY OF HUMAN SEXUALITY An investigation of human sexual behavior, including but not limited to sexuality in its cultural, biological, and social contexts. Examined will be such topics as conception and contraception, physiological and anatomical factors, sexual dysfunction, and variations in sexual behavior. Prerequisite: PSY 153.	3
PSY 315 ABNORMAL PSYCHOLOGY A study of the development and characteristics of mental disorders such as anxiety disorders, personality disorders, psychotic disorders, somatoform disorders, and mood disorders will be examined. Various treatment modalities will also be considered. Prerequisite: PSY 153.	3	PSY 375 PSYCHOLOGICAL ASSESSMENT This course will cover the basic theories relating to the foundations of testing and measurement. The purpose of this course is to help students understand the use of testing, reliability, validity, designing tests and surveys, and gaining an understanding of the many psychological tests currently used in counseling, education, and the workplace. Prerequisite: PSY 153.	3
PSY 320 MILITARY PSYCHOLOGY This class provides an overview of military psychology including such topics as fitness-for-duty evaluations, post-traumatic stress disorder, depression, neuropsychological conditions, substance abuse, and the psychology of terror. In addition, the course will explore psychology careers working with the military. Prerequisite: PSY 153.	3	PSY 380-389 SPECIAL TOPICS IN PSYCHOLOGY Prerequisite: PSY 153.	1-4
PSY 321 PSYCHOLOGY AND SOCIOLOGY OF DEATH AND DYING This course will provide a study of death and dying and includes topics such as fear of death, care of the dying, grief, suicide, euthanasia, acceptance of death, children and death, funeral customs, legal aspects of death, and death education. Prerequisite: PSY 153.	3	PSY 396 RESEARCH METHODS This course will introduce students to research methods in psychology. Course topics will include searching and reading the research literature, designing studies, analyzing research data, and writing APA style empirical reports. Prerequisite: PSY 301.	3
PSY 322 PSYCHOLOGY AND SOCIOLOGY OF HUMAN AGING This course will provide a study of human aging and includes topics such as myths and theories of aging, the psychological, sociological, and biological aspects of human aging, effects of aging on personality, intelligence, memory, sensory functioning, and mental health. Service-learning component is required. Prerequisite: PSY 153.	3	PSY 398 ETHICS IN RESEARCH AND THERAPY Same as ABA 398. Prerequisite: PSY 153.	3
PSY 330 BASIC PRINCIPLES OF APPLIED BEHAVIORAL ANALYSIS Same as ABA 330. Prerequisite: PSY 153.	3	PSY 399 RESEARCH PRACTICUM This course provides students with the experience of engaging in psychology research under the supervision of a faculty member. Students will also learn about the process of presenting and/or publishing research. This course may be repeated. Up to 6 credits may count as electives in the psychology major or minor. Prerequisites: PSY 153, 3.00 overall GPA, and instructor consent.	0-3
PSY 350 EDUCATIONAL PSYCHOLOGY: HUMAN GROWTH AND LEARNING Same as EDU 350. Prerequisite: PSY 153.	3	PSY 401 SOCIAL PSYCHOLOGY An examination of social interactions, the impact of the group on the individual, and the impact of the individual on the group. Focus is on interpersonal behavior and feelings – liking, love, aggression, conformity, communications and attitude formation, and change. Same as SOC 401. Prerequisite: PSY 153.	3
PSY 365 COGNITIVE PSYCHOLOGY This course will provide an introduction to the concepts and methodologies of cognitive psychology. Course topics may include the history of cognitive psychology, research methods, perception, attention, learning and memory, reasoning, problem solving, language, decision making, consciousness, and intelligence. Prerequisite: PSY 153.	3	PSY 404 EARLY ADOLESCENTS AND SCHOOLING (W) Same as EDU 404. Prerequisite: PSY 153.	3

Psychology (PSY)

PSY 405 INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY This course will provide a study of the application of psychological methods and techniques to the solution of human problems industry and business and includes topics such as behavior in organizations, group behavior, organizational climates, interviewing techniques, motivation, leadership, and employment law. Prerequisite: PSY 153.	3	PSY 496 SENIOR THESIS (W) This course will guide students through a senior thesis project involving an independent research project that includes a literature review, research design, implementation of procedures, data collection, data analysis, and reporting of results. Prerequisite: PSY 301, 396.	3
PSY 417 THEORIES OF PERSONALITY A systematic review of the major personality theories, emphasizing a study of the development and dynamics of personality and its measurement, specifically as related to the individual student. Prerequisite: PSY 153.	3	PSY 498 PROFESSIONAL SEMINAR This course is designed for psychology and biopsychology majors to prepare them for graduate school and for the professional field. Students will make professional plans for entry into graduate school or the workforce. The course will emphasize self-awareness and lifelong learning. Prerequisite: PSY 153 and junior/senior standing.	2
PSY 425 POSITIVE PSYCHOLOGY This course will provide an overview of positive psychology and includes topics such as history and philosophical foundations of positive psychology, biopsychosocial influences on wellbeing, measurement of wellbeing, and promoting personal health in students. Prerequisite: PSY 153. Recommended prerequisite: PSY 301.	3	PSY 499 RESEARCH PRACTICUM This course provides students with the experience of engaging in psychology research under the supervision of a faculty member. Students will also learn about the process of presenting and/or publishing research. This course may be repeated. Up to 6 credits may count as electives in the psychology major or minor. Prerequisites: PSY 153, 3.00 overall GPA, and instructor consent.	0-3
PSY 450 CLINICAL AND COUNSELING PSYCHOLOGY Introduction to the various techniques of counseling. Course will include an overview of humanistic, psychoanalytic, behavior, and cognitive therapy approaches. Prerequisite: PSY 153.	3		
PSY 465 SPORT AND HEALTH PSYCHOLOGY This course will cover primary theories and applications in sport and health behaviors. Theories will be drawn from social psychology, health psychology, cognitive psychology, exercise psychology, and sport psychology. Specific topics will include personality characteristics, motivation, goal-setting, attributions, concentration, imagery, aggression, group dynamics, communication and counseling techniques, research methodologies, and behavior modification. Prerequisite: PSY 153.	3		
PSY 470 INTERNSHIP IN PSYCHOLOGY (W) Prerequisite: PSY 153.	3-8		
PSY 480 INDEPENDENT STUDY IN PSYCHOLOGY Prerequisite: PSY 153.	1-4		
PSY 490 SEMINAR IN PSYCHOLOGY Prerequisite: PSY 153.	1-4		
PSY 492 BIOPSYCHOLOGY CAPSTONE This course is the capstone experience for biopsychology majors. The goals are to provide students the opportunity to learn about biopsychology topics and engage with current research in the field. An emphasis will be placed on field trips and guest speakers to allow for greater lifelong learning. Same as BIO 492. Prerequisite: PSY 275.	1		