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Dear Psychology Student,

Welcome to the Psychology Department at LCCC! We hope you find your exploration of the field of psychology to be both fascinating and personally beneficial to your career preparation. We created this handbook to address some of the most common questions that psychology students and potential psychology majors ask when considering whether to pursue a degree in this field. If you have any questions that are not addressed in this handbook, please feel free to contact any of the full-time psychology professors in the department. We are here to help you achieve your dreams.

Sincerely,

Psychology Department Faculty

GETTING STARTED

Should I major in psychology?
There are many good reasons for choosing to study psychology. Most students who decide to major in psychology would probably agree with the following:

1. They find human behavior fascinating.
2. They want to help people. Many find that their friends often turn to them for advice.
3. They enjoyed their psychology classes with topics like:

   - borderline
   - narcissism
   - schizophrenia
   - perception
   - altruism
   - stereotypes
   - socialization
   - bipolar
   - memory
   - psychoanalysis
   - suicide
   - motivation
   - personality
   - violence
   - prejudice
   - cults
   - brain
   - media
   - love
   - psychosis
   - consciousness
   - dementia
   - stress
   - insanity
   - emotions
   - coping
   - sex
   - intelligence
   - learning
   - addiction
   - dreams
   - attraction
   - hypnosis
   - autism
   - gender
   - conformity
   - anorexia
   - aggression
   - neuropsychology
   - happiness
   - experiments
   - psychotherapy

Does this sound like you? If so, you might want to consider this fascinating and exciting field of study!
What will I learn with an undergraduate degree in psychology?
Psychology is the scientific study of human behavior, thought and emotions. Psychology is also the application of our understanding of human behavior to solving “people problems.” Therefore, with an undergraduate degree in psychology:

1. You will acquire in depth understanding of all the major branches/specialty areas of psychology (e.g. clinical, personality, biopsychology, social, developmental, cognitive).

2. You will learn to conduct your own psychological research in order to investigate and analyze the factors that influence human behavior.

3. You will gain insight into problem behaviors (in a variety of contexts) and learn strategies for positive adjustment and conflict resolution.

4. You will develop greater self-knowledge and understanding of others.

5. You will develop writing and oral communication skills that will reflect the depth of your understanding of human behavior.

6. You will learn about the ethical and social responsibilities of psychologists.

7. You will engage in your own professional development through opportunities for project management, leadership skill training, team building, self-reflection, & career planning.

What can I do with an undergraduate degree in psychology?
This will depend on the degree (associate-2 years or bachelor’s-4 years):

<table>
<thead>
<tr>
<th>Associate Degree Jobs</th>
<th>Bachelor Degree Jobs</th>
</tr>
</thead>
<tbody>
<tr>
<td>counselor assistant</td>
<td>mental health assessment clinician</td>
</tr>
<tr>
<td>behavioral health technician</td>
<td>mental health case manager</td>
</tr>
<tr>
<td>residential treatment specialist</td>
<td>addiction counselor</td>
</tr>
<tr>
<td>victim advocate</td>
<td>crisis intervention specialist</td>
</tr>
<tr>
<td>mental health caseworker</td>
<td>child mental health specialist</td>
</tr>
<tr>
<td>peer support specialist</td>
<td>classroom behavior therapist</td>
</tr>
<tr>
<td>behavior therapist</td>
<td>vocational rehabilitation assistant</td>
</tr>
<tr>
<td>registered behavior technician</td>
<td>behavioral health specialist</td>
</tr>
<tr>
<td>direct support professional</td>
<td>research assistant</td>
</tr>
<tr>
<td>teacher’s aide</td>
<td>human resources manager/consultant</td>
</tr>
<tr>
<td>activity aide</td>
<td>qualified intellectual disabilities professional</td>
</tr>
<tr>
<td>program coordinator</td>
<td>community based intervention center facilitator</td>
</tr>
<tr>
<td>summer youth counselor</td>
<td>autism treatment specialist</td>
</tr>
</tbody>
</table>
If you have an **associate degree**, you can work in the mental health field as a behavioral health technician, treatment specialist, or victim advocate to name a few. You could also work in the field of development disabilities as a behavior therapist or direct support professional. In either case, you would be providing direct psychological support services to clients.

If you have a **bachelor’s degree** in psychology, you could work as a community psychiatric support treatment specialist, a case manager, a chemical dependency counselor (with further training and certification), a crisis intervention specialist, or work as a teacher/tutor for individuals with autism or other developmental disabilities.

These are good entry level jobs that many people find very rewarding because of the daily opportunities to make a difference and to help others in need.

**What do I have to do to become a Psychologist?**

You may have noticed that none the above jobs make you a “psychologist.” Although with an undergraduate degree (associate or bachelor level) you will learn much about human behavior and what psychologists do, you will not be **trained** to be a psychologist. Training occurs in graduate school (master’s and doctoral programs) just as it is for physicians who go to medical school or lawyers who go to law school. **With graduate school training** you could become a:

<table>
<thead>
<tr>
<th>Master’s Degree Careers</th>
<th>Doctoral Degree Careers</th>
</tr>
</thead>
<tbody>
<tr>
<td>clinical mental health counselor</td>
<td>clinical psychologist</td>
</tr>
<tr>
<td>marriage and family therapist</td>
<td>counseling psychologist</td>
</tr>
<tr>
<td>school psychologist</td>
<td>forensic psychologist</td>
</tr>
<tr>
<td>industrial-organizational psychologist</td>
<td>military psychologist</td>
</tr>
<tr>
<td>substance-abuse counselor</td>
<td>industrial-organizational psychologist</td>
</tr>
<tr>
<td>school counselor</td>
<td>sport and performance psychologist</td>
</tr>
<tr>
<td>corrections counselor</td>
<td>neuropsychologist</td>
</tr>
<tr>
<td>psychology assistant</td>
<td>pediatric psychologist</td>
</tr>
<tr>
<td>research assistant</td>
<td>health psychologist</td>
</tr>
<tr>
<td>data analyst</td>
<td>consumer psychologist</td>
</tr>
<tr>
<td>court clinician</td>
<td>engineering psychologist</td>
</tr>
<tr>
<td>wellness coordinator</td>
<td>environmental psychologist</td>
</tr>
<tr>
<td>board certified behavior analyst</td>
<td>cross-cultural psychologist</td>
</tr>
<tr>
<td>clinical director</td>
<td>educational psychologist</td>
</tr>
<tr>
<td>psychometrist</td>
<td>university professor-research psychologist</td>
</tr>
</tbody>
</table>

It is in graduate school where you receive training in a specific area of psychology and develop expertise in that field. For instance, in graduate school you can be trained to be a clinical psychologist in order to diagnose and treat individuals with mental illness. Or, you could be
trained as a neuropsychologist to perform neuropsychological assessments of brain injured individuals in order to determine the structural and functional integrity of the patient’s brain. Still others may be more interested in specializing as a school psychologist who are trained to assess children’s learning abilities and to develop education plans in collaboration with parents and teachers to provide the optimal learning environment for the child. Regardless of the specialization, this type of training occurs in graduate school in master’s and doctoral degree programs.

How can I learn more about these career options?
The best thing to do is to contact one of the full-time professors in the psychology department. In fact, you may already be in one of our classes! We would be more than happy to sit down with you and discuss your career options in psychology. In addition, we can give you more details about getting your associate and bachelor’s degrees, research and internship opportunities while being a student, graduate school options, and post degree job opportunities that will set you on your career path in psychology. Below you will find our contact information. We look forward to hearing from you!

Michelle Foust, PhD, Associate Professor
mfoust@lorainccc.edu; 440-366-7377
Office: iLoft 111b

Eulalio Gonzalez, PhD, Professor
egonzale@lorainccc.edu; 440-366-7235
Office: iLoft 111c

Vince Granito, PhD, Professor
vgranito@lorainccc.edu; 440-366-4707
Office: iLoft 111j

James Jordan, MA, Professor
jjordan@lorainccc.edu; 440-366-7878
Office: iLoft 111k

GETTING YOUR UNDERGRADUATE DEGREE IN PSYCHOLOGY

Associate of Arts Degree
An excellent first step to a career in psychology is to earn an Associate Degree with a focus in psychology. An associate degree enables you to work in the mental health field as a behavioral health technician, treatment specialist, or victim advocate. You could also work in the field of development disabilities as a behavior therapist or as a direct support professional. In either case, you would be providing direct psychological support services to clients.

The psychology department has developed a curriculum advising guide that will assist you in knowing what courses you need to take to earn your associate degree. Moreover, this guide will also set you on a pathway to your bachelor’s degree in psychology should you choose to continue your studies. If you have any questions about psychology courses, please contact one of the psychology department faculty. Course descriptions for all LCCC psychology courses can be found in Appendix A of this handbook. If you have questions about general education courses or other degree requirements, contact one of the following LCCC academic advisors:

Julie Ford jford@lorainccc.edu
Office: 440-366-7664

Arlena Lockard alockard@lorainccc.edu
Office: 440-366-4179; Text: 440-253-9529
PSYCHOLOGY MAJOR
Associate of Arts Degree Pathway

FIRST YEAR

First Semester
- ENGL 161 – College Composition I (3 credits)
- PSYH 151 – Introduction to Psychology (3 credits)
- MATH 168 – Statistics (3 credits)
- ARTS/HUMANITIES ELECTIVE (3 credits)-See LCCC Transfer Module for guidance*
- SOCIAL SCIENCE NON U.S. - GPHY 151 – Human Geography (3 credits)
- SDEV 101 – College 101 (1 credit)
Total Credits: 16

Second Semester
- SDEV 101 – College 101 (1 credit)
- ENGL 162 - English Composition II (3 credits)
- PSYH 251-Human Growth & Development (3 credits)
- ARTS/HUMANITIES NON U.S. – ARTS 243, 244, 245, or ENGL 253, or HUMS 261, 262, 271, or MUSC 262, or PHLY 161, or RELG 181 (3 credits)
- NATURAL SCIENCE ELECTIVE - (3/4 credits) *
- SOCIAL DIVERSITY-PSYH 275-Psychology of Gender (3 credits)
Total Credits: 15/16

SECOND YEAR

First Semester
- PSYH 261 – Social Psychology (3 credits)
- PSYH 263 – Personality Theories (3 credits)
- PSYH 271 – Quantitative Methods in the Behavioral Sciences (4 credits)
- FOREIGN LANGUAGE I – (4 credits) **
- ARTS/HUMANITIES ELECTIVE (3 credits)-See LCCC Transfer Module for guidance*
Total Credits: 17

Second Semester
- PSYH 257 – Abnormal Psychology (3 credits)
- PSYH 272 – Research Methods in Psychology (4 credits)
- PSYH 275 - Professional & Career Issues in Psychology (1 credits)
- NATURAL SCIENCE ELECTIVE w/ LAB – (4 credits)*
- FOREIGN LANGUAGE II – (4 credits)**
Total Credits: 16

TOTAL CREDITS ASSOCIATE OF ARTS DEGREE–64/65

NOTE: *If you are planning to enroll in the LCCC-CSU Bachelor’s in Psychology Partnership Program, you must consult with a CSU Advisor for general education electives noted above. **Consult with CSU Advisor regarding foreign language requirement guidelines
Bachelor’s Degree in Psychology
Most students seeking work in a field of psychology will need at least a bachelor’s degree. As noted earlier, with a bachelor’s degree in psychology you could work as a community psychiatric support treatment specialist, a case manager, a chemical dependency counselor (with further training and certification), a crisis intervention specialist, or work as a teacher/tutor for individuals with autism or other developmental disabilities. The majority of students who earn a bachelor’s degree in psychology join the workforce upon graduation. However, keep in mind that a bachelor’s degree is also a prerequisite should you consider further graduate studies (master’s or doctoral degrees).

In order to earn a bachelor’s degree in psychology you will need to transfer your credits from your associate degree earned at LCCC, to a four-year college or university. While your associate degree requires approximately 60 credit hours, your bachelor’s degree will typically include an additional 60 credit hours for a total of about 120 credit hours to earn your degree. Once you are enrolled at the four-year university you will want to meet with their advisors to make sure you formulate a plan for what courses you need to take each semester. They will also be able to determine your target date for graduation!

There are several universities where you could pursue your bachelor’s degree in our area and within the state. Here are some excellent universities you could choose from (each link takes you to their psychology department):

University of Akron
Baldwin Wallace University in Berea (western suburb of Cleveland)
Cleveland State University
John Carroll University in University Heights (eastern suburb of Cleveland)
Kent State University
Ohio State University
Tiffin University in Tiffin
Ursuline College in Pepper Pike (eastern suburb of Cleveland)
Walsh University in North Canton

If you are interested in getting more information about the undergraduate psychology programs at any of these universities, please contact any of the full-time faculty in the psychology department: mfoust@lorainccc.edu; egonzale@lorainccc.edu; vgranito@lorainccc.edu; jjordan@lorainccc.edu.

Many of our students have chosen Cleveland State University due to its proximity to LCCC and more importantly because of the LCCC-CSU University Partnership program. Please continue reading for more information on this exciting opportunity for LCCC psychology majors!
GETTING YOUR BACHELOR’S DEGREE IN PSYCHOLOGY AT LCCC:
THE CLEVELAND STATE UNIVERSITY PARTNERSHIP PROGRAM

What is the LCCC-CSU Bachelor’s Degree in Psychology University Partnership Program?
The University Partnership program was created to bring bachelor degree opportunities to our students. The LCCC-CSU Psychology program enables students to complete their CSU Bachelor’s Degree in Psychology at the LCCC campus by taking a combination of courses that are either LCCC courses taught by LCCC instructors or CSU courses taught by visiting CSU instructors. For more details check out the UP link for the program: https://www.lorainccc.edu/up/bachelor-arts-psychology-cleveland-state-university-2/

How do I apply to the LCCC-CSU Bachelor’s Degree in Psychology Partnership Program?
After completing 30 semester hours at LCCC, you should contact the CSU Partnership office located in the University Center building on the LCCC campus. The CSU representatives will be able to assist you in getting admitted into the program and registered for courses. In addition, the advisors will provide you with a semester by semester plan of courses you will need to take in order to meet the requirements for a bachelor’s degree in psychology. Here is the contact information you will need:

CSU Transfer Center
https://www.csuohio.edu/transfercenter/node/22552
Phone: 216-687-5568

Rochelle Lappis
CSU Academic Advisor
Once you have been admitted to the program, you may contact Ms. Lappis to develop your program of study and schedule your classes.
Best Means of Contact: r.lappis@csuohio.edu
To Leave a voicemail: 216-687-5054

How do I know if the CSU University Partnership Program is right for me?
If you need to talk about your goals and your individual circumstances that might have a bearing on your decision to pursue a bachelor’s degree with CSU or elsewhere, please contact any of the psychology faculty at LCCC. We would be happy to share our experience with students in the program and answer any questions you may have. We could also put you in contact with current students in the CSU psychology program.
GRADUATE SCHOOL IN PSYCHOLOGY: THINGS TO THINK ABOUT

Do I need to go to graduate school?
There are several important reasons to consider graduate school:

1. As mentioned earlier, if you want to become a **psychologist** you will need to go to graduate school. It is in graduate school where you receive training in a specific area of psychology and develop expertise in fields such as counseling psychology, forensic psychology, industrial-organizational psychology, military psychology, school psychology, and clinical psychology.
2. In most professional careers in psychology, a graduate degree is a required qualification.
3. A graduate degree makes you more marketable and gives you more career options.
4. A graduate degree significantly increases your earning potential.

I see the benefits of graduate school, what are the costs for going to graduate school?
You can think of the costs in three ways: time, commitment, and financial. Briefly, here is what it means:

1. **Time:** Generally, master’s degree programs will require 2-3 years of full-time graduate study, beyond the bachelor’s degree. Depending on the graduate school, a master’s degree may be pursued on a part-time basis. Doctoral degrees will require 5-6 years of full-time graduate study beyond the bachelor’s degree.
2. **Commitment:** Graduate school involves rigorous training. There will be a significant increase in workload and expectations as a graduate student preparing for his/her career. Graduate school requires a complete personal commitment to pursue your goal of becoming a trained psychologist. Therefore, you must be highly motivated, put forth full effort, and have the energy to devote to your career preparation. In other words, you have to be “all in” or you will soon be out of school.
3. **Financial:** Graduate school tuition can be expensive. Yearly tuition costs could range between $12,000-$24,000 for full-time study. The good news is that many graduate programs offer assistance to help cover the costs of graduate school. These usually come in the form of **teaching assistantships** and **research assistantships**. Graduate assistantships provide a stipend in return for either teaching services or for working on a research project, usually in the lab of one of the program’s faculty. Finally, assistantships often come with **tuition remission** — which means the department or programs pay for your tuition. When researching programs, you should ask about the types of assistance available to graduate students, how much funding they provide, and whether there is tuition remission. Generally, more financial assistance is available to full-time doctoral students compared to master’s level students. Depending on the amount of financial assistance provided by the program, many students will need to rely on student loans to meet their financial needs for graduate school.

How do I know where to apply? Which graduate programs to consider?
First you have to determine what your area of specialization will be. For some universities, graduate training may be available in some specializations and not others. For instance, the
University of Akron offers graduate programs in counseling psychology and industrial-organizational psychology, while Kent State University offers programs in clinical psychology, behavioral neuroscience, and social psychology. Second, you need to decide if you are pursuing a master’s degree or doctoral degree. Some universities may offer both or only one of these degrees in your specialization. Third, you will want to consider how competitive or difficult it is to get into each program. Depending on your undergraduate preparation (e.g. GPA, research experience, work experience, admission test scores) you may be more likely to get into some programs and not others.

**An Important Graduate School Resource**
An essential resource for getting great information on graduate programs is *Graduate Study in Psychology*, the American Psychological Association's premier psychology graduate school search tool. For each program it includes information such as:

- Dates for applications and admission
- Admissions criteria
- Number of applicant admitted each year
- Characteristics of students accepted
- Information required for an application
- Tuition costs
- Availability of assistantships, scholarships, financial aid, etc.
- Orientation/emphasis of the program

Please contact one of the full-time psychology professors for more information on the Graduate Study in Psychology resource and other important information about applying to graduate school (e.g. GRE admissions test). If you are only interested in graduate programs in Ohio, ask for a copy of the *Graduate Programs in Psychology and Counseling in Northeast Ohio* handout.

**WHAT IF I ALREADY KNOW I WANT TO BE A COUNSELOR/ THERAPIST?**

Approximately half of all psychology majors eventually choose a career in counseling or therapy. For those of you who want to be a counselor or therapist, it is important to know that there are several graduate school and career paths you can take to accomplish your goal of being a licensed therapist. These include getting a master’s or doctoral degree in clinical psychology or counseling psychology. If you earn a doctoral degree in clinical or counseling psychology, you could be **licensed as a psychologist**. However, you could instead pursue a master’s degree in counseling and then be licensed as a clinical mental health counselor or as a marriage and family therapist. A third common option is to earn a master’s degree in social work and be licensed as an independent social worker. Here are the three most common pathways that are followed with a few details:
### COUNSELOR/Therapist Graduate Degree Options

<table>
<thead>
<tr>
<th>Graduate Degree in Psychology</th>
<th>Graduate Degree in Counseling</th>
<th>Graduate Degree in Social Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Psychology or Counseling Psychology</td>
<td>Clinical Mental Health Counseling or Marriage and Family Counseling</td>
<td>Social Worker</td>
</tr>
<tr>
<td>Master’s or Doctoral Degree</td>
<td>Master’s Degree</td>
<td>Master’s Degree</td>
</tr>
<tr>
<td>Master’s: 2-3 years of graduate school</td>
<td>Master’s: 2-3 years of graduate school</td>
<td>Master’s: 2-3 years of graduate school</td>
</tr>
<tr>
<td>Doctoral: 5-6 years of graduate school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trained as therapist/clinician</td>
<td>Trained as therapist/clinician</td>
<td>Trained to work with at risk/vulnerable populations</td>
</tr>
<tr>
<td>Trained to conduct research</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Licensed as a Psychologist (doctoral degree required)</strong></td>
<td><strong>Licensed as a Professional Clinical Counselor</strong></td>
<td><strong>Licensed as a Social Worker</strong></td>
</tr>
<tr>
<td>Graduate school admissions</td>
<td>Graduate school admissions</td>
<td>Graduate school admissions</td>
</tr>
<tr>
<td>Very Competitive</td>
<td>not as competitive</td>
<td>not as competitive</td>
</tr>
</tbody>
</table>

Many students like the counseling degree option because it only requires a master’s degree to be licensed. The same is true for a social worker license. However, if you want to be licensed as a psychologist, you will need to earn a doctoral degree. With a master’s degree in clinical or counseling psychology you could work as a therapist in a counseling practice, but you will need to be under the supervision of a licensed therapist. Having your own license enables you to practice independently.

Another important factor to consider is that graduate degree training as a clinical mental health counselor, marriage and family therapist, or social worker focuses almost exclusively on the applied practice (assessment, diagnosis, counseling techniques, etc.). On the other hand, graduate degree training as a clinical or counseling psychologist includes applied training as a therapist as well as training as a researcher. Even though your career goal may be in an applied setting as a therapist, psychology graduate programs believe it is also important to know the research that underlies the various therapeutic approaches utilized in practice.

**Licensed Psychologist: PhD vs PsyD. What’s the Difference?**

As mentioned earlier, to be licensed as a psychologist, you first need to complete a doctoral program. Most students complete a PhD (Doctor of Philosophy) in either clinical or counseling psychology. PhD degrees are intended for students interested in academic and research oriented careers and/or professional careers doing applied work such as a clinical practice. However, another option is to complete a PsyD (Doctor of Psychology) program in clinical psychology. PsyD degrees are for those more interested in a clinical practice providing psychological services than conducting research. Ask your professor for details.
BEST ADVICE FOR UNDERGRADUATE PSYCHOLOGY MAJORS

If you want to make the most of your undergraduate years and to take advantage of every opportunity that will give you the best preparation for your career in psychology, we strongly recommend you do the following:

1. **Sign Up for Psychology Major Advising and Career Mentoring**
   Our psychology department full-time faculty are ready to assist you with helpful information, resources, advice, encouragement and support as you make some of the most important decisions of your life. We can support you as a student who is just beginning the first year or as a student completing the associate degree. We can also continue to provide support and advice as you pursue a bachelor’s degree in psychology and as you make decisions about graduate school and/or possible career options. It is our hope that as your faculty mentor you will always feel welcome and comfortable enough to discuss your academic and career goals with us. Contact one of us today and let’s get started! See Appendix B for information on our areas of interest in the field of psychology.

   **Michelle Foust**, PhD, Assoc. Professor  
   mfoust@lorainccc.edu; 440-366-7377  
   Office: iLoft 111b

   **Vince Granito**, PhD, Professor  
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   Office: iLoft 111j

   **Eulalio Gonzalez**, PhD, Professor  
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   Office: iLoft 111c

   **James Jordan**, MA, Professor  
   jjordan@lorainccc.edu; 440-366-7878  
   Office: iLoft 111k

2. **Get involved with and join the LCCC Chapter of Psi Beta**
   psi Beta is the National Honor Society in Psychology for Community and Junior Colleges. Psi Beta’s mission is to encourage professional development and interest in the field of psychology for all students through promotion and recognition of excellence in scholarship, leadership, research, and community service. The award winning Psi Beta club at LCCC is a great place to meet other students who are passionate about the field of psychology and charting their own pathways to careers in the field.

   Psi Beta provides opportunities to network with other students and alumni as well as faculty, all with the goal of helping each other achieve their dreams of working in the field of psychology. Through participating in the Psi Beta research teams, workshops, conferences, speaker events, field trips, & community service, you will build upon what you are learning in the classroom and enhance your undergraduate preparation by developing your confidence and leadership skills. And by the way, you will have a blast doing it!

   For more information on our LCCC Chapter of Psi Beta:  
   https://www.facebook.com/LcccPsiBetaPsychologyHonorSociety  
   https://twitter.com/lc3psibeta?lang=en
3. Get a Job /Internship/Volunteer in the Mental Health Field-NOW
In addition to your classroom learning, it is important to get real world experience in the field of psychology, even as an undergraduate student. This is especially true if you are considering counseling or working in some other capacity in the mental health field. These won’t necessarily be long-term jobs, but they will give you valuable experience that will teach you about the mental health field as well as provide work experiences for your future resume. Here are several local organizations that frequently have jobs, internships, and volunteer opportunities available. Although counselor type positions require a master’s degree and a therapist license, many of the jobs require only a bachelor’s degree, associate degree, or high school diploma. These positions typically involve providing direct support services to clients. Click on the links for more details:

- The Nord Center in Lorain
- Bellefaire JCB
- Applewood Centers
- Ohio Guidestone in Berea, Cleveland, Lorain
- Mental Health, Addiction, and Recovery Services Board of Lorain County
- Lorain County Health and Dentistry
- Murray Ridge Center-Lorain County Board of Developmental Disabilities
- The LCADA Way: Lorain County Drug and Alcohol Abuse Treatment and Recovery
- Voices for Children in Lorain County
- NCC Solutions
- The Centers for Families and Children
- Hopebridge Autism Therapy Centers

4. Get Involved Doing Research
An essential component to an undergraduate education in psychology is understanding the science of psychology. In your psychology courses you will learn how to design and carry out your very own psychological study. However, these classroom projects are only the beginning of your research training as a student. You will also have the opportunity to join research teams and/or conduct your own independent research project under the guidance of one of your psychology professors. Upon completion of the research project, you will have the option of presenting your findings at one of the local, state, or regional psychology conferences. Sometimes there is even the possibility of traveling to one of the national conferences. LCCC has funded student travel to Denver, Miami, DC, San Francisco, Chicago, Toronto, and even Honolulu, Hawaii!

These research experiences are “extra-curricular” in that they are not part of any specific course. For students who are considering graduate school in psychology, these extra research opportunities are a must. Both masters and doctoral programs in psychology are looking for students who have taken the initiative to actively engage in research as undergraduates. So once you learn the basics of the research process in your psychology courses consider doing your own research in any one of the following ways:
Join Psi Beta and participate in one of the *Psi Beta Research Teams*

Sign up for an *independent research study* with one of the full-time psychology professors

Apply for an APA sponsored *Summer Research Internship* at any one of over two dozen universities across the country. Recently, we have had LCCC students spend their summers at Syracuse University in New York, Dordt College in Iowa, University of Nebraska in Lincoln, and even in Europe in the Ukraine.

Sign up for the *Advanced Research Project (PSYH 277)* psychology course at LCCC, where you will have a full-semester of individualized research training and the opportunity to design and carry-out a high quality psychological study.

If you are a CSU Partnership in Psychology student, consider applying to *CSU’s Psychology Honors Program*. The three-semester honors program, which begins Spring semester of your junior year is designed for psychology majors considering graduate-level education who want in-depth exposure to research in Psychology. Completing the Psychology Honors Program reflects a student’s independence, commitment to the field, and expertise in an area.

For more information on any of the above research opportunities, please contact one of the full-time psychology professors.

5. **Attend the Psychology Department-Psychology Majors Career Week**
   Every fall semester, the Department of Psychology at LCCC hosts the Psychology Majors Career Week. It is an opportunity for our students to stop in as their schedule permits and to learn about majoring in psychology, career options in psychology and related fields, and baccalaureate and graduate programs in psychology. Speakers include individuals working in the field of psychology in the various specializations (clinical, counseling, school, sport, forensic, industrial-organizational, developmental disabilities, and military). You will have a chance to ask questions and learn valuable information about how to get into these careers. Generally, career week is scheduled for the third week of October. Be on the lookout for flyers, posters, and course emails!

6. **Make an Action Plan for Success**
   If you want to make sure you stay on track to achieving your academic and career goals as a psychology major, it is important to have a plan. The following timetable can be your guide to knowing what you should be doing during each of your undergraduate years.
ACTION PLAN TIMETABLE

Freshman Year:
- Take PSYH 151-Introduction to Psychology and PSYH 251-Human Growth & Development
- Get information and tips on Preparing for a Career in Psychology from your psychology professors
- Get involved in Psi Beta
- Take additional psychology course (e.g., personality, social psychology)
- Meet with your LCCC academic advisor for all of your general education requirements and map out your pathway to your Associate of Arts Degree with a concentration in Psychology
- Contact one of the full-time psychology faculty for advising/mentoring

Fall of your Sophomore Year:
- Take PSYH 271-Quantitative Methods in the Behavioral Sciences
- Contact the CSU Psychology Partnership Program for information about admission and registration
- Volunteer or get a job in a mental health or psychology related field
- Get information on graduate school from your psychology faculty advisor
- Consider applying for a summer research internship

Spring of your Sophomore Year:
- Take PSYH 272-Research Methods in Psychology
- Take PSYH 276-Professional & Career Issues in Psychology
- Think about what area of concentration you’d like to pursue; discuss ideas your psychology faculty advisor
- Attend and/or present research at an undergraduate psychology conference
ACTION PLAN TIMETABLE

Fall of your Junior Year:
☐ Volunteer or get a job in a mental health or psychology related field
☐ If you are considering graduate school, discuss graduate school options with your psychology faculty advisor
☐ Whether you are considering graduate school or employment after completing your undergraduate degree, begin narrowing your area of specialization in the field of psychology
☐ Pursue doing a research project (Psi Beta research team, individualized studies, CSU Psychology Honors Program)
☐ Get info on the Graduate Record Examination (GRE) admissions test
☐ Start creating your resume or CV (ask psychology faculty advisor for help)

Spring of your Junior Year:
☐ If considering graduate school, decide on area of concentration
☐ If considering graduate school, make a rough list of schools to which you might apply
☐ If considering graduate school, prep for GRE and schedule GRE test for the summer

Fall of your Senior Year:
☐ If applying to graduate school, finalize the list of programs to which you will apply – get application information for all, especially deadlines!
☐ Retake GRE if needed
☐ Write your personal statement (ask psychology faculty advisor for help)
☐ Request transcripts from LCCC and CSU
☐ Update CV (resume)
☐ Ask professors for letters of recommendation- give us at least a month
☐ Complete all application materials by their respective deadlines.

Spring of your Senior Year:
☐ Decide where you will attend graduate school (usually by April 15)
☐ If not attending graduate school, apply for a position in a mental health or psychology related field.
☐ Celebrate your accomplishments!
APPENDIX A
LCCC PSYCHOLOGY COURSE DESCRIPTIONS

PSYH 151 - INTRODUCTION TO PSYCHOLOGY (3 credits)
An introduction to psychology as the science of behavior and an overview of current psychological thought. Topics include the science of psychology, biological bases of behavior, learning, memory and cognition, motivation, stress and adjustment, personality, psychological disorders and their treatment, and social psychology. Social Sciences Core Course. (OTM, TAG) Prerequisite: None

PSYH 251 - HUMAN GROWTH AND DEVELOPMENT (3 credits)
The study of the phenomena of human growth and development and the influence of biological, cognitive, and psychosocial factors from conception throughout life. Topics include: prenatal development, infancy, childhood, adolescence, and adulthood. Social Sciences Core Course. (OTM, TAG); Prerequisite: PSYH 151

PSYH 253 - CHILD DEVELOPMENT (3 credits)
A study of the biological, cognitive, and psychosocial factors in development from conception to puberty. This course includes discussion of perceptual-motor, emotional, language, intellectual, social, gender, and moral development. Social Sciences Core Course. (OTM, TAG) Prerequisite: PSYH 151

PSYH 254 - ADOLESCENT DEVELOPMENT (3 credits)
A study of the biological, cognitive, & psychosocial factors in development from pre-adolescence to young adulthood. Emphasis on pubertal, family, peer, school, & media influences on development. Social Sciences Core Course. (OTM, TAG); Prerequisite: PSYH 151

PSYH 256 - ADULTHOOD AND AGING (3 credits)
A study of the biological, cognitive, and psychosocial factors in development from early adulthood through the lifespan. Emphasis on a contextual model of development, an examination of the nature and sources of diversity, and the influence of age, gender, cohort, race/ethnicity, socioeconomic status, and culture on development. Social Science Core Course. (OTM, TAG); Prerequisite: PSYH 151

PSYH 257 - ABNORMAL PSYCHOLOGY (3 credits)
An exploration of the accountabilities, manifestations and treatments of psychological disorders on a continuum of functional to dysfunctional. Topics include: types, assessment, therapies and prevention of abnormal behaviors. Social Sciences Core Course. (OTM, TAG) Prerequisite: PSYH 151
PSYH 259 - HUMAN SEXUALITY (3 credits)
A comprehensive interdisciplinary introduction to Human Sexuality. Major areas of focus include: sexual history, scientific research, anatomy and physiology, sexual orientations, gender roles, love, sexual life cycles, legal and ethical issues; Prerequisite: PSYH 151

PSYH 261 - SOCIAL PSYCHOLOGY (3 credits)
A study of psychological principles underlying social behavior. Includes theoretical issues, empirical findings and applications in social perception, attitude formation, persuasion, conformity, group processes, prejudice, aggression, altruism, attraction and conflict resolution. Social Sciences Core Course. (OTM, TAG); Prerequisite: PSYH 151

PSYH 262 - PSYCHOLOGY OF THE INFORMATION AGE (3 credits)
Psychology of the Information Age examines the influence that the information age has had on the psychology of human beings. Topics include: history of communication technology, research methods that utilize the internet, the cognitive, social, motivational, psychopathological, therapeutic and behavioral implications of using information technology. Prerequisite: PSYH 151

PSYH 263 - PERSONALITY THEORIES (3 credits)
An introduction to the major theories and research that describe and explain the development of personality. Emphasis is placed on the determinants of healthy personality as it relates to self-concept, emotionality, and interpersonal relations. Applications in assessment and therapy are covered. Social Sciences Core Course. (OTM, TAG); Prerequisite: PSYH 151

PSYH 271 - QUANTITATIVE METHODS IN BEHAVIORAL SCIENCE (4 credits)
An introduction to the quantitative analysis and interpretation of behavioral data including descriptive statistics, correlation and regression, hypothesis testing, tests of significance and computer applications with special emphasis on statistical issues in experimental design. Prerequisite: PSYH 151 or SOCY 151

PSYH 272 - RESEARCH METHODS IN PSYCHOLOGY (4 credits)
A survey and application of research methods used in the study of behavior. Lecture and laboratory experience in the scientific basis of psychology including observation and measurement, research design, interpreting results, ethical issues, reading and writing research reports; Prerequisites: PSYH 151 and PSYH 271

PSYH 273 - INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY (3 credits)
This course is a survey of the field of industrial/organization psychology. It focuses on the application of scientific methods and psychological principles to industrial and organizational behavior. Topics include job analysis, selection, performance appraisal, motivation and job satisfaction, job related stress, group processes, leadership, organizational structure, and organizational culture. Social Sciences Core Course. (OTM); Prerequisite: PSYH 151
**PSYH 274 - PSYCHOLOGY OF ADJUSTMENT (3 credits)**
A study of the concepts, theories, principles, and applications that contribute to the psychology of human adjustment. Topics include stress and coping, self-concept, interpersonal communication and conflict, attraction and intimate relationships, developmental transitions, careers and work, mental and physical health; Prerequisite: PSYH 151

**PSYH 275 - PSYCHOLOGY OF GENDER (3 credits)**
A study of the concepts, theories, and research regarding the differences and similarities between men and women. Gender will be examined from a variety of perspectives, including biological, psychological, and sociocultural. Topics include history of psychology of gender, gender roles and stereotyping, theories of gender identity and development, cognitive abilities, achievement, emotions, interpersonal communication, relationships, careers and work, physical health, stress and psychopathology. Social Sciences Core Course. (OTM); Prerequisite: PSYH 151

**PSYH 276 - PROFESSIONAL AND CAREER ISSUES IN PSYCHOLOGY (1 credit)**
An overview of the field of psychology including educational requirements, career opportunities and professional issues for students considering a psychology major. A primary objective of the course is to foster professional development of the psychology major. Information is provided about what Psychologists do and the preparation required to work/study in various settings. Prerequisite: PSYH 151

**PSYH 277 - ADVANCED RESEARCH PROJECT IN PSYCHOLOGY (4 credits)**
This course provides students with extended experience in conducting an independent research project in psychology. Students will carry out an empirical study of their own design including selection of the research topic, a review of the relevant literature, research design and proposal, data collection and analysis, preparation of the final research report in APA format, and a project presentation. This course is especially beneficial for students who are considering graduate school in psychology; Prerequisites: PSYH 151, PSYH 271 and PSYH 272

**PSYH 287 - WORK BASED LEARNING I - PSYH (1 credit)**
This course provides supervised, paid work experience with approved employer(s) in an area related to the student's program. Emphasis is placed on integrating prior or concurrent classroom learning with work experience through career readiness competencies. Students will be able to evaluate career selection and satisfactorily demonstrate work-related competencies.

Prerequisite: A student must be pursuing a degree seeking program at LCCC; have completed 12 semester hours with a minimum of 6 semester hours in the discipline of placement; have a min GPA of 2.5 in the discipline and a 2.0 overall GPA; and have division approval.

**PSYH 299 - INDIVIDUALIZED STUDIES IN PSYCHOLOGY (1-2 credits)**
An in-depth study of areas of psychology presented by discussion and/or individual research and reading. Topics will vary. Repeatable up to a total of four (4) credit hours. Prerequisite: Second year standing and division approval.
Appendix B
Full-Time Faculty Profiles

Michelle Foust, PhD, Associate Professor
mfoust@lorainccc.edu; 440-366-7377
Office: iLoft 111b
Education
PhD, Industrial-Organizational Psychology
MS., Statistics
University of Akron
Courses Taught
Industrial-Organizational Psychology
Quantitative Methods in Behavioral Sciences
Research Methods in Psychology
Introduction to Psychology
Areas of specialization/interest
Organizational citizenship behaviors
Job analysis/employee selection
Psychometric testing
Academic citizenship behaviors
Psi Beta Co-Advisor

Vince Granito, PhD, Professor
vgranito@lorainccc.edu; 440-366-4707
Office: iLoft 111j
Education
PhD, Sport Psychology, Saybrook University
MA, Sport Psychology, John F. Kennedy
Courses Taught
Social Psychology
Personality Theories
Quantitative Methods in Behavioral Sciences
Research Methods in Psychology
Adolescent Development
Introduction to Psychology
Areas of specialization/interest
Sport and performance psychology
Performance enhancement for injured athletes
Exercise psychology
Youth sports
Psychology of teaching

Eulalio Gonzalez, PhD, Professor
egonzale@lorainccc.edu; 440-366-7235
Office: iLoft 111c
Education
PhD, Applied Developmental Psychology
MA, Developmental Psychology
University of Akron
Courses Taught
Personality Theories
Psychology of Adjustment
Quantitative Methods in Behavioral Sciences
Research Methods in Psychology
Child Development
Human Growth and Development
Introduction to Psychology
Areas of specialization/interest
Applied developmental psychology
Marriage and family issues
Personality
Developmental disabilities
Motivation
Memory and Cognition

James Jordan, MA, Professor
jjordan@lorainccc.edu; 440-366-7878
Office: iLoft 111k
Education
MA, Clinical Psychology, Ball State University
Courses Taught
Professional and Career Issues in Psychology
Abnormal Psychology
Social Psychology
Human Sexuality
Quantitative Methods in Behavioral Sciences
Research Methods in Psychology
Introduction to Psychology
Areas of specialization/interest
Clinical psychology
Intellectual disabilities
Neurodevelopmental disorders
Psychopharmacology
Psi Beta Co-Advisor