

BA in Psychology

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Degree Program Description

The study of Psychology aims to understand the mind, behavior, and mental health. The Bachelor of Arts in Psychology (BA) degree is for online students interested in studying human behavior in preparation for either employment after completion of the undergraduate psychology degree, or in preparation for applied psychology and other related graduate programs (e.g., counseling, social work, management). Psychology majors work in diverse fields such as community and social services, human resources, management and business, health care, student affairs and services, law enforcement, education, and scientific research. Regardless of a student's ultimate goals, our faculty members believe that students will be best served by completing a rigorous research-oriented program of study. Therefore, students should expect their instructors to take a scientific approach to the particular psychological content of each course.

Major Program Requirements

The Bachelor of Arts in Psychology at the University of Missouri-Columbia (MU) is administered in coordination with the BA in Psychology at the University of Missouri- St. Louis (UMSL). Students earning this degree through MU must complete all MU degree, college, and University graduation requirements. Students are reminded to check the MU and UMSL undergraduate catalogs for course descriptions and prerequisite information.

In addition to University (<https://catalog.missouri.edu/academicdegree/requirements/universityrequirements/>), general education (<https://catalog.missouri.edu/academicdegree/requirements/generaleducationrequirements/>), and College of Arts and Science (<https://catalog.missouri.edu/collegeofartsandscience/#undergraduatetext>) requirements, students must also meet the following major program requirements. All major requirements in the College of Arts and Science must be completed with grades of C- or higher unless otherwise indicated.

Major Core Requirements

- The psychology major requires a minimum of 31 credit hours in psychology coursework and 3 credit hours of statistics.
- All courses that count toward the psychology major requirements must be completed with a grade of C- or higher. This includes STAT 1200 (MU), MATH 1105 (UMSL) or their equivalent.
- Students must complete a research methods sequence of PSYCH 3010 (MU) and PSYCH 3020 (MU) or PSYCH 2219 (UMSL) and PSYCH 2201 (UMSL). Both courses in the sequence must be completed at the same campus. PSYCH 3020 (MU) or PSYCH 2201 (UMSL) must be completed before the capstone at MU or UMSL.
- Students must complete at least 3 hours in a psychology capstone that is designated Writing Intensive. A full list of courses that would count toward the capstone requirement, but not necessarily

offered online, is listed in the Psychological Sciences-BA (<https://catalog.missouri.edu/collegeofartsandscience/psychologicalsciences/ba-psychological-sciences/>) catalog.

- Students must complete at least 12 hours in psychology courses numbered 3000 or above.
- Students must complete at least 3 hours of psychology classes that are designated Writing Intensive.
- Students may use no more than 12 hours of Special Problems Courses, Special Readings Courses, or Internship Courses PSYCH 2950, PSYCH 4940, PSYCH 4950 & PSYCH 4960 toward graduation. Within the 12 hours, no more than 9 hours may be Special Problems Courses. (i.e., psychology research credit hours). A student may complete either 6 hours of PSYCH 2950 and 3 hours of PSYCH 4950, or they may complete 3 hours of PSYCH 2950 and 6 hours of PSYCH 4950.

PSYCH 1000	General Psychology (or PSYCH 1003-UMSL)	3
PSYCH 1030	Exploring Psychology Careers (or PSYCH 1000-UMSL)	1
STAT 1200	Introductory Statistical Reasoning (or Math 1105-UMSL)	3
PSYCH 3010	Research Methods in Psychology I (or PSYCH 2219-UMSL)	3
PSYCH 3020	Research Methods in Psychology II (or PSYCH 2201-UMSL)	3
PSYCH 4010W	Topics in Psychology Capstone - Writing Intensive	3
or PSYCH 4971W	Developmental Psychology Capstone - Writing Intensive	
or PSYCH 4972W	Animal Learning Capstone - Writing Intensive	
or PSYCH 4991W	The Science of Mindfulness Capstone - Writing Intensive	

Distribution Areas

Psychology majors are required to complete 12 hours in distribution courses, 6 hours in each of 2 distribution areas. This ensures students will have exposure to a wide range of psychological theory and research. In addition, students choose two required additional Psychology courses (6 credit hours) to receive further education according to their interests. Although the distribution areas are presented below as distinct areas of study, a great deal of overlap exists among them. Students should understand the ways in which the various areas complement one another and gain the ability to integrate information learned in different areas.

Clinical/Social/Developmental Distribution

This distribution area studies the nature and causes of individuals thoughts, feelings and behavior in social situations. It analyzes the cultural and biological influences on age-related changes in cognition, emotion, and social behavior that take place throughout an individual's lifespan. It focuses on scientific study of the causes of mental disorders as well as methods for assessing and alleviating mental health problems. It also is concerned with the study of mental health and wellness, including strategies for preventing the development of mental disorders. A full list of courses that would fulfill this distribution area, but not necessarily offered online, are listed in the Psychological Sciences-BA (<https://catalog.missouri.edu/collegeofartsandscience/psychologicalsciences/ba-psychological-sciences/>) catalog. Courses in this distribution area offered in an online format include:

PSYCH 2310	Social Psychology (or PSYCH 2160-UMSL)	3
PSYCH 2410	Developmental Psychology (or PSYCH 2268-UMSL)	3
PSYCH 2510	Survey of Psychopathology (or PSYCH 2245-UMSL)	3
PSYCH 2511	Military and Veterans Psychology	3
PSYCH 2520	Introduction to Addiction Science	3
PSYCH 3232	Psychology of Trauma	3
PSYCH 3280	Psychology of Death and Dying	3
PSYCH 3370	The Science of Mindfulness	3
or PSYCH 3370W	The Science of Mindfulness - Writing Intensive	
PSYCH 3420	Cognitive Development in Childhood	3
PSYCH 3451	Psychology of Gender	3
PSYCH 3830	Health Psychology (or PSYCH 3500-UMSL)	3
PSYCH 3840	Individual Differences	3
PSYCH 4376	Mental Health and Aging	3
PSYCH 4563	Behavioral and Technology Addictions	3
PSYCH 4564	Psychobiology of Sex and Gender	3
PSYCH 4570	Pediatric Neuropsychology	3
PSYCH 4830	Psychology of Women	3

NOTE: Due to overlap in course content, a student may receive credit for only one of the following courses: PSYCH 2410 (or PSYCH 22680-UMSL) or PSYCH 2410H, or ESC_PS 2500.

NOTE: Due to overlap in course content, a student may not receive credit for both PSYCH 3350 and ESC_PS 4200.

Cognitive/Neuroscience Distribution

This distribution area studies that mechanisms of the mind and how they are altered by experience. It also examines the biological basis of the behavior of humans and animals. A full list of courses that would fulfill this distribution area, but not necessarily offered online, are listed in the Psychological Sciences-BA (<https://catalog.missouri.edu/collegeofartsandscience/psychologicalsciences/ba-psychological-sciences/>) catalog. Courses in this distribution area offered in an online format include:

PSYCH 2017	World of Neuroscience	1
PSYCH 2110	Learning, Memory, and Cognition	3
PSYCH 2210	Mind, Brain, and Behavior (or PSYCH 2211-UMSL)	3
PSYCH 2220	Drugs and Behavior (or PSYCH 2200-UMSL)	3
PSYCH 3130	Decisions, Values and Choice	3
or PSYCH 3130H	Decisions, Values and Choice - Honors	
PSYCH 3160	Perception and Thought	3
PSYCH 3420	Cognitive Development in Childhood	3
PSYCH 3830	Health Psychology (or PSYCH 3500-UMSL)	3
PSYCH 4210	Physiological Psychology	3
PSYCH 4376	Mental Health and Aging	3
PSYCH 4564	Psychobiology of Sex and Gender	3
PSYCH 4570	Pediatric Neuropsychology	3

NOTE: A student may not receive credit for PSYCH 2210 if it is taken after PSYCH 4210.

Psychology Electives (2000-level or above) 6 credit hours

Students must complete 6 credit hours of psychology elective courses numbered 2000 or above. Up to 3 credit hours may include special problems (e.g., PSYCH 2950 or PSYCH 4950), readings (e.g., PSYCH 4960) or internship (e.g., PSYCH 4940). Capstone Labs may not be counted in this area. Elective courses for this requirement can include those listed from the Cognitive/Neuroscience Distribution Area or Clinical/Social/Developmental Distribution Area. Additional elective courses available in an online format include:

PSYCH 3861	Forensic Psychology	3
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Semester Plan

Below is a sample plan of study, semester by semester. A student's actual plan may vary based on course choices where options are available. Psychology majors are required to earn a C- or higher (no D+ or below) in all Psychology courses and STAT 1200.

First Year			
Fall	CR	Spring	CR
PSYCH 1000		3 Psych Cognitive/Neuroscience Distribution Area	3
PSYCH 1030		1 Humanities from Arts and Science, 2000+ level	3
Behavioral Science, Arts and Science Diversity Requirement		3 Second major, minor, certificate, or elective, 1000+ level	3
ENGLISH 1000		3 Social Science	3
Humanities		3 STAT 1200 (Math and Quantitative Reasoning)	3
Missouri State Law Requirement: Social Science from Arts and Science		3	

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Second Year			
Fall	CR	Spring	CR
Psych Clinical/Social/Developmental Distribution Area		3 PSYCH 3010	3
Biological, Physical, or Mathematical Science		3 Psych Elective, 2000+ level	3
Second Language Requirement		4 Biological or Physical Science Lab	3
Second major, minor, certificate, or elective, 1000+ level		3 Second Language Requirement	4
Second major, minor, certificate, or elective, 1000+ level		3 Second major, minor, certificate, or elective, 1000+ level	2

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Third Year			
Fall	CR	Spring	CR
PSYCH 3020		3 Psych Cognitive/Neuroscience Distribution Area	3
Psych Clinical/Social/Developmental Distribution Area		3 First Writing Intensive	3
Biological, Physical, or Mathematical Science		3 Second major, minor, certificate, or elective, 3000+ level	3
Second Language Requirement		4 Second major, minor, certificate, or elective, 3000+ level	3

Second major, minor, certificate, or elective, 1000+ level	1 Social Science, 2000+ level	3
	14	15
Fourth Year		
Fall	CR	Spring CR
Psych Capstone, 4000+ level, Writing Intensive	3 Psych Elective, 3000+ level	3
Behavioral Science, 2000+ level	3 Humanities	3
Humanities	3 Second major, minor, certificate, or elective, 3000+ level	3
Second major, minor, certificate, or elective, 3000+ level	3 Second major, minor, certificate, or elective, 3000+ level	3
Second major, minor, certificate, or elective, 3000+ level	3 Second major, minor, certificate, or elective, 1000+ level	2
	15	14

Total Credits: 120

Degree Audit

The degree audit is an automated report reflecting a student's academic progress toward the completion of a degree.

MU students can request a degree audit by logging in to myDegreePlanner (<https://mydegreeplanner.missouri.edu>). Students may also access myDegreePlanner via myZou, in the Student Center, click on the Academic Progress Tile, then select Request Degree Audit. The audit automatically pulls in the student's MU course work, transfer courses and courses in progress. This is available to current students, admitted students, and those who last attended less than three terms ago.

Past MU students can request a degree audit by contacting the Academic Advising Unit of the division in which they were last enrolled at MU. For contact information, go to <https://advising.missouri.edu/contact/>.

Prospective students, can access a preliminary MU degree audit via <https://www.transferology.com> (<https://www.transferology.com/>). Information on the college credits already earned will have to be manually entered before it can be evaluated against current degree requirements.

For additional details on degree audits, go to <https://registrar.missouri.edu/degrees-audits/degree-audits/>.

Major and Career Exploration

The University of Missouri has many resources to assist you in exploring majors and career possibilities. For guidance, visit the Majors and Careers (<https://career.missouri.edu/majors-careers/>) website or view specific resources below.

- If you are considering a change of major or are exploring multiple majors, schedule an appointment with an advisor in the Discovery Center (<https://discoverycenter.missouri.edu/>) by calling (573)884-9700 or through MU Connect (<https://mizzou.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=service/3761489>) Discovery Center service in your success network.
- If you have decided on a major, visit an academic advisor in the School or College that you are interested in to discuss the process of declaring the major (<https://advising.missouri.edu/majors-minors/changing-major/>).
- If you would like to learn more about your career interests, abilities, values and talents, visit the MU Career Center (<https://career.missouri.edu/connect/>).

No Appointment is necessary to explore career options with one of our staff members.

- If you would like information about MU majors and degree programs, visit:
 - the Degrees, Majors (Degree Programs), Emphasis Areas, Minors and Certificates (<https://catalog.missouri.edu/degreesanddegreeprograms/>) page in the catalog,
 - the MU Majors (<https://majors.missouri.edu>) website.

For additional major and career exploration resources, visit Major & Career Exploration (<https://catalog.missouri.edu/majorcareereexploration/>) in the catalog.