



**Columbia Southern University – Dept. of Continuing Education
21982 University Lane • Orange Beach, AL 36561**

<http://www.columbiasouthern.edu/>

Contact: Laurie Coleman | 800.977.8449 x1840 | laurie.coleman@columbiasouthern.edu

**Education & Training Plan
Psychology Certificate Program with Externship
Columbia Southern University (CSU)**

Student Full Name: _____

Start Date: _____ End Date: _____

**Program includes National Certification & an Externship Opportunity
Mentor Supported**

Psychology Certificate Program with Externship

Course Code: CSU-A-PSYCH
Program Duration: 6 Months
Course Contact Hours: 375
Student Tuition: \$3,799

The Psychology Profession

The study of psychology offers students a comprehensive look inside human thought and behavior. Psychology is a broad field that examines hundreds of different areas including the central nervous system, perception, learning and memory, personality, motivation, developmental and clinical psychology. Professionals who work in this field have a deep curiosity for human behavior and an acute desire to help people in need of psychological treatment. Students considering a course of study in psychology, or perhaps entering this profession, have the opportunity to contribute to a wide variety of fields including healthcare, social work, corrections and even criminology.

The Psychology Program

The Psychology Program course takes students through the basic concepts, theories, research methods, and contributions to the understanding of human behavior taking students through the various complexities of human development, the motivations for our thoughts, feelings and behavior as well as the role of sexuality, gender, heredity and genetics as applied to human behavior overall. Students will have the opportunity to analyze various psychological disorders, “normal” behaviors and the basis of the psychology behind learning, memory and experience. Students who complete this course will have firm understanding of the theories and concepts of psychology including the scope of psychology, biological foundations and the brain, sensation, perception, motivation, personality, learning/memory, emotion, states of consciousness, personality theories, cognition, life-span development, and applied psychology.

Education and National Certifications

- Students should have or be pursuing a high school diploma or GED.
- There are no state approval and/or state requirements associated with this program.
- There is a National Certification exam available to students who successfully complete this program:
 - **Microsoft Office Specialist (MOS) Certification Exam.**

Program Objectives

At the conclusion of this program, students will be able to:

- Examine the field of psychology in terms of history, key perspectives and issues, current trends, scientific and research methods
- Explain the anatomical structures and physiological functions related to psychology
- Examine sensation, perception, heredity, and genetics
- Analyze consciousness, sleep, sleep disorders, and hypnosis as related to psychology
- Analyze the underlying principles and basis behind learning, memory, and experience
- Explain cognitive abilities and intelligence from a psychological perspective
- Examine the different phases and stages in human development
- Examine the different motivation theories and the psychological basis of emotions
- Explain sexuality and gender in relation to psychology
- Examine psychoanalytic approaches and humanistic theories to explain behaviors and traits in personalities
- Evaluate health psychology, approaches to health management, and mental disorders
- Analyze psychotherapy, the different methods, and their effectiveness
- Investigate the importance of thoughts, trends in social behavior, and social influences
- Use Microsoft Office

National Certification

Upon successful completion of this Columbia Southern University program, students would be eligible to sit for the Microsoft Office Specialist (MOS) exam. Although there are no state approval, state registration or other state requirements for this program, students who complete this program at Columbia Southern University will be prepared and are eligible to sit for this national certification exam. Students who complete this program are encouraged to complete the externship option with their program. Students who complete this program can and do sit for the MOS national certification exams and are qualified, eligible and prepared to do so. Columbia Southern University works with each student to complete the exam application and register the student to take their national certification exam.

Externship / Hands on Training / Practicum

Although not a requirement, once students complete the program, they have the ability to participate in an externship and/or hands on practicum so as to practice the skills necessary to perform the job requirements of a professional in this field. Students will be assisted with completing a resume and/or other requirements necessary to work in this field. All students who complete this program are eligible to participate in an externship and will be placed with a participating organization near their location. Columbia Southern University works with national organizations and has the ability to place students in externship opportunities nationwide.

Columbia Southern University contact: If students have any questions regarding this program including national certification and externships, **they should call Laurie Coleman at 800.977.8449 x1840 or via email at laurie.coleman@columbiasouthern.edu.**

Note: No refunds can be issued after the start date published in your Financial Award document.



About Columbia Southern University!

Welcome to Columbia Southern University!

OUR MISSION: Columbia Southern University provides diverse learning experiences and affordable, flexible distance education programs at the certificate, undergraduate, and graduate levels to a global student body, delivered by qualified, student-centered faculty committed to teaching and student learning. The University is dedicated to providing exceptional academic and student support services.

OUR VISION: The Vision of Columbia Southern University is to change and improve lives through higher education by enabling students to maximize their professional and personal potential.

The Continuing Education Department at Columbia Southern University is committed to a program of public service, outreach and continuing education by sharing resources with the workforce to enhance the intellectual capital of all those in need or desire lifelong learning and development. <http://www.columbiasouthern.edu/online-degree/continuing-education>



Columbia Southern University and Pearson Education

Columbia Southern University's eLearning programs were developed in partnership with Pearson Education to produce the highest quality, best-in-class content and delivery necessary to enhance the overall student learning experience, boost understanding and ensure retention. Pearson Education is the premier content and learning company in North America offering solutions to the higher education and career training divisions of colleges and universities across the country aimed at driving quality education programs to ensure student success. Please visit us at www.pearson.com.

About Pearson Education

Welcome to Pearson. We have a simple mission: to help people make more of their lives through learning. We are the world's leading learning company, with 40,000 employees in more than 80 countries helping people of all ages to make measurable progress in their lives. We provide a range of education products and services to institutions, governments and direct to individual learners, that help people everywhere aim higher and fulfil their true potential. Our commitment to them requires a holistic approach to education. It begins by using research to understand what sort of learning works best, it continues by bringing together people and organizations to develop ideas, and it comes back round by measuring the outcomes of our products.

The Psychology Program Detailed Student Objectives:

THE FIELD OF PSYCHOLOGY

- Define psychology
- Discuss the origins of psychology
- Discuss key issues and perspectives regarding the field of psychology

BIOLOGICAL BASIS OF BEHAVIOR, SENSATION, AND PERCEPTION

- Define and list the functions of the different parts of the nervous system and their role in behavior
- List the functions of the eyes, ears, and skin and their role in behavior
- Discuss sensation and perception and their role in everyday life

CONSCIOUSNESS

- Describe the nature of sleep, sleep disorders, and their treatment
- Examine the methods and practice of hypnosis and the different views about the practice
- Discuss the role of drugs in hypnosis and altering consciousness

LEARNING WITH CHANGE, EXPERIENCE, AND MEMORY

- Describe the nature, principles, process, and neural basis of behavioral learning
- Define classical conditioning
- Define operant conditioning
- Describe the nature, principles, process, and neural basis of classical conditioning
- Describe the nature, principles, process, and neural basis of operant conditioning
- Define memory and the different types of memory
- Discuss the role of the different memory systems
- Discuss forgetting and some of the views related to it
- Identify the methods of construction of schemas and their use

COGNITION AND INTELLIGENCE

- Define the processes of thinking and reasoning
- Identify strategies and rules for decision making
- Identify the different methods of problem solving
- Examine language as a communication tool
- Describe human intelligence and the different methods of defining and measuring intelligence

HUMAN DEVELOPMENT

- Describe the changes, characteristics, and challenges related to each developmental phase
- Discuss the various theories related to each developmental phase

MOTIVATION AND EMOTION

- Describe emotions: The biological basis and their expression
- Describe the theories and perspectives on motivation
- Discuss the causes and effects of personal happiness and individual differences in perspectives on emotions
- Identify the different types of motivation and their nature

SEXUALITY AND GENDER

- Analyze human sexual behavior
- Describe the psychological side of human sexuality
- Discuss sexual dysfunctions and sexually transmitted diseases

PERSONALITY AND BEHAVIORAL PATTERNS

- Discuss the various humanistic approaches to personality
- Discuss psychoanalytic approaches to personality and behavior
- Identify the different personality traits and research methods

HEALTH, STRESS, AND ITS MANAGEMENT

- Identify the causes and effects of stress, and methods of stress control Analyze methods to promote wellness

MENTAL DISORDERS: CAUSES, NATURE, AND TREATMENT

- Describe group therapies and the processes involved
- Identify the different assessment and diagnostic methods related to mental disorders
- Define psychotherapy as a psychological approach to treating mental disorders
- Discuss the different psychotherapeutic methods for mental disorders
- Discuss anxiety and the different types of disorders—dissociate, sexual, gender sexuality, personality, and substance disorders, their causes, and effects

SOCIAL THOUGHT AND BEHAVIOR

- Discuss social behavior and factors that influence interactions with others
- Discuss social influences, conformity, compliance, and obedience
- Describe aggression and prosocial behavior

Note: This program can be completed in 6 months. However, students will have online access to this program for a 24-month period.

MICROSOFT OFFICE Module

- Use an integrated software package, specifically the applications included in the Microsoft Office suite
- Demonstrate marketable skills for enhanced employment opportunities
- Describe proper computer techniques for designing and producing various types of documents
- Demonstrate the common commands & techniques used in Windows desktop
- List the meaning of basic PC acronyms like MHz, MB, KB, HD and RAM
- Use WordPad and MSWord to create various types of documents
- Create headings and titles with Word Art
- Create and format spreadsheets, including the use of mathematical formulas
- Demonstrate a working knowledge of computer database functions, including putting, processing, querying and outputting data
- Define computer terminology in definition matching quizzes
- Use the Windows Paint program to alter graphics
- Use a presentation application to create a presentation with both text and graphics
- Copy data from one MS Office application to another application in the suite
- Use e-mail and the Internet to send Word and Excel file attachments
- Demonstrate how to use the Windows Taskbar and Windows Tooltips
- Explain how copyright laws pertain to data and graphics posted on the Internet
- Take the college computer competency test after course completion
- Follow oral and written directions and complete assignments when working under time limitations

Note: Although the Microsoft Office Module is not required to successfully complete this program, students interested in pursuing free Microsoft MOS certification may want to consider completing this Microsoft Office Module at no additional cost.

System Requirements:

Windows Users:

- Windows 8, 7, XP or Vista
- 56K modem or higher
- Soundcard & Speakers
- Firefox, Chrome or Microsoft Internet Explorer

Mac OS User:

- Mac OS X or higher (in classic mode)
- 56K modem or higher
- Soundcard & Speakers
- Apple Safari

iPad Users:

- Due to Flash limitations, eLearning programs are NOT compatible with iPads

Screen Resolution:

- We recommend setting your screen resolution to 1024 x 768 pixels.

Browser Requirements:

- System will support the two latest releases of each browser. When using older versions of a browser, users risk running into problems with the course software.
- Windows Users: Mozilla Firefox, Google Chrome, Microsoft Internet Explorer
- Mac OS Users: Safari, Google Chrome, Mozilla Firefox

Suggested Plug-ins:

- Flash Player
- Real Player
- Adobe Reader
- Java