Psychology

Scott Jensen, Chair

Degrees Offered

Bachelor of Arts
Master of Arts (see Graduate Catalog for information)

Majors Offered

Psychology

Minors Offered

Psychology
Child Psychology
Lifespan Development

The programs of study offered by the Psychology Department are designed to help the student understand the behavior of human beings and other organisms. Behavior is a complicated subject, whether it’s a high school student trying to solve mathematics problems or a puppy learning to retrieve. As a result, there are many ways to understand it. Behavioral variety is reflected in both the course offerings of our department and in the interests of the faculty. Students may study parenting, children learning moral concepts, adolescents, adults who are depressed or anxious, and people who have chronic health problems, all in one academic year.

This diversity of interests and activities is tied together by the faculty’s commitment to scientific inquiry. Throughout their coursework, students learn how to answer questions about behavior through empirical research and theoretical analysis.

Several objectives can be met by studying psychology at the University which includes increased understanding of behavior, career preparation, and post-graduate studies preparation.

Increased Understanding of Your Own and Others’ Behavior

Students interested in a liberal arts education may satisfy a desire for a better understanding of themselves and others through a major in psychology. The diversity of course, fieldwork and internship offerings provides students with opportunities to study and have first-hand experience with a wide range of human behaviors and problems. Beyond personal development, the knowledge and skills acquired from this approach to the major have application to a wide variety of activities that students may find themselves engaged in following graduation, including business, science, education, sports, and the arts.

Career Preparation

The department offers programs of study that provide the psychology major with psychology-related employment opportunities directly upon receiving the Bachelor’s degree. This involves specialization in a) applied behavior analysis which provides students skills to work with a variety of populations, or b) applications in business which provides students, in cooperation with the School of Business, skills in the use of psychological approaches in the personnel, training, and performance management areas of business and government.

Graduate and Professional School Preparation

Students interested in entering Masters and Doctoral programs in psychology or professional schools such as law and education have the opportunity to pursue an intensive series of course, practicum and research experiences that can significantly improve their chances of admission and later achievement. The program provides students with research and hands-on experience as early as the freshman year, so that by the time of graduation students may have authored or co-authored conference presentations and research papers and worked with a wide range of applied problems.

Whatever objectives students may select, they find that the department provides much more than traditional in-classroom instruction. There are opportunities for direct work with children and adults in a number of community agencies, institutions and businesses. Research experience is encouraged through one or more of the several ongoing research projects, and many courses have laboratory and fieldwork experiences associated with them. As a result, students can become a part of the continuing work of psychology.

Knowledge Base

• Students use the concepts, language, and major theories of the discipline to account for psychological phenomena

Research Methods

• Students identify and describe major methodologies in psychology and read and critically evaluate published research.
• Students analyze and interpret data.
• Students conduct independent research projects, including data collection and statistical analysis

Critical Thinking

• Students evaluate the quality of information and use empirical evidence to craft arguments.
• Students distinguish between scientific and pseudoscientific claims and use skepticism when considering the causes of behavior.

Application

• Students apply psychological concepts to interpret current events and solve real-world dilemmas, in the local community or in their own lives.

Values

• Students articulate ethical issues pertaining to human subjects research and design and defend an ethical study

Communication

• Students effectively communicate ideas via oral presentations and discussion facilitation.
• Students write clearly, persuasively, and in accordance with APA style

Sociocultural and International

• Students articulate how environment, power, privilege, and diversity shape human behavior and propose strategies for reducing prejudice and oppression

Bachelor of Arts Major in Psychology

Students must complete a minimum of 124 units with a Pacific cumulative and major/program grade point average of 2.0 in order to earn the bachelor of arts degree with a major in psychology.

I. General Education Requirements

Minimum 42 units and 12 courses that include:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PACS 001</td>
<td>What is a Good Society</td>
<td>4</td>
</tr>
<tr>
<td>PACS 002</td>
<td>Topical Seminar on a Good Society</td>
<td>4</td>
</tr>
<tr>
<td>PACS 003</td>
<td>What is an Ethical Life?</td>
<td>3</td>
</tr>
</tbody>
</table>

Note: 1) Pacific Seminars cannot be taken for Pass/No Credit. 2) Transfer students with 28 or more transfer units complete 2 additional General Education elective courses from below in place of taking PACS 001 and PACS 002.
One course from each subdivision below:

Social and Behavioral Sciences
IA. Individual and Interpersonal Behavior
IB. U.S. Studies
IC. Global Studies

Arts and Humanities
IIA. Language and Literature
IIB. Worldviews and Ethics
IIC. Visual and Performing Arts

Natural Sciences and Mathematics
IIIA. Natural Sciences
IIIB. Mathematics and Formal Logic
IIIC. Science, Technology and Society

or a second IIIA Natural Sciences course

Note: 1) No more than 2 courses from a single discipline may be applied to meet the requirements of the general education program.
2) In selecting courses to meet GE requirements, try to choose from the Biology, Literature, Mathematics and Philosophy offerings.

II. Diversity Requirement
Students must complete one diversity course (3-4 units)

Note: 1) Transfer students with 28 units or more transfer units prior to fall 2011 are encouraged but not required to complete a designated course prior to graduation. 2) Courses may be used also to meet general education and/or major/minor requirements.

III. College of the Pacific BA Requirement
Students must complete one year of college instruction or equivalent training in a language other than English.

Note: 1) Transfer students with sophomore standing are exempt from this requirement.

IV. Fundamental Skills
Students must demonstrate competence in:

Reading
Writing
Quantitative analysis

V. Breadth Requirement
Students must complete 64 units outside the primary discipline of the first major, regardless of the department who offers the course(s) in that discipline. (Courses include general education courses, transfer courses, CPCE/EXTN units, internships, etc.)

VI. Major Requirements
Minimum 45 units and 11 letter-graded courses that include:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PSYC 031</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 053</td>
<td>Behavior Change</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 105</td>
<td>Experimental Psychology</td>
<td>5</td>
</tr>
<tr>
<td>PSYC 125</td>
<td>History and Systems of Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 103</td>
<td>Statistical Inference in Behavioral Sciences (Preferred)</td>
<td>4</td>
</tr>
<tr>
<td>MATH 035</td>
<td>Elementary Statistical Inference</td>
<td></td>
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<tr>
<td>MATH 037</td>
<td>Introduction to Statistics and Probability</td>
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</tbody>
</table>

Select three of the following (PSYC 105 is a prerequisite for all of these):

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PSYC 107</td>
<td>Psychology of Learning</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 109</td>
<td>Physiological Psychology</td>
<td>4</td>
</tr>
</tbody>
</table>

PSYC 115 Cognitive Psychology
PSYC 129 Developmental Psychology
PSYC 169 Social Psychology

Three PSYC Electives (Three additional 100-level courses) 12

Note: 1) Elective courses that count toward the major are selected according to the interests of the student in consultation with an advisor in the department. 2) Psychology majors are also strongly encouraged to take one course in PSYC 197 – Independent Research, PSYC 087, PSYC 187 – Internship or PSYC 089, PSYC 189 – Practicum. 3) PSYC 103 or MATH 035 or MATH 037 must be taken prior to taking PSYC 105. 4) All courses must be graded “C-” or better to count towards the major.

Academic Structure of Options Within the Major

Increased Understanding of Your Own and Others’ Behavior

In addition to the eight courses specified for the major, three other psychology courses are selected according to the interests of the student and in consultation with an advisor in the department. The liberal arts student may concentrate in such subfields of psychology as behavioral, biological, cognitive, developmental, and social psychology.

Career Preparation - Applied Behavior Analysis

Students who select the applied behavior analysis program are required to complete the courses specified for the major, plus advised to complete the following: PSYC 107 - Psychology of Learning, PSYC 156 - Behavioral Medicine, and PSYC 158 - Behavioral Assessment. The behavior analysis program trains the student in four skill areas:

1. academic mastery of the content of behavior analysis;
2. learning how to apply behavioral techniques such as observation, reinforcement and data analysis;
3. developing and implementing behavior analysis programs; and
4. interacting effectively with community and social service agencies.

Career Preparation - Applications in Business

A student interested in the applications of psychology in business settings must complete all requirements for a psychology major. In addition, a selection of six courses in business is recommended. The specific courses are selected in consultation with an advisor. Relevant courses from which to select include the following (see course listings under Eberhardt School of Business for prerequisites required for each course):

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUSI 031</td>
<td>Principles of Financial Accounting</td>
<td>4</td>
</tr>
<tr>
<td>BUSI 107</td>
<td>Marketing Management</td>
<td>4</td>
</tr>
<tr>
<td>BUSI 109</td>
<td>Management and Organizational Behavior</td>
<td>4</td>
</tr>
<tr>
<td>BUSI 134</td>
<td>Conflict Management</td>
<td>4</td>
</tr>
<tr>
<td>BUSI 141</td>
<td>Marketing Research</td>
<td>4</td>
</tr>
<tr>
<td>BUSI 147</td>
<td>Consumer Behavior</td>
<td>4</td>
</tr>
<tr>
<td>BUSI 170</td>
<td>Human Resources Management</td>
<td>4</td>
</tr>
<tr>
<td>BUSI 175</td>
<td>Leadership and Change</td>
<td>4</td>
</tr>
</tbody>
</table>

Note: this is not equivalent to a minor in business. See the appropriate catalog section if you wish to obtain a minor in business or management.

Graduate and Professional School Preparation

Students who plan to go on to graduate study in psychology or to use psychology as a basis for advanced professional study may select from the following sequence of courses in addition to the major requirements:
Minor in Psychology

Students must complete a minimum of 24 units and 6 courses with a Pacific minor grade point average of 2.0 in order to earn a minor in psychology.

Minor Requirements:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYC 031</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 053</td>
<td>Behavior Change</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 103</td>
<td>Statistical Inference in Behavioral Sciences</td>
<td>4</td>
</tr>
<tr>
<td>PSYC Electives</td>
<td>(3 additional 100-level courses excluding PSYC 185A, PSYC 185B, PSYC 187, PSYC 189)</td>
<td>12</td>
</tr>
</tbody>
</table>

Note: 1) These electives must be taken at Pacific. 2) All courses must be graded “C-” or better to count towards the minor.

Minor in Child Psychology

Students must complete a minimum of 20 units and 5 courses with a Pacific minor grade point average of 2.0 in order to earn a minor in child psychology.

Minor Requirements:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PSYC 029</td>
<td>Child Development</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 053</td>
<td>Behavior Change</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 131</td>
<td>Adolescence and Young Adulthood</td>
<td>4</td>
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Select two of the following:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>PSYC 087</td>
<td>Internship</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 154</td>
<td>Child Mental Health</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 155</td>
<td>Couples and Family Therapy</td>
<td></td>
</tr>
<tr>
<td>PSYC 187</td>
<td>Internship</td>
<td>4</td>
</tr>
<tr>
<td>SPED 123</td>
<td>The Exceptional Child</td>
<td></td>
</tr>
</tbody>
</table>

Note: 1) If selected, PSYC 087 and PSYC 187 must be taken for a total of 4 units. 2) All courses must be graded “C-” or better to count towards the minor.

Minor in Lifespan Development

Students must complete a minimum of 20 units and 5 courses with a Pacific minor grade point average of 2.0 in order to earn a minor in lifespan development.

Minor Requirements:

<table>
<thead>
<tr>
<th>Course</th>
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<th>Units</th>
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<tbody>
<tr>
<td>PSYC 029</td>
<td>Child Development</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 131</td>
<td>Adolescence and Young Adulthood</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 133</td>
<td>Adulthood and Aging</td>
<td>4</td>
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Select two of the following:

<table>
<thead>
<tr>
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<th>Title</th>
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<tr>
<td>ANTH 053</td>
<td>Cultural Anthropology</td>
<td></td>
</tr>
<tr>
<td>PSYC 031</td>
<td>Introduction to Psychology</td>
<td></td>
</tr>
<tr>
<td>PSYC 066</td>
<td>Human Sexuality</td>
<td></td>
</tr>
<tr>
<td>PSYC 087</td>
<td>Internship</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 187</td>
<td>Internship</td>
<td>4</td>
</tr>
<tr>
<td>SOCI 127</td>
<td>Family and Marriage</td>
<td></td>
</tr>
</tbody>
</table>

Note: 1) If selected, PSYC 087 and PSYC 187 must be taken for a total of 4 units. 2) All courses must be graded “C-” or better to count towards the minor.
PSYC 103. Statistical Inference in Behavioral Sciences. 4 Units.

Students examine the applications and limitations of statistical methods of inference in behavioral research. Topics include measurement, data collection, parameter estimation and confidence intervals, hypothesis testing, Type I and Type II errors and power. Parametric and non-parametric data analysis techniques and graphic analysis are studied and include chi square, t-test and analysis of variance. Students learn how to use "eyeball" estimation procedures to facilitate understanding of statistical concepts, and learn how to use spread sheet and statistical computer programs for data analysis. Prerequisite: MATH 003 or appropriate score on the Mathematics Placement Test. PSYC 103 (or MATH 035 or MATH 037) with a grade of C- or better is required for psychology majors. Sophomore standing.

PSYC 105. Experimental Psychology. 5 Units.

This course is introduces to research methodology in the field of psychology. The course covers experimental design and statistical analysis appropriate to various designs and includes conducting reviews of research literature, writing research proposals and reports, and research ethics. All students use word processing and statistical analysis computer programs. All students complete an individual experimental research project. This course is required for psychology majors. Prerequisite: PSYC 103 or MATH 035 or MATH 037 with a grade of C- or better. Recommended. PSYC 031 and/or PSYC 053 taken in sophomore year. Sophomore standing.

PSYC 107. Psychology of Learning. 4 Units.

This course focuses on the scientific investigation of learning and behavior. Both experimental and related theoretical developments are considered, as well as applications of the basic principles of learning to issues of social significance. Prerequisite: PSYC 105 or permission of instructor.

PSYC 109. Physiological Psychology. 4 Units.

This course investigates the relationship of the nervous system to mental processes and behavior. Lecture and laboratory exercises introduce current research and methodology, clinical application, and hands-on demonstration of this rapidly developing field. Topics include the evolution and development of the human brain, neuroanatomy and neural transmission, biological rhythms, sensory and motor systems, sleep, emotional control, brain damage and disease, and many others. Prerequisite: PSYC 150 with a C- or better, or permission of instructor.

PSYC 110. Psychoactive Drugs and Behavior. 4 Units.

PSYC 110 is an intensive study of how drugs affect psychological processes and behavior. The course covers neuroanatomy, neuron physiology, basic psychopharmacological terminology, commonly used and recreational drugs, major psychotherapeutic drugs and the interaction between drug treatments and various psychotherapeutic and behavior change techniques. Prerequisite: sophomore standing or above is required.

PSYC 111. Abnormal Psychology. 4 Units.

Students study the causes, classification and treatment of abnormal behavior. The class is of interest to any student who is curious about people and what they do, especially the unusual things that people do. The class addresses the distinction between being different and having a mental disorder, what we can change and what we cannot change, psychological testing, the DSM classification system, the role of genetic factors in abnormal behavior as well as the current status of empirically validated psychosocial and pharmacological treatments for mental disorders. The class is highly recommended for any student who aspires to go into clinical psychology, marriage family counseling, child psychology, forensic psychology, social work, or pharmacy.

PSYC 115. Cognitive Psychology. 4 Units.

PSYC 115 is an introduction to the field of cognitive psychology that focuses on the mental processes that underlie thinking, remembering/forgetting, perception, attention, knowledge, language, and problem solving. Lecture and laboratory activities emphasize the current research on cognition, as well as applications of research findings. Prerequisite: PSYC 105 or permission of instructor.

PSYC 125. History and Systems of Psychology. 4 Units.

This senior capstone course traces the development of "modern psychology" from its birth in early philosophy to its founding as an independent discipline in the late 1800s to its current status with an emphasis on modern behavioralism and cognitive psychology as the two dominant theoretical systems in psychology. In addition, other modern developments such as evolutionary psychology and cognitive neuroscience are discussed. The course focuses on specific content areas and ideas in psychology and the individuals who are most credited with their development. Prerequisites: PSYC 105 and junior standing or permission of instructor. The course is required for psychology majors and it is recommended for the senior year.

PSYC 129. Developmental Psychology. 4 Units.

Students compare major models and specific theories of the development of behavior and examine an overview of research methodology that includes those methods particularly appropriate to the study of developmental phenomena. The major emphasis is on current empirical theory and data about child development. Field observation of children and/or adolescents is required. Prerequisite: PSYC 105 or permission of the instructor.

PSYC 131. Adolescence and Young Adulthood. 4 Units.

PSYC 131 is the psychosocial examination of the transition from childhood to adulthood. Topics include conceptual issues and moral development, sexual and personality changes, role conflicts and problems unique to adolescence. The material is selected to interest both majors who plan to work with adolescents and to students who want to better understand their own life cycle phase or their future role as parents of adolescents. Prerequisites: sophomore standing is required.

PSYC 133. Adulthood and Aging. 4 Units.

This course provides an overview of developmental issues that occur in the adult and aging population. Topics include developmental theories, research techniques, and the biological, psychological, and sociological aspects of aging. Some emphasis is placed on providing psychological services to the aging population. Some field experiences in nursing homes will be part of the course. Sophomore standing is required.

PSYC 134. Psychological Assessment. 4 Units.

This course introduces students to psychological research on the experiences, behaviors, and abilities of men and women. A comparative approach is used to examine historical, contemporary, and cultural differences. Topics include gender differences and similarities in mental abilities, social behavior, mental health issues, and experiences of men and women in the workplace. Sophomore standing.

PSYC 144. Psychological Assessment. 4 Units.

An overview of the statistical underpinnings of psychological tests which include reliability, validity, and test creation as well as an overview of the most commonly administered psychological tests and their appropriate applications and use. The ethics of test creation and administration as well as practical application of various assessment techniques are discussed. This class is recommended for students who plan to pursue graduate training in clinical psychology. Prerequisite: PSYC 103.
PSYC 152. Parenting. 4 Units.
This course discusses the role of parents in society as well as what is effective parenting. The course explores the available research on effective parenting as well as discussing and experiencing effective interventions to improve parenting skills. The course is intended to focus on both personal application as well as larger scale societal issues and interventions for others. Prerequisite: Sophomore standing.

PSYC 154. Child Mental Health. 4 Units.
Students study the casual factors that relate to the development of mental health problems in children. The emphasis is on the environmental issues associated with specific disorders that include behavioral learning histories, cognitive behavioral patterns, and family/parenting issues. Socio-cultural contributions to mental health are presented in addition to discussion of Evidence-Based Treatments for commonly diagnosed disorders and problems in childhood. Sophomore standing.

PSYC 155. Couples and Family Therapy. 4 Units.
This course is an introduction to couples and family therapy, theory, and practice. Behavioral psychology is used as the foundation, and students learn a broad systems perspective. Students are familiarized with the history of family therapy, as well as current family therapy strategies. Sophomore standing.

PSYC 156. Behavioral Medicine/Health Psychology. 4 Units.
Students examine the overlapping fields of behavioral medicine and health psychology. The course focuses on a biosocial model of illness, how this model compares to a more traditional biomedical model of illness, and the applications of a biosocial model to the treatment and prevention of chronic illnesses. Topics include health promotion and medical compliance. This course may interest any student who aspires to become a health care professional in health psychology, clinical psychology, medicine, pharmacy, physical therapy, or nursing. Prerequisite: PSYC 053. Junior or Senior standing recommended.

PSYC 158. Behavioral Assessment. 4 Units.
An overview of behavioral assessment techniques is examined. Specific topics include data collection, inter-observer agreement, social validity, treatment integrity, functional assessment, stimulus preference assessment, indirect assessment techniques, and functional analysis procedures. Prerequisites: PSYC 053 and permission of instructor.

PSYC 166. Psychology of Personality. 4 Units.
This course is a survey of contemporary personality theories and research. The course focuses on the study of individual differences and how these differences are explained and measured using different personality assessment devices. This course is recommended for students who aspire to enroll in graduate study of clinical psychology, school psychology, marriage and family counseling, child development, or social work. It may interest those who want to learn more about themselves and the diversity of the species. Junior or Senior standing recommended.

PSYC 167. Psychology and the Law. 4 Units.
An examination of the role of psychology and psychologists in the judicial system. Topics include the selection of jurors, accuracy and impact of eyewitness testimony, biases of investigation and identification methods, insanity and competency to stand trial, hypnosis and lie detection, expert psychological testimony, effects of post-traumatic stress, abuse, and neglect, and predictions of dangerousness. Students will regularly attend actual trials in lieu of discussion periods.

PSYC 169. Social Psychology. 4 Units.
Students study the interaction of social and psychological factors (how psychological factors affect group behavior and how social factors affect individual behavior). This course is primarily for psychology majors and is taught with an emphasis on research methods in social psychology. Prerequisite: PSYC 105 or permission of the instructor.

PSYC 183. Research Design. 4 Units.
This course is the design and analysis of research using single subject and group designs. Prerequisite: PSYC 105 and permission of instructor.

PSYC 187. Internship. 1-4 Unit.
This internship course gives experiences in a work setting and is contracted on an individual basis. PSYC 187 represents advanced internship work that involves increased independence and responsibility. Students may register for only one course listed below in any semester and may receive no more than four units of credit for any of these courses. Pass/no credit is the only grading.

PSYC 189. Practicum. 1-4 Unit.
The practicum offers non-classroom experiences in activities related to the curriculum under conditions that is determined by the appropriate faculty member. PSYC 189 represents advanced practicum work which involves increased independence and responsibility. Students may register for only one course listed below in any semester and may receive no more than four units of credit for any of these courses. Pass/no credit is the only grading.

PSYC 191. Independent Study. 1-4 Unit.

PSYC 195. Seminar. 4 Units.

PSYC 197. Independent Research. 1-4 Unit.

Psychology Faculty
Scott A. Jensen, Associate Professor and Chair, 2006, BS, Brigham Young University, 1998; MS, Colorado State University, Fort Collins, 2003; PhD, 2004.

Paul Bulakowski, Assistant Professor, 2011, BA, Fairfield University 2003; PhD, University of California, Davis, 2009

Elizabeth Graham, Assistant Professor, 2012, B.S., Biology, Cornell University, 1995; M.S. Exercise Science, Smith College, 1999; Ph.D. Psychology, Claremont Graduate University, 2011

Gary N. Howells, Professor, 1971, BA, Oregon State University, 1964; MA, University of Utah, 1970; PhD, 1971.

Carolynn S. Kohn, Associate Professor, 2004, BA, University of California at Santa Barbara, 1991; MA, Hahnemann University, 1996; PhD, MCP-Hahnemann University, 2000.

Matthew P. Normand, Associate Professor, 2007, BA, Western New England College, 1997; MA, Western Michigan University, 1999; MS, Florida State University, 2002; PhD, 2003.