

Bachelor of Arts in Psychology Completion Program

Degree Type

Bachelor of Arts

(Online + Low-residency)

The Bachelor of Arts in Psychology (BAP) is a degree-completion program, available to students who have completed a minimum of 75 quarter units (50 semester units) of prior college-level work. Rooted in the field of transpersonal psychology, the program provides students with broad exposure to the humanistic and scientific approaches to the study of human cognition, emotions, and behavior. Students tailor the program to their interests and goals by developing an individually designed Concentration to focus their studies and prepare for graduate school or their transition to a professional career.

Courses are offered online, with faculty serving as facilitators and tutors. Each quarter students also attend at least one classroom session on campus, participate in a field trip to a site relevant to the study and application of psychology, or engage in a University-sponsored webinar to complement their online courses.

Program Learning Outcomes

Upon successful completion of the Bachelor of Arts in Psychology program, students will be able to:

- Define and compare a broad range of psychological theories, perspectives, methods, and research findings, including those of Transpersonal Psychology and Systems Theory.
- Employ best practices of psychological research methodology in their consumption, design, and conduct of basic psychological research.
- Apply psychological theories and methods in addressing a problem or issue at an individual or group level.
- Communicate effectively using a variety of media and genres to meet the needs of the situation and intended audience across a range of personal and professional purposes and settings.
- Reflect upon their own whole-person development, including growth in mind, body, spirit, creativity, and community, and identify opportunities for continuing development.

Degree Requirements

To receive a Bachelor of Arts in Psychology degree, students must successfully complete 180 quarter units including transfer credit earned at other colleges or universities. The following are specific degree requirements:

- **48 units in General Education**
- **45 units in Core Courses**
- **6 units in Capstone Project**
- **81 units in Elective Courses**

At least 48 quarter units of the degree must be completed at Sofia University. Across units earned at Sofia and elsewhere, students must complete a minimum of 48 "upper division" units. The Capstone Project cannot be fulfilled by transfer units and must be completed at Sofia.

General Education (48 units)

The General Education requirement consists of the following content areas:

- **9 units in English and Communication**
- **6 units in Mathematical Reasoning**
- **12 units in Arts and Humanities**
- **12 units in Social Sciences**
- **9 units in Physical and Natural Sciences**

Transfer students with an associate degree from a California community college who completed the Intersegmental General Education Transfer Curriculum (IGETC), or equivalent, are waived from taking additional General Education coursework at Sofia. Students who did not complete an associate degree will have a transcript audit conducted to determine remaining General Education courses are required to complete the degree.

English and Communication (9 units)

Students must complete coursework in composition, critical thinking (or advanced composition), and oral communication from the following list (or equivalents):

Item #	Title	Credits
ENG100	Written Communication	3.0
ENG101	Oral Communication	3.0
	ENG102 or ENG190	3

Mathematical Reasoning (3 units)

Students must complete coursework in basic mathematics drawn from the following list (or equivalents):

Item #	Title	Credits
MAT100	College Algebra	3.0
MAT101	Finite Math	3.0
MAT102	Liberal Arts Mathematics	3.0

Arts and Humanities (9 units)

Students must complete coursework in the arts and humanities drawn from the following list (or equivalents):

Item #	Title	Credits
HUM100	Art and Society	3.0
HUM101	Mythology and Symbolism	3.0
HUM102	Ethics and Public Policy	3.0
HUM190	Special Topics in the Humanities	3.0

Social Sciences (9 units)

Students must complete coursework in the social sciences drawn from the following list (or equivalents):

Item #	Title	Credits
SOC100	Cultural and Media Studies	3.0
SOC101	History of Government	3.0
SOC102	Religion and Society	3.0
SOC190	Special Topics in the Social Sciences	3.0

Physical and Natural Sciences (6 units)

Students must complete coursework in biology, chemistry, or general physical sciences drawn from the following list (or equivalents):

Item #	Title	Credits
PNS100	Human Biology	3.0
PNS102	General Biology	3.0
PNS103	Introduction to Physical Science	3.0
PNS104	General Chemistry	3.0
PNS190	Special Topics in the Physical and Biological Sciences	3.0

Core Courses (45 units)

The Core provides broad exposure to the field of psychology and consists of the following required courses:

Item #	Title	Credits
PSB100	Introduction to Psychology	3.0
PSB101	Statistical Reasoning in Psychology	3.0
PSB102	Methods of Inquiry	3.0
PSB103	Personality Theory	3.0
PSB201	Abnormal Psychology	3.0
PSB202	Professional Ethics	3.0
PSB203	Foundations of Transpersonal Psychology	3.0
PSB301	Biological Basis of Behavior	3.0
PSB302	Developmental Psychology	3.0
PSB303	Perception and Cognition	3.0
PSB304	Neurodiversity	3.0
PSB401	Somatic Psychology	3.0
PSB402	Social Psychology	3.0
PSB403	Meditation and Mindfulness	3.0
PSB404	Psychology and Social Structure	3.0

Concentration Courses (12 units)

Students propose a Concentration that combines courses from the elective pool in psychology, Core and/or Elective Courses in business administration, and independent study in a focused field of psychology. Examples of Concentrations include, but are not limited to, *Community and Counseling Psychology*, *Psychology Research*, *Media Psychology*, and *Organizational Psychology*.

Capstone Project (6 units)

The Capstone Project is divided into two courses; it is designed to enable students to integrate the knowledge and skill they have developed as they prepare to graduate and either continue on to a master's degree or advance in their careers. The two Capstone courses are the following:

Item #	Title	Credits
PSB498	Psychology Capstone I	3.0
PSB499	Psychology Capstone II	3.0

Elective Courses (36 units)

Students complete their bachelor's program by selecting courses that complement their Concentration, prepare them for additional career options and advanced study in the field, and enable them to explore new areas of interest. In addition to the courses below, students may select Elective Courses from the BS in Business Administration program with the Program Chair's approval:

Item #	Title	Credits
PSB405	The Impact of Technology on Human Wellbeing	3.0
PSB406	The Psychology of Drug Use	3.0
PSB407	Psychology and Gender	3.0
PSB408	The Psychology of Sustainability	3.0
PSB409	The Psychology of Disability	3.0
PSB410	Psychology and Public Health	3.0
PSB411	The Psychology of Pain	3.0
PSB412	Child Psychology	3.0
PSB413	The Psychology of Adolescence	3.0
PSB414	Human Sexuality	3.0
PSB415	Psychology of Delinquency	3.0
PSB416	Psychology of Emotion	3.0
PSB417	Sports Psychology	3.0
PSB418	Forensic Psychology	3.0
PSB419	Leadership and Transpersonal Psychology	3.0
HUM490	Advanced Topics in the Humanities	3.0
SOC490	Advanced Topics in the Social Sciences	3.0
Total Credits		135

Notes

For current students enrolled in the BAP, please see the 2020/2021 Catalog.