

Psychological Science



University of
Mary Washington

The Psychological Science Program

The University of Mary Washington's Department of Psychological Science offers a future-focused curriculum taught by engaging faculty in updated facilities.

- Courses in **general psychology**, **statistics**, and **research methods** prepare you for scholarship steeped in critical thinking.
- **Content courses** explore the core areas of psychology - development, cognition, clinical, biological and human diversity. You might study topics such as learning and motivation, aging neuroscience, psychopharmacology, and cultural psychology.
- **Elective courses** include forensic psychology, positive psychology, health psychology, and sport psychology.
- **Research seminar** topics have included personality and social media, trauma and sexual assault, helicopter parenting, objectification and body image, and animal learning.
- **Individual research experiences** with faculty have included study of:
 - Memory in context
 - Stress-induced eating
 - Spatial learning in animals
 - Attitudes toward the environment
 - Sleep deprivation effects
- **Internships and community service learning** help you meet major requirements while gaining professional experience.



Your professors

- **You'll study with 12 full-time faculty**, nationally and internationally recognized in their fields.
- **They're authorities** on human memory, romantic relationships, mindfulness, eating behaviors, trauma, feminism, sleep, and effective parenting.
- **They're published in top journals.** They've written popular books and textbooks, and they're in demand to provide insightful media commentary.
- **They are active on campus and in the community** as career and honor advisors and supporters of local charities.

Why study psychology at UMW?

- **Faculty are committed to teaching excellence** and active engagement with students in small classes as well as beyond the classroom.
- **Our supportive student-faculty community** fosters academic and personal growth.
- **Our curriculum emphasizes high-impact experiences** such as independent research, internships, and community service.
- **Mercer Hall was renovated** in 2015 to take the Department of Psychological Science into the future.
- **Our alumni land rewarding jobs** and earn admission to top graduate schools.





Study “In-Broad” at the New England Center for Children (NECC)

- A school outside of Boston that provides state-of-the-art education and individualized treatment to children with autism and other disabilities.
- The NECC publishes research to further the understanding and treatment of autism and other disabilities.

UMW students can:

- **Spend a semester** living and working at the NECC.
- **Complete on-site coursework** and internship hours for UMW credit.
- **Work hands-on with children** at the center and develop targeted curriculum and behavioral management programs for individuals.



Specialized, updated spaces

Mercer Hall, home of the Department of Psychological Science, was redesigned specifically to meet the needs of our majors. In addition to classrooms and faculty offices, the building includes:

- an observation lab with one-way mirrors
- a physiology lab with innovative equipment
- an eye-tracker lab with state-of-the-art equipment
- an animal lab
- collaboration rooms
- computer labs



Brain on, hands on

Our expert faculty will challenge and engage you, but that's just a start. Your greatest leaps may come outside the classroom, as you transform knowledge into rewarding professional experience.

Hands-on learning

- All students do at least one research project as part of the major.
- All students can collaborate with faculty mentors on innovative research.
- In the last few years, more than 40 students have teamed up with faculty to publish articles in peer-reviewed journals, and more than 100 students have presented papers at national conferences.
- Many students receive funding to attend the Virginia Association for Psychological Science conference and other regional meetings.

Real-life Experience

Explore internship opportunities at local agencies, including:

- Brain Injury Services
- Big Brothers Big Sisters
- Capital Caring Hospice
- Ivy Rehab for Kids
- Kids Station Teaching Assistant
- Lighthouse Counseling
- Virginia Department of Juvenile Justice

Community-centered Involvement

Explore service opportunities at local agencies, including:

- Fredericksburg Parks and Recreation
- Habitat for Humanity
- Head Start
- Mary Washington Hospital
- Moss Free Clinic
- Paramount Senior Living
- Thurman Brisben Homeless Shelter

Find your niche

- Join Psi Chi, our national honor society – the UMW chapter has won multiple awards including honors for the best chapter and the best faculty advisor.
- Get involved in our department as a psychology representative, student aide, or tutor.
- Student-sponsored events include career and grad school forums, résumé workshops, research symposiums, a departmental picnic, and social gatherings.



A hand up

Our department offers our top majors thousands of dollars in scholarships annually. Good grades play a role, but they're not everything – scholarship candidates can also distinguish themselves through rigorous research, community service, or an intention to teach.

Our alumni

UMW psychology majors achieve academic, career, and personal success. They can be found as:

- professors and research scientists
- clinical psychologists, social workers, and counselors
- teachers
- lawyers and doctors
- occupational and physical therapists
- nonprofit innovators
- and professionals in human resources, advertising, and management.

"The strong research foundation I received in the psychology department at UMW **is a big part of why I've succeeded** in the roles I've had. All of my experiences at Mary Washington, be they on the softball field, in the classroom, or in Psi Chi, the international honor society in psychology, have shaped me into who I am."

Sarah Axelson '08

*Vice President, Advocacy
Women's Sports Foundation*



Learn more: umw.edu/psychology
Visit: umw.edu/visit
Apply: umw.edu/apply

University of
Mary Washington