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** and **research methods** prepare you for deeper scholarship.
- **Content courses** cover developmental, cognitive, biological, and abnormal psychology. You might study psychology of aging, learning and motivation, cognitive neuroscience, psychopharmacology, personality, and more.
- **A yearlong statistics sequence** prepares majors for advanced academic work and diverse careers.
- **Elective courses** include forensic psychology, psychology of women, psychology of mass trauma, positive psychology, health psychology, and sport psychology.
- **Senior seminar** topics have included personality and social media, trauma and sexual assault, helicopter parenting, objectification and body image, and animal learning.
- **Individual research** means working directly with faculty on a yearlong project.
- **Internships and community service learning** let you meet major requirements while gaining professional experience.

Your professors

- **You'll study with** 14 full-time faculty, nationally and internationally recognized in their fields.
- **They're authorities on** human memory, romantic relationships, mindfulness, eating behaviors, cheating, helicopter parenting, trauma and sexual assault, objectification and sexualization, feminism, sleep, and parenting children with autism.
- **They're published in top journals.** They've written books and textbooks. And they're in demand to provide insightful media commentary.

Why study psychology at UMW?

- **Faculty are committed to teaching** excellence and active engagement with students in small classes and 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 international study.
- **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.

Adventure in Nepal

Psychology majors can study community engagement in Kathmandu, Nepal, amid the towering Himalayas. Delve into Nepali culture, connect with Nepalis from all walks of life, discover the rewards of international service, and develop the skills to be an effective partner in change.

In Kathmandu, you'll work to strengthen relationships with children's charities, environmental groups, historic preservation organizations, and NGOs supporting women. You'll also visit storied architectural and religious sites and see some of the world's highest mountains.

The two-week December-January trip is part of a three-credit, eight-week course open to all UMW students.

Specialized, updated spaces

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

- an animal lab
- an observational lab with one-way mirrors
- collaboration rooms
- computer labs
- a physiology lab with innovative equipment
- and an eye-tracker lab.

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.

In-depth learning

- All students do at least two research projects as part of the major.
- 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 90 plus students have presented papers at national or international conferences.
- Many students receive funding from UMW to attend the Association for Psychological Science conference and other national forums.

Experience

Explore internship opportunities at local agencies including:

- Lighthouse Counseling
- Fredericksburg Counseling Services
- Capital Caring Hospice
- Brain Injury Services
- Commonwealth's attorney offices in Fredericksburg and Stafford
- Virginia Department of Juvenile Justice
- Big Brothers Big Sisters

Help others soar

- Exercise your mentoring skills in a weeklong camp for children of incarcerated parents.
- Spend a semester at the New England Center for Children, learning and practicing applied behavior analysis to help children with autism.

Find your niche

- Get involved in our department as a psychology representative or student aide.
- 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.
- Student-sponsored events include career and grad school forums, resume 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.

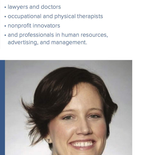
Our alumni

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



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