

MENTAL HEALTH

Psychology, Bachelor Arts with a Concentration in Mental Health Requirements

Code	Title	Credits
GENERAL EDUCATION REQUIREMENTS - 34 Hours Required		
Minimum of "C-" required		
Fundamental Skills		15
Writing – 6 hrs.		
ENGL 1150	ENGLISH COMPOSITION I	
ENGL 1160	COLLEGE RESEARCH AND INFORMATION LITERACY	
Oral Communication – 3 hrs.		
CMST 1110	PUBLIC SPEAKING FUNDS	
or CMST 2120	ARGUMENTATION AND DEBATE	
Quantitative Literacy – 3 hrs.		
MATH 1120	INTRODUCTION TO MATHEMATICAL AND COMPUTATIONAL THINKING	
or MATH 1130	QUANTITATIVE LITERACY	
or MATH 1140	QUANTITATIVE REASONING FOR HEALTHCARE PROFESSIONALS	
or MATH 1300	COLLEGE ALGEBRA WITH SUPPORT	
Data Literacy – 3 hrs.		
Select one from the following:		
STAT 1100	DATA LITERACY AND VISUALIZATION	
STAT 1530	ELEMENTARY STATISTICS	
Until Fall 2028, students can satisfy this requirement with an approved data literacy course, or any approved natural or social science general education course.		
Breadth of Knowledge		13
Social Science – 3 hrs.		
Humanities – 3 hrs.		
Natural & Physical Science (must complete a lab) – 4 hrs.		
Arts – 3 hrs.		
Individual and Social Responsibility		6
Cultural Knowledge – 3 hrs.		
Civic Knowledge and Engagement – 3 hrs.		
MAJOR REQUIREMENTS		
**Course will satisfy UNO's General Education requirement		
^Course requires pre-requisite(s)		
Psychology Major with a Concentration in Mental Health - 38+ Hours Required		
Required Coursework		23
The first six courses should be taken early in the student's degree program. Concepts learned in these courses will benefit the student in upper-level Psychology classes.		
PSYC 1010	INTRODUCTION TO PSYCHOLOGY I (**)	
PSYC 1020	INTRODUCTION TO PSYCHOLOGY II (^)	
PSYC 2000	CAREER PATHS IN PSYCHOLOGY (^)	
PSYC 2040	EXPLORATIONS IN THE SCIENCE OF PSYCHOLOGY (^)	
PSYC 3130	STATISTICS FOR THE BEHAVIORAL SCIENCES (^)	
or STAT 3000	STATISTICAL METHODS I	

PSYC 3140	RESEARCH METHODS IN PSYCHOLOGY (^)	
PSYC 3410	CLINICAL PSYCHOLOGY (^)	
PSYC 4440	ABNORMAL PSYCHOLOGY (^)	
PSYC 4890	SENIOR ASSESSMENT IN PSYCHOLOGY (^)	
Select two 3-credit (PSYC) Mental Health Concentration courses from below		6
PSYC 3430	PERSONALITY AND ADJUSTMENT (^)	
PSYC 4230	BEHAVIORAL NEUROSCIENCE (^)	
PSYC 4450	PERSONALITY THEORIES (^)	
PSYC/GERO 4470	MENTAL HEALTH AND AGING (^)	
PSYC 4560	FORENSIC PSYCHOLOGY (^)	
PSYC 4590	PSYCHOLOGY OF EXCEPTIONAL CHILDREN (^)	
PSYC 4680	POSITIVE PSYCHOLOGY, HEALTH, & WELL-BEING (^)	
PSYC 4930	SPECIAL TOPICS IN PSYCHOLOGY (Mental Health topic)	
PSYC 4960	INDEPENDENT STUDY IN PSYCHOLOGY (^ Mental Health topic)	
PSYC 4990	SENIOR THESIS (^ Mental Health topic)	
Select four 3-credit (PSYC) Psychology courses from four of the five areas below. Some courses taken for the selected concentration will also be applied toward this requirement. See an advisor to plan accordingly.		12
Applied Psychology		
PSYC 3510	EDUCATIONAL PSYCHOLOGY (^)	
PSYC 4020	LEARNING (^)	
PSYC 4310	PSYCHOLOGICAL AND EDUCATIONAL TESTING (^)	
PSYC 4510	PSYCHOLOGY IN THE SCHOOLS (^)	
PSYC 4560	FORENSIC PSYCHOLOGY (^)	
PSYC 4630	ORGANIZATIONAL PSYCHOLOGY (^)	
PSYC 4640	PERSONNEL PSYCHOLOGY (^)	
Social/Personality/Developmental Psychology		
PSYC/SOC 3450	SOCIAL PSYCHOLOGY (^)	
PSYC 3520	CHILD PSYCHOLOGY (^)	
PSYC 3540	ADOLESCENT PSYCHOLOGY (^)	
PSYC 4450	PERSONALITY THEORIES (^)	
PSYC/GERO 4460	PSYCHOLOGY OF ADULT DEVELOPMENT AND AGING (^)	
Mental Health		
PSYC 3410	CLINICAL PSYCHOLOGY (^)	
PSYC 3430	PERSONALITY AND ADJUSTMENT (^)	
PSYC 4440	ABNORMAL PSYCHOLOGY (^)	
PSYC/GERO 4470	MENTAL HEALTH AND AGING (^)	
PSYC 4570	BEHAVIOR ANALYSIS AND INTERVENTIONS (^)	
PSYC 4590	PSYCHOLOGY OF EXCEPTIONAL CHILDREN (^)	
PSYC 4800	LAW & PSYCHOLOGY: ETHICS, RESEARCH & SERVICE (^)	
Cognitive Neuroscience		
PSYC 4070	COGNITIVE PSYCHOLOGY (^)	
PSYC 4090	COGNITIVE NEUROSCIENCE (^)	
PSYC 4210	SENSATION AND PERCEPTION (^)	
PSYC 4230	BEHAVIORAL NEUROSCIENCE (^)	
PSYC/BIOL 4270	ANIMAL BEHAVIOR (^)	

PSYC/BIO 4320	HORMONES & BEHAVIOR (^)	
PSYC 4520	PSYCHOLOGY OF LANGUAGE (^)	
Additional Perspectives		
PSYC/PHIL 3650	PHILOSOPHY OF MIND (^)	
PSYC 4030	CONCEPTUAL ANALYSIS OF BEHAVIOR (^)	
PSYC 4010	HISTORY OF PSYCHOLOGY (^)	
PSYC/PSCI 4110	POLITICAL PSYCHOLOGY (^)	
PSYC/BLST 4150	AFRICAN AMERICAN PSYCHOLOGY (** ^)	
PSYC/PHIL 4250	LIMITS OF CONSCIOUSNESS (^)	
PSYC 4680	POSITIVE PSYCHOLOGY, HEALTH, & WELL-BEING (^)	
PSYC 4960	INDEPENDENT STUDY IN PSYCHOLOGY (^)	
PSYC 4990	SENIOR THESIS (^) ¹	
Select one 3-credit (PSYC) Psychology Laboratory course at the 4000 Level		3
PSYC 4024	LABORATORY IN PSYCHOLOGY: LEARNING (^)	
PSYC 4074	LABORATORY IN PSYCHOLOGY: COGNITION, SENSATION AND PERCEPTION (^)	
PSYC 4234	LABORATORY IN PSYCHOLOGY: BEHAVIORAL NEUROSCIENCE (^)	
PSYC/BIO 4280	ANIMAL BEHAVIOR LABORATORY (^)	
PSYC 4414	LABORATORY IN APPLIED BEHAVIOR ANALYSIS (^)	
PSYC 4544	LABORATORY IN DEVELOPMENTAL PSYCHOLOGY (^)	
PSYC 4644	LABORATORY IN PSYCHOLOGY: SOCIAL/ INDUSTRIAL-ORGANIZATIONAL (^)	
PSYC 4990	SENIOR THESIS (^) ²	
Select two 3-credit (PSYC) Psychology courses at the 3000-4000 level. Courses taken for the selected concentration can also be applied toward this requirement. See an advisor to plan accordingly.		6
College Breadth (choose one option)		15-30+
Option 1: Complete any UNO minor or undergraduate certificate - 15+ hours		
Option 2: Additional General Education Requirements - 18+ hours		
Additional quantitative literacy - 3 hours		
Additional Social Science Gen. Ed. from another Discipline - 3 hours		
Additional Humanities Gen. Ed. from another Discipline - 3 hours		
HIST 1000 and HIST 1010 - 6 hours		
Additional Nat. and Physical Science w/ or without Lab - 3-5 hours		
Option 3: CAS comprehensive major (50+ hours) OR any second UNO major (30+ hours)		
Bachelor of Arts Language Requirement		16
FREN, GERM, Or SPAN, 1110, 1120, 2110, 2120		
ELECTIVES		
Elective hours as required to reach a total of 120 hours		

faculty member and the student must meet the Psychology Senior Thesis criteria.

¹ Senior Thesis Part I: Thesis Proposal (**first 3 of 6 credit hours**). Requires special permission from a faculty member and the student must meet the Psychology Senior Thesis criteria.

² Senior Thesis Part II: Data Analysis, Interpretations and Conclusions (**second 3 of 6 credit hours**). Requires special permission from a