

MENTAL HEALTH

Psychology, Bachelor of Science 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/BIOL 4320	HORMONES & BEHAVIOR (^)	

PSYC 4520	PSYCHOLOGY OF LANGUAGE (^)	
Additional Perspectives		
PSYC/PHIL 3650	PHILOSOPHY OF MIND (^)	
PSYC 4010	HISTORY OF PSYCHOLOGY (^)	
PSYC 4030	CONCEPTUAL ANALYSIS OF BEHAVIOR (^)	
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/BIOL 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 Science Cognate Requirement		15

Students pursuing a BS in psychology must complete 15 credit hours of a cognate set of courses. Students will select one of the five cognate sets below. Course selection must include at least two different departments or programs. No more than 6 hours of courses may be at the 1000 level, with the remaining 9 hours taken at the 2000 level or above. Students may take a minor in place of the cognate under the following circumstances:
 1) Students pursuing Option 1 College Requirements, which requires a minor, must take a second minor to satisfy the cognate requirement; OR 2) Students pursuing Option 2 College Requirements, which require additional general education courses, may add a minor to satisfy the cognate requirement.

Advocacy, Ethics, Social Justice & Law

BSAD 3600	BUSINESS ETHICS (^)
CMST 1110	PUBLIC SPEAKING FUNDS (**)
CMST 2120	ARGUMENTATION AND DEBATE (**)
CRCJ 1010	CRIME TO COURTROOM: THE JUSTICE JOURNEY (**)
CRCJ 3310	CRIMINAL LAW (^)
CRCJ 3380	POWER, PERCEPTION, AND PUNISHMENT (** ^)
CRCJ 3390	WOMEN, CRIME AND JUSTICE (** ^)
GEOG/ENVN/BIOL 4820	INTRODUCTION TO ENVIRONMENTAL LAW & REGULATIONS (^)
HIST 4340	U.S. CONSTITUTIONAL HISTORY SINCE 1860 (^)
PHIL 1210	CRITICAL REASONING (**)
PHIL 2030	INTRODUCTION TO ETHICS (**)
PHIL 3040	PHILOSOPHY OF LAW (^)
PSCI 1100	INTRODUCTION TO AMERICAN NATIONAL GOVERNMENT (**)
PSCI 2110	INTRODUCTION TO PUBLIC POLICY (**)
PSCI 2180	INTRODUCTION TO LAW (**)
PSCI 4140	CONSTITUTIONAL LAW: CIVIL RIGHTS (^)
PSCI 4190	CONSTITUTIONAL LAW: CIVIL LIBERTIES (^)
RELU 3460	REAL ESTATE LAW (^)
SOC 1010	INTRODUCTORY SOCIOLOGY (**)
SOC 3700	INTRODUCTION TO LGBTQ STUDIES (** ^)
SOC 4740	SOCIAL JUSTICE AND SOCIAL CHANGE (^)

Artistic and Literary Perspectives

ART 1010	ART APPRECIATION (** ^)
ART 3780	HISTORY OF ARCHITECTURE SINCE 1850 (^)
ART 3870	GENDER & SEXUALITY IN MODERN ART (^)
BLST 2510	MUSIC AND THE BLACK EXPERIENCE (**)
ENGL 2110	INTRODUCTION TO CREATIVE NONFICTION WRITING (**)
ENGL 2280	INTRODUCTION TO LANGUAGE (** ^)
ENGL 2310	INTRODUCTION TO BRITISH LITERATURE I (** ^)
ENGL 2320	INTRODUCTION TO BRITISH LITERATURE II (** ^)
ENGL 2450	AMERICAN LITERATURE I (** ^)
ENGL 2460	AMERICAN LITERATURE II (** ^)
ENGL 3130	AMERICAN NONFICTION (** ^)
JMC 3700	VISUAL COMMUNICATION AND CULTURE (** ^)

PHIL 3060	VALUES AND VIRTUES
PHIL 3220	PHILOSOPHY OF ART (^)
KINS 3110	INTRODUCTION TO DANCE
RELI 1010	RELIGIONS OF THE WORLD (**)
RELI 2010	RELIGION AND CRITICAL THOUGHT (^)
THEA 1050	FILM HISTORY AND APPRECIATION (**)
THEA 3760	THEATRE HISTORY AND LITERATURE:MODERN / 1850-2000 (^)
WRWS 3500	CREATIVE WRITING FOR THE ARTS (** ^)

Global Culture & Diverse Populations

ART 1040	GLOBAL INDIGENOUS ART (**)
BLST 1000	INTRODUCTION TO BLACK STUDIES (**)
BLST 2420	AFRICAN-AMERICAN HISTORY II: 1865-1954 (**)
BLST 2430	AFRICAN AMERICAN HISTORY III: 1954-PRESENT DAY (**)
CMST 4570	INTERCULTURAL COMMUNICATION: THEORY AND PRACTICE (**)
CMST 4580	COMMUNICATING RACE, ETHNICITY & IDENTITY (**^)
CRCJ 3380	POWER, PERCEPTION, AND PUNISHMENT (**^)
CRCJ 4750	INTERNATIONAL CRIMINOLOGY AND CRIMINAL JUSTICE (** ^)
ENGL 2230	SOCIO-CULTURAL REPRESENTATIONS IN LITERATURE (** ^)
ENGL 2260	BLACK SHORT STORY (** ^)
ENGL 2470	SURVEY OF NATIVE AMERICAN LITERATURE (** ^)
ENGL 3280	IRISH LITERATURE I (** ^)
ENGL 3290	IRISH LITERATURE II (** ^)
EMGT 1150	INTRODUCTION TO TRIBAL MANAGEMENT AND EMERGENCY SERVICES (**)
LLS 1000	LATIN AMERICA: AN INTRODUCTION (**)
MUS 1080	MUSIC OF THE PEOPLE:THE WORLD (**)
PHHB 4650	GLOBAL HEALTH (**)
RELI 2020	RELIGION AND HUMAN RIGHTS (**)
SOC 3700	INTRODUCTION TO LGBTQ STUDIES (** ^)
SOC 3900	RACE AND ETHNIC RELATIONS IN THE U.S. (** ^)
SOWK 2120	RACE, CLASS AND GENDER IN THE UNITED STATES (**)
SPED 1500	INTRODUCTION TO SPECIAL EDUCATION (** ^)

Health and Science Explorations

BIOL 1060	INTRODUCTION TO MEDICAL CAREERS & ETHICS
BIOL 1450	BIOLOGY I (** ^)
BIOL 1750	BIOLOGY II (^)
BIOL 2060	ART AND SCIENCE OF MEDICAL DECISION-MAKING (^)
BIOL 2140	GENETICS (^)
BIOL 3240	INTRODUCTION TO IMMUNOLOGY (^)
BIOL 4890	GENES, BRAIN, AND BEHAVIOR (^)
CMST 3750	GENDER AND COMMUNICATION (** ^)
CMST 4220	HEALTH COMMUNICATION (^)
GERO 2000	INTRODUCTION TO GERONTOLOGY (**)

GERO/BIOL 3500	BIOLOGICAL PRINCIPLES OF AGING (^)
GERO 4550	HEALTH ASPECTS OF AGING
PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH (**)
PHHB 2310	HEALTHFUL LIVING
PHHB 4700	WOMEN'S HEALTH AND ISSUES OF DIVERSITY (**)
PHHB 4880	PUBLIC HEALTH POLICY (^)
PHHB 4950	PUBLIC HEALTH LEADERSHIP AND ADVOCACY (^)
NEUR 1520	INTRODUCTION TO NEUROSCIENCE I (^)
NEUR 1540	INTRODUCTION TO NEUROSCIENCE II (^)
PHIL 2300	BIOMEDICAL ETHICS
PHIL 3400	PHILOSOPHY OF NATURAL SCIENCE (^)
PHIL 4220	NEUROETHICS (^)
RELI 2500	SPIRITUALITY AND WELLNESS (^)

May choose only 1 of the following MATH courses:

MATH 1930	CALCULUS FOR THE MANAGERIAL, LIFE, AND SOCIAL SCIENCES (^)
MATH 1940	CALCULUS FOR BIOMEDICINE (^)
MATH 1950	CALCULUS I (^)

Work Technology & Communication

CMST 2010	INTERPERSONAL COMMUNICATION (**)
CMST 4220	HEALTH COMMUNICATION (^)
CSCI 1200	COMPUTER SCIENCE PRINCIPLES (** ^)
CSCI 4260	USER EXPERIENCE DESIGN (^)
ECON 2200	PRINCIPLES OF ECONOMICS (MICRO) (** ^)
ECON 2220	PRINCIPLES OF ECONOMICS (MACRO) (** ^)
ECON 4340	ECONOMICS OF TECHNOLOGY (^)
ENGL 3050	WRITING FOR THE WORKPLACE (^)
ENGL 4830	TECHNICAL COMMUNICATION (^)
MGMT 1500	INTRODUCTION TO BUSINESS (**)
MGMT 3100	MANAGEMENT INFORMATION SYSTEMS (^)
MGMT 4090	MANAGING COLLABORATIVE ENGAGEMENT (^)
MKT 3200	BUSINESS COMMUNICATIONS (^)
MKT 3370	SOCIAL MEDIA MARKETING (^)
SOC 1010	INTRODUCTORY SOCIOLOGY (** ^)
SOC 3610	APPLIED ORGANIZATIONAL SOCIOLOGY (^)
SOC 3800	WORK AND SOCIETY (^)

ELECTIVES

Elective hours as required to reach a total of 120 hours

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