

# ***Graduate Program in Applied Social and Health Psychology***

***At Colorado State University***

## ***Program Objectives***

Applied Social and Health Psychology is one of five doctoral programs within the Department of Psychology at Colorado State University. Students trained in this program develop a strong methodological background and learn to use multiple research techniques to investigate social issues that have major impact on people, organizations, and communities. Through a selection of courses, active research involvement, and teaching opportunities, students tailor a program of study to their individual career goals. Graduates from the program go on to careers in academia, the private sector, and government agencies.

The program offers concentrations in Health Psychology, Environmental Psychology, and Occupational Health Psychology. Research emphases within the program include adolescent substance use and prevention, preventive health behavior (e.g., condom use, injury prevention), suicide etiology and prevention, relationship processes, well-being, stereotyping and prejudice, school disengagement, conflict resolution, caregiving for people with Alzheimer's, interactions with natural and built environments, and women in science. Faculty members in the program have a special focus on the study of underserved groups including women, ethnic minorities, and rural communities.

The program utilizes a mentorship model. Students are matched to a specific faculty member according to area of interest and by mutual consent of the student and faculty member. The faculty member serves as a mentor to the student, helping to guide the student through the program. However, students are encouraged to collaborate with other faculty and students to gain a wide range of research experiences. Our faculty have diverse training and interests, but all share a desire to use social psychological research to improve people's lives.



*City Park, Fort Collins*

## ***Course Requirements***

<b>Master of Science:<sup>1, 2</sup></b>	<b>Credits</b>
<b>Methods:</b>	
PSY 652 Methods – 1	4
PSY 653 Methods II	4
PSY 655 Methods Seminar	3
<b>Content:</b>	
PSY600G Advanced Social Psychology	3
Three additional courses from PSY600:	9
Personality	
Physiological	
Human Learning and Memory	
Human Performance	
Cognitive Processes	
Neuropsychology	
Developmental	
Sensation & Perception	
History & Systems	
Measurement	
Specialty seminars <sup>3</sup>	6
Research practicum <sup>4</sup>	6
Thesis	6

## Doctor of Philosophy:<sup>2</sup>

Specialty seminars <sup>3</sup>	Credits
Research Practicum <sup>4</sup>	6
Dissertation	6

Additional specialty seminars and courses as determined by student's interests and/or choice of concentration

(e.g., from Statistics, Sociology, Natural Resource Recreation and Tourism, Computer Science, Journalism and Technical Communication, Human Development and Family Studies, Landscape Architecture, Environmental Health, or additional Psychology courses)

### Notes:

- (1) Students are not admitted for a terminal masters degree.
- (2) Credit hours over 30 taken during the M.S. degree at Colorado State University may be counted toward the Graduate School's PhD credit hour requirement.
- (3) Within the 12 credit hour seminar requirement, students are required to take 'Attitudes and Persuasion' and 'Intergroup Processes.' Additional seminars are arranged with the student's committee.
- (4) Students are expected to be actively involved in research each semester. The Research Practicum is a mechanism through which academic credit is given for this activity.

### Sample Schedule

COURSE	Credits	COURSE	Credits
<b>Fall I</b>		<b>Spring I</b>	
PSY 652	4	PSY 653	4
PSY 600A-M	3	PSY 655	3
Practicum	3	PSY 600G	3
		Practicum	2
	10		12
<b>Fall II</b>		<b>Spring II</b>	
PSY 600A-M	3	PSY 600A-M	3
PSY 692/792 seminar	3	PSY 692/792 Seminar	3
Thesis	3	Thesis	3
Practicum	1	Practicum	1
	10		10

Some courses in the PSY 600 series are not taught every year. Consequently, some students may have to delay completion of the PSY 600 requirements until their third year in the program. In the third and fourth years in the program, students' schedules vary according to their interests and career goals.

Seminar topics change each semester. Examples of upcoming topics are: Attitudes and Persuasion, Intergroup Processes, Health Psychology, Psychology of Gender, Perspectives in Global Health (taught under PSY 517), Women's Health (taught under PSY 515), Adolescent Problem Behavior, Close Relationships, Stigma and Prejudice, Longitudinal Methods

and Multilevel Modeling, Occupational Health Psychology and Methods in Social Psychology.

### Students who wish to waive PSY652 and PSY653 should follow these steps.

Contact the PSY 652 instructor prior to the Fall semester to arrange to take the PSY652 waiver test. Students who score at least 80% on the exam are permitted to waive the course. Students scoring between 70% and 79% are strongly encouraged to take the class, but they may waive the course with the permission of the instructor and the student's advisor.

Students who pass the PSY 652 waiver exam may elect to also take the PSY 653 waiver exam. Interested students should contact the PSY 653 instructor prior to the Spring semester to arrange to take the waiver test. The same procedures apply for both exams.

Things students should know before, during, and after the tests

1. Students can only take the waiver tests once at the beginning of Fall and Spring semesters, respectively.
2. Students will receive the result and will not receive their answers or be allowed to keep the questions. Their results will also be given to their advisors for reference
3. Students can bring whatever books and notes they wish, but no programmable calculators or handheld computers, to their testing sessions.

### Students Wishing to Waive Other Required Courses

Written permission to waive PSY 655 and/or PSY 600 core courses must be obtained by petitioning the Graduate Curriculum Committee. Students wishing to waive these courses should provide syllabi, reading lists and other documentation regarding the content and scope of that course. Students are not permitted to waive Advanced Social Psychology, PSY 600G, even if they have had a graduate course in social psychology.

### Additional Degree Requirements

The training model taken by the Applied Social and Health Psychology program is product-focused. We believe that students should be working toward publications, grant proposals, and developing into excellent teachers/communicators. Students begin by completing a first-year research project. Depending on the student's level, students may collaborate on an ongoing research project or may conduct a study of their own design. In many cases, the first year project will serve as pilot data for the student's thesis. It is expected that the masters thesis will be completed before Spring of the student's third year.

Students are also required to complete three "competency projects." One project focuses on verbal communication

skills. Most students complete this project through a series of teaching responsibilities including serving as an instructor for undergraduate laboratory and lecture courses. A second competency project is directed at written communication. Most students complete either a grant proposal or a comprehensive literature review to satisfy this requirement. The final competency project is focused on empirical research. It is expected that all students will submit for publication at least one article that is based on the analysis of empirical data. This requirement is above and beyond the first-year project, thesis and dissertation. Students work to develop a programmatic research emphasis during their second year in the program. Thus, the empirical competency project is intended to fit with the masters and dissertation to help the student establish a coherent program of research. Most students have multiple journal publications before finishing.

The doctoral program in Applied Social and Health Psychology does not include a preliminary or qualifying exam. Rather, students are admitted to candidacy for the PhD after completing PSY652, PSY653, PSY655, 12 hours of PSY600 courses and the M.S. thesis. Students may defend the dissertation and graduate two semesters after being admitted to candidacy.

### ***Centers/Institutes***

There are several research centers that are available to assist Applied Social and Health Psychology students in their academic pursuits.

The Institute of Applied Prevention Research (IAPR) is designated as a Program of Research and Scholarly Excellence. The primary mission of IAPR is to enhance interdisciplinary research related to prevention of illnesses, injuries, and social problems, to reduce adverse consequences and health disparities through the development and application of culturally sensitive prevention theories and methods. The IAPR includes the Tri-Ethnic Center for Prevention Research, the Colorado Injury Control Research Center, the Safety Management and Applied Research Team (SMART) which is a relatively new and highly productive program and Crops For Health™ which is a unique transdisciplinary research program the goal of which is to improve the disease prevention characteristics of food crops, thereby reducing chronic disease morbidity and mortality. The IAPR also includes the Colorado Alliance for Minority Participation (CO-AMP) which is a National Science Foundation (NSF) program designed to increase the number of historically underrepresented students receiving baccalaureate degrees in Science, Technology, Engineering and Mathematics (STEM).

The Tri-Ethnic Center for Prevention Research (TEC) is a research center established to investigate social problems including substance use, violence, victimization, and environmental impacts, especially in rural communities. TEC conducts federally, privately, and state-funded research and outreach. A core piece of recent TEC efforts is the Community Readiness Model, which is aimed at helping communities develop their own responses to their own problems using their own resources. Students in the Applied Social and Health Psychology Program often participate in

TEC projects and have access to the rich database and expertise of TEC faculty and staff.

The Colorado Injury Control Research Center (CICRC) is dedicated to reducing the occurrence and severity of injuries in rural areas in the Rocky Mountain Region, particularly underserved populations including Hispanics, Native Americans, and agricultural workers and their families. Center associates conduct research, provide service and education on injury prevention and control, acute care, rehabilitation, and biomechanics. Students and faculty conduct research through the CICRC on topics such as risky behavior among rural adolescents, evaluation of educational materials for injury prevention, epidemiology of brain injuries, and road rage prevention.

### ***Funding for Students***

Numerous sources of funding are available for students in the program. It is our intention and practice to provide 4 years of financial support to all our graduate students who remain in good academic standing (3 years for those entering with a masters degree). Financial support is contingent on availability of funds. Funding sources include Graduate Teaching Assistantships, Graduate Research Assistantships, and Graduate Fellowships, all of which include tuition coverage. The Carol Lynne Baird Memorial Scholarship and the Will Szlemko Memorial Fellowship are available for Applied Social and Health Psychology students after their first year. Colorado State University has a variety of fellowships including the Bridge to the Doctorate and McNair graduate fellowships.



***Horsetooth Reservoir, Fort Collins***

### ***Fort Collins***

Fort Collins is a community of approximately 150,000 people located 1 hour north of Denver. Consistently ranked as one of the top places in the country to live, Fort Collins has a low crime rate, affordable housing, and more than 300 days of sunshine each year. Its location at the foot of the Rocky Mountains affords residents endless opportunities for outdoor activities including hiking, bicycling, skiing and white water rafting. For more info, go to <http://www.ftcollins.com/>

## ***Concentrations***

### ***Environmental Psychology***

Environmental Psychology within the Applied Social and Health Psychology Program at Colorado State University emphasizes human-environment interaction. Areas of focus include strategies for effective management of natural resources, psychological factors in the valuation of public environmental goods, effectiveness of persuasive strategies to promote sustainable behavior, the influence of environmental stress (heat, odor, noise, crowding) on performance and social behavior, design of museums and other learning environments to maximize intended outcomes, environmental influences on special populations (e.g., those with dementia, visitors to national parks). Degree requirements follow those of the program as a whole, with emphasis on research and seminars in the environmental area.



***Images from around the Clark Building where the Psychology Department is housed at CSU***



### ***Health Psychology***

Within the graduate program in Applied Social and Health Psychology, students may choose to pursue a concentration in Applied Health Psychology. Many of the faculty in the Applied Social and Health Psychology program have interests in health and preventive behavior. Research topics include adolescent substance use, violence, health communication, cancer prevention and occupational health. There is a special focus within the group on underserved populations including women, ethnic minorities, and residents of rural communities. In addition to the requirements of the Applied Social and Health Psychology program, students who wish to pursue a concentration in Applied Health Psychology take additional methodology courses and health-related courses outside of Psychology.

### ***Occupational Health Psychology***

Occupational Health Psychology (OHP) training program, funded by National Institute for Occupational Health, accepts trainees from different graduate programs (e.g., Applied Social and Health Psychology Program, I/O Program) within the Department of Psychology at Colorado State University. OHP is an interdisciplinary specialty which blends psychology and occupational health sciences (e.g., public health or preventive medicine). It emphasizes ways of improving the quality of work life by developing an array of primary, secondary, and tertiary prevention programs and strategies to reduce work stress and strain, to promote safe and healthy work behavior, to prevent accidents, illnesses, and injuries, and to enhance work/family life. Areas of focus include, but are not limited to, organizational prevention, promotion, and intervention; job stress; disability and return-to-work management; job design; leadership and safety climate; workplace aggression and counterproductive behaviors; safety and security; technology, methodology; individual characteristics; work-family interface; and others issues such as labor relations. Courses applicable to the OHP concentration are available both within Psychology and in other departments on campus. The OHP training curricula is compatible with requirements from the Applied Social and Health Psychology Program. The individual training profile should be discussed with, and agreed upon, by the student's masters or doctoral committee.

### ***Master of Public Health (MPH) Program***

This program is part of the Colorado School of Public Health, a partnership with the University of Colorado at Denver, the University of Northern Colorado and Colorado State University. More information about the program can be found at:

<http://www.colostate.edu/Depts/Psychology/gpph.shtml>

***Core Program Faculty***  
***(available to mentor students, except as noted \*)***

Patricia A. Aloise-Young, Associate Professor  
PhD, University of Florida, 1990  
Specialization: Adolescent cigarette smoking (smoker image, friendship networks and parenting influences); persuasive strategies for promoting sustainable behavior  
Phone: (970) 491-7422  
E-mail: [patricia.aloise-young@colostate.edu](mailto:patricia.aloise-young@colostate.edu)

Dan Graham, Assistant Professor  
PhD, University of California, Irvine, 2009  
Specialization: Health Psychology; Nutrition labeling; physical activity promotion; eye tracking; social ecological influences on physical activity and healthy eating.  
Phone: (970) 491-4622  
E-mail: [dan.graham@colostate.edu](mailto:dan.graham@colostate.edu)

\*Paul A. Bell, Emeritus Professor  
PhD, Purdue University, 1975  
Specialization: Environmental psychology, conflict resolution, aging and Alzheimer's disease  
Phone: (970) 491-7215  
E-mail: [paul.bell@colostate.edu](mailto:paul.bell@colostate.edu)  
<http://lamar.colostate.edu/~plubium/>

Jennifer J. Harman, Assistant Professor  
PhD, University of Connecticut, 2005  
Specialization: Intimate relationships, psychosocial factors involved with HIV and other infectious disease risk behaviors, medical adherence theory and intervention, social status, and health.  
Phone: (970) 491-1529  
E-mail: [Jennifer.harman@colostate.edu](mailto:Jennifer.harman@colostate.edu)

Kimberly L. Henry, Associate Professor and Coordinator,  
Applied Social and Health Psychology graduate program  
PhD., The Pennsylvania State University 2002  
Specialization: School disengagement, adolescent and young adult development, drug use, delinquency, longitudinal methodology, prevention science  
Phone: (970) 491-5109  
E-mail: [kim.henry@colostate.edu](mailto:kim.henry@colostate.edu)

Lorann Stallones, Professor  
PhD, The University of Texas School of Public Health, 1982  
Specialization: Epidemiology of agricultural health, rural injuries, and injuries among underserved populations.  
Phone: (970) 491-6156  
E-mail: [lorann.stallones@colostate.edu](mailto:lorann.stallones@colostate.edu)

***Affiliate Faculty within Psychology***  
***(do not serve as primary mentors but can co-advise students with Core Faculty)***

Silvia Sara Canetto, Professor  
D.Psy, University of Padua, Italy, 1977  
PhD, Northwestern University Medical School, 1987  
Specialization: Gender, culture and science; diversity (i.e., gender, sexual orientation, age, social class, physical health/ability, culture, nationality) issues in suicidal behaviors and hastened death, diversity issues in aging and end-of-life  
Phone: (970) 491-5415  
E-mail: [silvia.canetto@colostate.edu](mailto:silvia.canetto@colostate.edu)

Michael F. Steger, Associate Professor  
PhD, University of Minnesota 2005  
Specialization: Well-being, meaning in life, meaningful work, social bases of depression, health-risk behaviors  
Phone: (970) 491-7324  
E-mail: [michael.f.steger@colostate.edu](mailto:michael.f.steger@colostate.edu)

Ross J. Loomis, Emeritus Professor  
PhD, University of Denver, 1968  
Specialization: Environmental-social psychology  
Phone: (970) 491-6059  
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(faculty denoted with \* are no longer taking students)



***Old Town Square, Fort Collins***

Photos of Fort Collins courtesy of the Fort Collins Convention & Visitors Bureau

***Affiliate Faculty outside of Psychology***  
***(do not serve as primary mentors but can provide***  
***research experience)***

Frederick Beauvais, Senior Research Scientist, Tri-Ethnic  
Center for Prevention Research  
PhD, Colorado State University, 1977  
Specialization: Adolescence, drug abuse, delinquency, ethnic  
minority populations  
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Eugene R. Oetting, Emeritus Professor  
PhD, University of Wisconsin, 1959  
Specialization: Drug use, deviance, prevention, cultural  
identification  
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Randall C. Swaim, Research Scientist/Associate Scientific  
Director, Tri-Ethnic Center for Prevention Research  
PhD, Colorado State University, 1987.  
Specialization: Cross-cultural substance use, quantitative  
methodology, ethics.  
Phone: (970) 491-6961  
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Pamela Jumper Thurman, Research Associate CASAE  
PhD, Oklahoma State University, 1990  
Specialization: American Indian Cultural Issues, Women's  
Concerns, Drug Use, Prevention, Violence and Victimization.  
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E-mail: [pjthurman@aol.com](mailto:pjthurman@aol.com)