

CHAMINADE UNIVERSITY OF HONOLULU

PSY 490

Senior Seminar in Psychology

Accelerated Course Syllabus • Summer 2026

Course Credits	3
Delivery	Online asynchronous; accelerated 10-week term
Canvas	https://chaminade.instructure.com/
Instructor	Abby Halston, Ed.D.
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Office	Behavioral Sciences 111A
Office Hours	Monday and Wednesday, 8:00-9:00 a.m., and by appointment

Syllabus at a Glance

Section	What You Will Find
Course Foundation	Description, overview, values, ethics, learning outcomes, and alignment
Learning Resources	Prerequisites, materials, technology, Canvas support, tutoring, and writing resources
Policies	Deadlines, incomplete grades, communication, conduct, attendance, Title IX, disability access, and credit-hour expectations
Assessments	Study guides, two integrative papers, capstone project, comprehensive examination, and program assessment survey
Schedule	Ten-module accelerated course plan with weekly assignments
Appendix	Scientific method definitions and foundational research concepts

1. Course Foundation

University Course Catalog Description

This capstone course collaboratively explores the relationship between the core and elective psychology courses completed by psychology majors. Students examine how prior coursework connects to psychological research and professional application. Major requirements include an integrative research paper, a paper connecting psychology to the five Marianist educational values, a Psychology Program Comprehensive Examination, and a program exit evaluation. Prerequisites: PSY 101, PSY 316, and senior standing.

Course Overview

The course examines the interrelationship of the subdisciplines of psychology studied in Chaminade University's psychology program. Because this is a senior seminar, learning is collaborative and guided rather than lecture-centered. The instructor facilitates students' development and completion of the required capstone assignments.

Marianist Values

1. Educate for formation in faith.
2. Provide an integral, quality education.
3. Educate in family spirit.
4. Educate for service, justice, peace, and the integrity of creation.
5. Educate for adaptation and change.

Native Hawaiian Values

Value	Meaning and Proverb
Mana - Formation in Faith	E ola au i ke akua ('Ōlelo No'eau 364): May I live by God.
Na'auao - Integral, Quality Education	Lawe i ka ma'alea a kū'ono'ono ('Ōlelo No'eau 1957): Acquire skill and make it deep.
'Ohana - Family Spirit	'Ike aku, 'ike mai, kōkua aku kōkua mai; pēlā iho lā ka nohona 'ohana ('Ōlelo No'eau 1200): Recognize others, be recognized, help others, be helped; such is a family relationship.

Value	Meaning and Proverb
Aloha - Service, Justice, and Peace	Ka lama kū o ka no'eau ('Ōlelo No'eau 1430): Education is the standing torch of wisdom.
'Āina - Adaptation and Change	'A'ohe pau ka 'ike i ka hālau ho'okahi ('Ōlelo No'eau 203): All knowledge is not taught in the same school.

Statement of Educator Ethics

The Model Code of Educator Ethics is integrated throughout course activities. Responsibilities to the profession, professional competence, students, the school community, and ethical technology use are embedded in the expectations for this course.

Psychology Program Learning Outcomes

1. PLO 1: Identify key concepts, principles, and overarching themes in psychology.
2. PLO 2: Demonstrate adaptation and change through the critical interpretation, design, and evaluation of psychological research.
3. PLO 3: Demonstrate effective written and oral communication within the field of psychology.
4. PLO 4: Explain the dynamic interaction among mind, body, and social influences as part of educating the whole person.

Course Learning Outcomes

1. CLO 1: Identify key concepts, principles, and overarching themes in psychology, as assessed through a multiple-choice examination. (PLO 1)
2. CLO 2: Apply critical-thinking skills to interpret, design, and evaluate psychological research, as assessed through a research paper and oral presentation. (PLOs 2 and 3)
3. CLO 3: Describe and explain the dynamic relationship among mind, body, and social influences, as assessed through an essay. (PLO 4)
4. CLO 4: Explain how psychology relates to the five Marianist educational values, as assessed through an essay. (PLO 4)

Program Linking Statement

PSY 490 develops and assesses all four Psychology Program Learning Outcomes. The course is especially guided by Educate for Adaptation and Change and Father Chaminade's principle that "new times call for new methods." Students practice flexible thinking, respect for differences, critical thinking, and open-mindedness through writing assignments and the capstone project.

Course Learning Outcome	Marianist Value	Program Learning Outcome(s)
CLO 1	Adaptation and Change	PLO 1
CLO 2	Adaptation and Change	PLOs 2 and 3
CLO 3	Integral, Quality Education	PLO 4
CLO 4	All five values	PLO 4

2. Learning Resources and Technology

Prerequisites and Student Readiness

Prerequisites are EN 102, PSY 101, PSY 316, and senior standing. Students need reliable internet access and strong time-management skills. Students who experience difficulty progressing in the accelerated course format should contact a academic advisor at academic advising office.

Recommended Learning Materials

- Access to the Publication Manual of the American Psychological Association, 7th edition.
- Textbooks, notes, and learning materials from previous psychology courses.

Technology Requirements

- A PC or Mac with a reliable internet connection.
- Speakers or headphones for audio and video content.
- Software capable of playing MP3 and MP4 files, streaming online video, and opening PDF documents.
- Access to Canvas at <https://chaminade.instructure.com/>.

Canvas and Technical Assistance

- Canvas student help topics and tutorials.
- Live chat with Canvas Support.
- Canvas Support Hotline: 1-833-209-6111.
- Chaminade IT Help Desk: helpdesk@chaminade.edu or 808-735-4855.

Tutoring and Writing Services

Kōkua 'Ike: Center for Student Learning provides free one-on-one tutoring and writing support. TutorMe is available through Canvas. Contact tutoring@chaminade.edu or 808-739-8305 for current services and scheduling information.

Research and Writing Resources

Resource	Support Provided
Sullivan Family Library	Research databases, scholarly literature, and library support.
Lynette Teruya, Librarian	Literature search assistance and research questions; lynette.teruya@chaminade.edu ; 808-739-4680.
Purdue OWL	Writing, paper organization, and APA citation guidance.
Grammar Girl	Brief writing and grammar guidance.

APA Writing and Citation Expectations

Assignments must use APA formatting. Cite sources whenever quoting, paraphrasing, or summarizing another author's work. Direct quotations require quotation marks and an author, year, and page citation. Paraphrases require an author and year citation. Include a reference page for all cited sources.

3. Grading and Course Policies

Assessment Summary

Assessment	Points
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Assessment	Points
Seven Study Guides	35
Biopsychosocial Paper	100
Characteristics of a Marianist Education Integrative Paper	100
Capstone Project Proposal	10
Capstone Paper	75
Capstone Presentation	25
Comprehensive Examination	284
Psychology Program Assessment Survey	10
Total	639

Grading Scale

Grade	Points	Description
A	575-639	Outstanding scholarship and unusual intellectual initiative.
B	511-574	Superior work completed consistently and thoughtfully.
C	447-510	Competent grasp of the subject matter.
D	383-446	Lowest passing level; may not satisfy prerequisite requirements.
F	382 and below	Insufficient mastery; no credit awarded.

Late Work Policy

Assignments are due by the dates listed in Canvas. Students should contact the instructor before a deadline when circumstances may prevent timely submission. Assignments submitted after the due date will receive a 50% point deduction unless an approved accommodation applies. No work will be accepted after the final course date.

Grades of Incomplete

Because students have up to four months to complete the accelerated course, grades of Incomplete are not available.

Instructor and Student Communication

- The instructor will normally respond to email within 24 hours.
- Allow up to 48 hours for responses to comments posted within Canvas assignments.
- Assignment feedback will normally be posted within two to three business days.
- Use a Chaminade email account, include a clear subject line, and communicate respectfully and professionally.

Attendance and Academic Engagement

Students in this accelerated course are expected to remain academically engaged and submit coursework while enrolled. Students should notify the instructor when illness or other extenuating circumstances prevent progress.

Students who stop participating without officially withdrawing may receive a failing grade or be withdrawn at the instructor's discretion. Continued attendance may also affect financial aid eligibility.

Academic Conduct and Honesty

Students are expected to follow the Student Handbook and uphold academic honesty. Academic dishonesty includes plagiarism, cheating, alteration of grades, theft of records or examinations, and other forms of misrepresentation. Consequences may include a failing grade on the work, a failing course grade, suspension, or dismissal.

Title IX Compliance

Chaminade University promotes the dignity and safety of all community members and does not tolerate sexual misconduct or physical or psychological abuse. Faculty members are required to report disclosures that may fall under Title IX to the University's Title IX Coordinator. Confidential resources and reporting options are available through the University.

Disability Access

Students who need accommodations should contact Kōkua 'Ike: Center for Student Learning as early as possible. Approved accommodations must be documented through the University's established process. Contact ada@chaminade.edu or 808-739-8305.

Credit Hour Policy

Each Chaminade credit hour represents 45 hours of academic engagement. PSY 490 is a three-credit course and therefore requires at least 135 hours of engagement through reading, research, writing, online instruction and interaction, examinations, presentations, and other assessments. Students should plan for an average of approximately 13.5 hours of engagement per week across a ten-week completion plan.

4. Assessments and Assignment Guidelines

Study Guides - 35 Points

Students will create seven study guides. Each study guide is worth 5 points. There is no required minimum or maximum length. The study guides support the two major papers and the comprehensive examination.

Marianist Values

- Five Marianist educational values

Evolutionary Psychology

- Evolutionary theory
- Charles Darwin
- Survival of the fittest
- Adaptation
- Mutation
- Reproductive success
- Natural selection
- Strategic interference theory
- Inclusive fitness theory
- Purpose of behaviors

Statistics and Research

- Importance of empirical research
- Skepticism and critical thinking
- Theory, hypothesis, schema, replication, sample, and population
- Positive and negative correlations
- Correlation versus causation and experimental methods
- Independent and dependent variables
- Random sampling
- Measures of central tendency
- Statistical significance
- Research ethics and informed consent

Life Span Development, Personality, and Abnormal Psychology

- Freud: id, ego, superego, pleasure principle, and reality principle
- Egocentrism and stranger anxiety
- Cognitive dissonance
- DSM-5 definition of mental disorder
- Big Five personality traits
- Introversion and extraversion
- Adult aging and mood
- Anxiety disorders
- Depressive disorders and neurotransmitters
- Critiques of developmental stage theories

Organizational and Health Psychology

- Sun Tzu: preparedness and adaptability

- Allostatic load
- Conditioning of the immune system
- Theory X management
- Stress management and coping
- Daoist approaches to stress management
- Shared meaning in organizational culture
- SWOT analysis
- McClelland's Theory of Needs
- Mechanistic model
- Benson's relaxation response

Counseling Theory

- Ethics in counseling
- Psychoanalytic theory and free association
- Client-centered techniques
- Humanistic self-actualization
- Behavior therapy and operant conditioning
- Cognitive therapy, irrational beliefs, and affirmations
- General benefits of counseling

Social and Cross-Cultural Psychology

- Horney and Adler on social influences
- Social loafing
- Fundamental attribution error
- Gender differences in birth rates and life expectancy
- Groupthink
- Three components of prejudice

Biopsychosocial Paper - 100 Points

Select a topic that demonstrates the interaction among mental, physical, and social health. Conduct in-depth research and prepare a 2,000-2,500 word report with an introduction, literature review, conclusion, and a 500-700 word personal reflection. Use at least four credible sources. The paper must follow APA style and include a title page and reference page.

Criterion	Exemplary	Proficient	Developing	Needs Improvement
Research Depth and Relevance	Exceptionally detailed, highly relevant research; more than four strong sources used effectively.	Thorough, relevant research; at least four credible sources used appropriately.	Research is limited or only partly relevant; sources are used unevenly.	Minimal or irrelevant research; fewer than four credible sources.
Quality of Report Writing	Exceptionally clear, organized, comprehensive, and polished; all required sections are fully developed.	Well written and organized; all required sections are present and adequately developed.	Some organization, but clarity or depth is inconsistent.	Poorly organized, unclear, or missing required sections.
Synthesis and Analysis	Sophisticated synthesis and deep analysis of the interaction among mind, body, and social health.	Effective synthesis and clear analysis of the biopsychosocial interaction.	Partial synthesis with limited analysis.	Little or no synthesis or analysis.

Criterion	Exemplary	Proficient	Developing	Needs Improvement
Personal Reflection	Insightful, personal, and meaningfully connected to research, with new perspectives or applications.	Clear and personal reflection connected to research.	Surface-level reflection with limited research connection.	Minimal reflection with little meaningful connection.
APA Format and Presentation	Flawless APA style and professional presentation.	Minor APA or presentation errors.	Noticeable APA and presentation problems.	Numerous errors that significantly reduce quality.

Total: ____ / 100 points

Characteristics of a Marianist Education Integrative Paper - 100 Points

Write a minimum eight-page APA-formatted paper examining the relationship between Chaminade University's Psychology program and the five Marianist educational values. Include an introduction; a section for each value; at least three specific examples from psychology courses for each value; reflective analysis; and a conclusion describing the influence of the Marianist educational tradition on your university experience. The title page and reference page do not count toward the eight-page minimum.

- Introduction: identify the five Marianist educational values.
- Educate for Formation in Faith: explain the value beyond the syllabus and provide at least three reflective examples.
- Provide an Integral, Quality Education: explain the value and provide at least three reflective examples.
- Educate in Family Spirit: explain the value and provide at least three reflective examples.
- Educate for Service, Justice, Peace, and the Integrity of Creation: explain the value and provide at least three reflective examples.
- Educate for Adaptation and Change: explain the value and provide at least three reflective examples.
- Conclusion: synthesize your Chaminade experience and the influence of the Marianist values.

Criterion	Exemplary	Proficient	Developing	Needs Improvement
Understanding of Marianist Values	Exceptional understanding; descriptions clearly extend beyond the syllabus.	Clear understanding with adequate descriptions.	Basic understanding with limited elaboration.	Limited understanding; descriptions do not extend beyond the syllabus.
Integration in Psychology Courses	More than three detailed, reflective examples per value showing deep integration.	Three clear, reflective examples per value.	At least two examples per value with some reflection.	Fewer than two examples per value or minimal reflection.
Depth of Reflection	Insightful, personal reflection showing profound educational impact.	Clear, personal reflection showing significant impact.	Reflection is present but lacks depth.	Minimal or no meaningful reflection.
Writing and APA Format	Exceptionally well written and organized; fully meets APA and page requirements.	Well written with minor APA errors; meets all requirements.	Writing or organization problems and noticeable APA errors.	Numerous writing and APA errors or does not meet length requirements.

Total: ____ / 100 points

Senior Seminar Capstone Project - 110 Points

Capstone Project Proposal - 10 Points

Submit a brief description of fewer than 200 words identifying the intended capstone topic and focus.

Capstone Paper - 75 Points

Prepare an 8-10 page APA-formatted research paper with a title page, abstract, at least eight pages of text, at least 15 credible sources, in-text citations, and a reference page. Introduce the topic and its relevance; critically analyze existing research; propose a hypothetical study with methodology, anticipated findings, and implications; and evaluate how the proposed study addresses gaps or limitations in the literature.

Criterion	Exemplary	Proficient	Developing	Needs Improvement
Introduction and Relevance	Compelling, exceptionally clear introduction and justification of relevance.	Clear introduction and relevance with adequate justification.	Topic and relevance are only partly clear.	Topic is poorly defined with minimal relevance.
Research and Analysis	Comprehensive research using more than 15 credible sources and sophisticated critique of methods and findings.	Thorough research using at least 15 credible sources and clear analysis.	Adequate research but superficial or incomplete analysis.	Minimal research, fewer than 15 credible sources, or weak analysis.
Design Proposal	Creative, detailed, feasible study showing sophisticated methodological understanding; findings and implications are well articulated.	Clear, feasible design with good methodological understanding.	Basic design with missing or underdeveloped details.	Poorly conceived or missing design.
Evaluation of Research	Thorough critical evaluation with insightful links to the proposed study.	Effective evaluation with some connection to the proposed study.	Basic evaluation with limited critical depth or connection.	Minimal or no evaluation.
APA Format and Writing Quality	Flawless APA style; clear, concise, polished writing; exceeds requirements.	Minor APA errors; clear, organized writing; meets requirements.	Noticeable APA and organization problems; barely meets requirements.	Numerous errors; unclear writing; does not meet requirements.

Total: ____ / 75 points

Capstone Presentation - 25 Points

Create a 5-10 minute recorded presentation summarizing the capstone paper. The student must speak in the recording. A narrated screen share, slides with voice-over, or webcam presentation is acceptable. Submit the recording or a shareable Google Drive link in Canvas as directed.

Criterion	Exemplary	Proficient	Developing	Needs Improvement
Content Clarity and Relevance	Exceptionally clear, concise, and directly relevant; key findings are highlighted effectively.	Clear and relevant; most key findings are highlighted.	Somewhat unclear or lacking focus; key findings are incomplete.	Unclear, irrelevant, or disorganized.
Delivery and	Highly engaging,	Mostly engaging with	Uneven pacing or	Unengaging or poorly

Criterion	Exemplary	Proficient	Developing	Needs Improvement
Engagement	confident, and well paced with strong voice presence.	good pacing and minor lapses.	limited engagement.	paced.
Visual and Audio Aids	Excellent use of visual or audio aids that strengthen key findings.	Aids are effective but could be more engaging or better aligned.	Aids are present but only partly effective.	Minimal, missing, or ineffective aids.
Presentation Skills	Excellent articulation, professional language, and demeanor.	Clear articulation and professional delivery.	Developing articulation, language, or demeanor.	Significant presentation skill problems.
Technical Quality and Time Management	Clear audio and visuals; fully within the required time.	Good technical quality with minor issues; generally within time.	Technical issues or timing problems detract from the presentation.	Significant technical problems or outside the required time.

Total: ____ / 25 points

Comprehensive Examination - 284 Points

Complete the 71-question Psychology Department Comprehensive Examination. Each question is worth four points. Students have 120 minutes and should arrange a dedicated, uninterrupted testing period.

Psychology Program Assessment Survey - 10 Points

Complete the Psychology Program Assessment Survey through the link provided in Canvas.

5. Tentative Course Schedule

Module	Topic and Focus	Assignments Due	Week
1	Welcome; review syllabus, capstone expectations, study guides, and Marianist educational values	Capstone Project Proposal; Marianist Educational Values Study Guide	1
2	Review biopsychosocial paper requirements and evolutionary psychology	Evolutionary Psychology Study Guide	2
3	Review statistics and research; work on biopsychosocial paper	Statistics and Research Study Guide	3
4	Review life span development, personality, and abnormal psychology; work on biopsychosocial paper	Life Span Development, Personality, and Abnormal Psychology Study Guide	4
5	Work on biopsychosocial paper	Biopsychosocial Paper	5
6	Review organizational and health psychology; review capstone requirements	Organizational Psychology and Health Psychology Study Guide	6
7	Review counseling theory; work on Marianist integrative paper	Counseling Theory Study Guide; Marianist Education Integrative Paper	7
8	Review social and cross-cultural psychology; work on capstone project	Social Psychology and Cross-Cultural Psychology Study Guide	8
9	Submit capstone paper and prepare for the comprehensive examination	Capstone Paper; Capstone Presentation	9
10	Complete program survey and comprehensive examination	Psychology Program Assessment Survey; Comprehensive Examination	10

Appendix A. Scientific Method Definitions

The methods of science are tools used to obtain knowledge about phenomena. The scientific method is a set of assumptions and rules for collecting and evaluating data in a systematic way that reduces bias. Data allow ideas to be tested empirically rather than accepted solely on personal belief.

Core Concepts

Term	Definition
Science	A controlled mode of inquiry used to develop objective, effective, and credible knowledge.
Scientific Method	A systematic process for collecting and evaluating evidence while limiting false conclusions.
Theory	A broad, interconnected set of propositions explaining how some part of the world operates.
Hypothesis	A specific, testable proposition that may be derived from theory or initial observation.
Falsifiability	Scientific theories cannot be conclusively proved; evidence may support them or fail to support them, and they must remain open to potential disconfirmation.
Replication	Repeating research to determine whether findings are reliable and reproducible.
Goals of Scientific Research	To describe behavior, predict behavior, determine causes, and understand or explain behavior.

Sources Identified in the Original Syllabus

- Heppner, Kivlighan, and Wampold, Research Design in Counseling.
- Kidder, Research Methods in Social Relations.
- Cozby, Methods in Behavioral Research.
- AllPsych, research methods and replication resource.