Twin Cities Campus

Health Psychology Minor

Psychology

College of Liberal Arts

- Program Type: Undergraduate free-standing minor
- Requirements for this program are current for Fall 2020
- Required credits in this minor: 21

The undergraduate minor in health psychology comprises an empirical foundation in the discipline along with an emphasis in health psychology as it pertains to psychopathology, stress, and trauma and health-related behaviors.

The health psychology minor courses provide students with knowledge in a vital field within the discipline of psychology. The leading health concerns in our world have substantial behavioral components, making the study of health psychology highly relevant for pre-health science students, health care professionals, and students pursuing human and social services.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)
- completely online (all program coursework can be completed online)

Admission Requirements

Prospective minors are strongly encouraged to complete PSY 3801 (or a Department of Psychology approved equivalent) prior to formally declaring the minor.

For information about University of Minnesota admission requirements, visit the Office of Admissions website.

Minor Requirements

Courses without a PSY designator, or transfer PSY courses may be approved for use in minor requirements with specific approval of Psychology Undergraduate Advising.

At least 9 upper-division psychology credits in the major must be taken at the University of Minnesota Twin Cities campus.

Students may not earn a BA or BS in psychology and a health psychology minor. Students may combine the health psychology minor with the BA or the BS in developmental psychology, but not both.

Note: Declaring the minor does not guarantee admittance into required courses. Students are responsible for securing a seat in required courses.

Foundation Courses

Take exactly 3 course(s) from the following:

- PSY 1001 - Introduction to Psychology [SOCS] (4.0 cr)
  or PSY 1001H - Honors Introduction to Psychology [SOCS] (4.0 cr)
- PSY 3801 - Introduction to Psychological Measurement and Data Analysis [MATH] (4.0 cr)
  or PSY 3801H - Honors Introduction to Psychological Measurement and Data Analysis [MATH] (4.0 cr)
- PSY 3001W - Introduction to Research Methods [WI] (4.0 cr)
  or PSY 3001V - Honors Introduction to Research Methods [WI] (4.0 cr)

Upper-division Psychology Courses

Take exactly 3 course(s) from the following:

- PSY 3604 - Introduction to Psychopathology (3.0 cr)
- PSY 3206 - Introduction to Health Psychology (3.0 cr)
- PSY 4521 - Psychology of Stress and Trauma (3.0 cr)

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