

# PSYCHOLOGY

## PSYCHOLOGY COURSES

### PSYC C1000 - Introduction to Psychology

Formerly PSYC 1

3 units

This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations. 54 hours lecture. ADGE: 4 Transfer: CSU, UC; Cal-GETC: 4; C-ID# PSY 110.

**Recommended Course Preparation:** Eligibility for college-level writing (C-ID ENGL 100) and reading (a course with an existing skill of ability to read a college level text).

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 3 - Introduction to Social Psychology

3 units

This course will introduce theories and concepts that explain individual behavior in social settings. The topics include research methods, social perception, social cognition, beliefs, prejudice/discrimination, interpersonal relationships, aggression, and group behavior. 54 hours lecture. ADGE: 4; Transfer: CSU, UC; Cal-GETC: 4; C-ID# PSY 170.

**Recommended Course Preparation:** PSYC C1000 with a minimum grade of C, Eligibility for college-level composition as determined by college assessment or other appropriate method.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 4 - Brain, Mind, and Behavior

3 units

Introduction to the field of biopsychology. The biopsychology of cognitive, perceptual, emotional, developmental, and social processes. Includes the biopsychology of personality, gender, emotions, learning, learning disabilities, drugs, neurological and developmental disorders, and mental health. Examination of information and theory for practical application. 54 hours lecture. ADGE: 4, 5; Transfer: CSU, UC; Cal-GETC: 4, 5B; C-ID# PSY 150.

**Prerequisite:** PSYC C1000 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 6 - Abnormal Psychology

3 units

An introduction to mental health and the major mental health disorders in adults and children; includes anxiety, mood, personality, sexual, and psychotic disorders. The course will include the study of the major psychological, biological, and sociocultural models of mental health disorders and their treatment. 54 hours lecture. ADGE: 4; Transfer: CSU, UC; Cal-GETC: 4; C-ID# PSY 120.

**Recommended Course Preparation:** Eligibility for college-level composition as determined by college assessment or other appropriate method

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 10 - Psychology of Human Sexuality

3 units

Physiological and psychosocial aspects of sexual health in our contemporary society. Understanding the interrelationship of attitude and

behavior as it relates to sexual well-being and sexual integrity. 54 hours lecture. ADGE: 8; Transfer: CSU, UC; Cal-GETC: 4; C-ID# PSY 130.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 12 - Life-Span Psychology

3 units

Introduction to the psychological, physiological, and socio-cultural factors influencing development from conception through death. Emphasis on the process of normal development and its variations. Examination of theoretical models and research for practical application. 54 hours lecture. ADGE: 4; Transfer: CSU, UC; Cal-GETC: 4; C-ID# PSY 180.

**Recommended Course Preparation:** Eligibility for college-level composition as determined by college assessment or other appropriate method.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 13 - Psychology of Women

3 units

This course examines the diverse experiences of women from a psychological perspective. Students will explore psychological theory and research on gender and issues that affect women, and will gain insight into how psychologists investigate gender-related issues. 54 hours lecture. ADGE: 4; Transfer: CSU, UC; Cal-GETC: 4.

**Recommended Course Preparation:** PSYC C1000 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 15 - Abnormal Child Psychology

3 units

An exploration of the emotional, cognitive, developmental, and behavioral problems of childhood and adolescence. Topics include: common stresses and problems of adjustment; the effects of stress, abuse, and traumas on development; intellectual disability, autistic spectrum disorder, and other developmental disabilities; normal and abnormal problems of attention, conduct, mood, anxiety, sleep, eating, sex, learning and speech. Examination of the causes of mental health problems in children and adolescents and approaches to treatment. 54 hours lecture. ADGE: 4; Transfer: CSU, UC; Cal-GETC: 4.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 17 - The Psychology of Sleep and Dreams

3 units

An introduction to the scientific study of sleep and dreams. Major historic, modern, multicultural views and theories of sleep and dreams; research methods in the study of sleep and dreams; the biological basis of sleep and dreams; biological rhythms; individual differences in biological rhythms and their implication for social policies; the stages and cycles of sleep; sleep requirements and changes across the lifespan; the relationship between sleep and daytime alertness, cognitive, emotional, and behavioral functioning, and physical and mental health; societal implications of sleep deprivation in diverse populations; theories of dream content, function, and meaning; dreaming and creativity; lucid dreaming; sleep disorders and their characteristics and treatments. Examination of information and theories for practical application. 54 hours lecture. ADGE: 4; Transfer: CSU, UC.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### PSYC 21 - Psychology of Race and Identity

3 units

This course is an introduction to the impact of race and ethnicity on identity in the United States, which focuses on how these influence human behavior and shape one's understanding of the world around them. We will study a variety of topics related to race, ethnicity, social and cultural group developmental norms and the extent of influence these norms may have on an individual's worldview. This course seeks to strengthen diversity awareness and knowledge by engaging in difficult discussions surrounding race and identity. This course will review a broad range of theories and research findings regarding race and ethnicity's influence on human behavior and cognitive process. Topics covered include stereotypes, prejudice, discrimination, racism, the intersection between race, ethnicity and other forms of oppression, privilege, and identity development. Students may receive credit for ETHS 5 or PSYC 21, but not both. 54 hours lecture. ADGE: 4, 6; Transfer: CSU, UC; Cal-GETC: 4, 6.

**Recommended Course Preparation:** PSYC C1000 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### **PSYC 25 - Research Methods**

#### **4 units**

Introduction to the use of the scientific method in the study of human and animal behavior. Coverage of descriptive, experimental, and non-experimental methods commonly used in psychological research. Topics will include ethical principles in research, hypothesis development and testing, observational methods, survey research, the fundamentals of experimental design, basic data analysis, and the presentation of research findings. 54 hours lecture, 54 hours laboratory. ADGE: 4; Transfer: CSU, UC; Cal-GETC 4; C-ID# PSY 200, PSY 205 B.

**Prerequisite:** PSYC C1000 with a minimum grade of C, STAT C1000 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### **PSYC 27 - Introduction to Cognitive Science**

#### **3 units**

An introduction to the interdisciplinary field of cognitive science. Basic issues related to cognition, including perception, memory, language, learning, problem solving, spatial cognition, attention, mental imagery, consciousness, brain damage, development, and artificial intelligence, are considered from the perspectives of psychology, philosophy, computer science, and neuroscience. 54 hours lecture. ADGE: 4; Transfer: CSU, UC; Cal-GETC: 4.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### **PSYC 29 - Independent Study, Psychology**

#### **0.5 - 2 units**

For course information, see "Independent Studies". 27 - 108 hours laboratory. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass