

PSYC A100: INTRODUCTION TO PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	10/16/2024
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Science Local General Education (GE)	• Area 4 Social and Behavioral Sciences (OSD)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4) • Cal-GETC 4I Psychology (4I)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4) • IGETC 4I Psychology (4I)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D9 Psychology (D9)

Course Description

Formerly: PSYC A100. 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. In addition: This course is a scientific study of mental processes and behavior. The following psychology topics are explored: methodology, physiology, sensation, perception, states of consciousness, learning, memory, intelligence, thought, language, development, motivation, emotion, sexuality, health, stress, personality, abnormal disorders, and therapies. Enrollment Limitation: PSYC C1000H; students who complete PSYC C1000 may not enroll in or receive credit for PSYC C1000H. Transfer Credit: CSU; UC. C-ID: PSY 110. **Common Course Number:** PSYC C1000.**C-ID:** PSY 110.

Course Level Student Learning Outcome(s)

1. Students will be able to understand human behavior through the critical evaluation of theoretical perspectives, research, and applications in psychology.

Course Objectives

- 1. Demonstrate fundamental knowledge and comprehension of major concepts, theoretical perspectives, historical and cultural contexts, and empirical findings within the broad discipline of psychology.

- 2. Use a scientific approach (including critical and creative thinking) to understand individuals' mind and behavior within psychological, biological, sociocultural, and ethnocultural contexts while recognizing that biases filter experiences.
- 3. Apply psychological theories, concepts, and values to individual, interpersonal, group, and societal issues to demonstrate awareness of self and others.
- 4. Draw logical and objective conclusions about the mind and behavior from evidence to show how psychology evaluates, modifies, and supports its claims and counters unsubstantiated statements, opinions or beliefs.
- 5. In addition: 1. Identify the basic perspectives and methods used in psychology. 2. Describe and identify various aspects of the sensory systems and perceptual principles. 3. Define consciousness and altered states of consciousness and their effects on behavior and the physiology of the nervous system. 4. Distinguish between different theories of intelligence and thought, problem solving and language. 5. Track the cognitive, moral, social, and physical stages of human development, describing the components of each stage. 6. Identify, explain, and contrast theories of personality, motivation, emotion, learning and memory. 7. Describe components of sexual identity, sexual development, sexual behavior, and sexual orientation. 8. Identify the stress response of the body and differentiate methods of managing stress. 9. Distinguish differences between major psychological disorders and types of therapies. 10. Describe the various components of social psychology and how they affect a person's daily life.

Lecture Content

Cover at least two topics within each of the following major areas, addressing both theory and application: BIOLOGICAL (e.g., Neuroscience, Sensation, Consciousness); COGNITIVE (e.g., Cognition, Memory, Perception, Intelligence); DEVELOPMENT (e.g., Learning, Lifespan Development, Language); SOCIAL AND PERSONALITY (e.g., Motivation, Emotion, Social, Personality, Sex/Gender/Sexuality); MENTAL AND PHYSICAL HEALTH (e.g., Psychopathology, Health, Therapies) Incorporate psychology's seven integrative themes throughout the course: How psychological science relies on evidence and critical thinking, adapting as new data develop; How psychology explains general principles that govern behavior while recognizing individual differences; How psychological, biological, social, and cultural factors influence behavior and mental processes; How psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society; How our perceptions and biases filter our experiences of the world through an imperfect personal lens; How applying psychological principles can change our lives, organizations, and communities in positive ways; How ethical principles guide psychology research and practice. Emphasize and illustrate how scientific inquiry, research methodology, and evidence serve as the foundation for all content areas: while recognizing limitations and problematic outcomes, biases, systemic injustice, and opportunities for on-going research; and to counter unsubstantiated statements, opinions, or beliefs Emphasize how sociocultural factors and diversity, not limited to historically dominant Western perspectives, influence content areas covered. In addition (lecture content): History of Psychology, Research Methods in Psychology Goals of Psychology Historical Perspectives Structuralism and Functionalism Modern Perspectives Psychoanalytic Humanistic Behavioral Cognitive Evolutionary Biological/Physiological Socio/cross-cultural Careers in Psychology Research Method Designs Observational Correlational

Experimental Physiology of the Nervous System Anatomy and Physiology of Neurons Neural Transmission and the Synapse Neurotransmitters Divisions and Subdivisions of the Nervous System Brain Structures and Functions Lobes and Cortices Broca's and Wernicke's Areas Sensation and Perception Sensation Anatomy and Physiology of the Eye Anatomy and Physiology of the Ear Sound Localization The Gustatory System The Olfactory System Tactile System and Pain Perception Gestalt Principles of Organization Perceptual Constancies Binocular and Monocular Cues for Depth Perception Color and Motion Perception Perceptual Illusions States of Consciousness Circadian Rhythms Stages of Sleep and Sleep Cycles Theories of Sleep and Dreaming Sleep Disorders Elements and Theories of Hypnosis Effects of Drugs on the Nervous System and Behavior Stimulants Opiates Hallucinogens Alcohol Marijuana Learning Classical Conditioning Pavlov's dogs Acquisition, Extinction, and Spontaneous Recovery Generalization and Discrimination Taste aversion Watson and Conditioning Phobias Operant Conditioning Skinner and Operant Conditioning Shaping and Schedules of Reinforcement Types of Reinforcers Positive versus Negative Reinforcement Observational Learning Bandura's Observational Learning Modeling and Aggression Insight Learning Kohler's Chimpanzee Studies Memory Three Stage Memory Model Capacities and Limitations of: Sensory Register Short-term Memory Miller's Magic Number 7 (+ or - 2) Elaborative and Rote Rehearsal Long-term Memory Explicit and Implicit Memory Declarative and Non-declarative Memory Semantic and Episodic Memory The Physiology of Memory Environmental and State-Dependent Memory The Serial Position Effect Retrieval and Recognition Retrieval Failure Neuronal Decay Interference Reconstructive Memory Anterograde and Retrograde Amnesia Memory and Eyewitness Testimony Intelligence, Thought, Problem Solving, and Language Theories of Intelligence Spearman's G Sternberg's Triarchic Theory Gardner's Multiple Intelligence Theory Goleman's Emotional Intelligence Intelligence Testing Stanford-Binet Wechsler's WAIS and WISC IQ categories Biases in Intelligence Testing Creativity Theories of Thought Classical, Prototype, and Exemplar Theories Types of Thought Imaginal, Propositional, and Motoric Thought Types of Thinking Convergent and Divergent Thinking Problem Solving Strategies Functional Fixedness Language and Communication Elements of Language Acquisition of Language Motivation and Emotion Theories of Motivation Drive-Reduction Theory Incentive Theory Cognitive Theory Instinct Theory Maslow's Hierarchy of Needs Physiology of Hunger Peripheral and Central Cues for Hunger Genetic Hunger Factors Eating Disorders Theories of Emotion Cognitive Appraisal Theory Facial Feedback Theory James-Lange Theory Affectiveness-Primacy Theory Emotional Expression Physiology of Emotion Human Sexuality Sexual Development Sexual Response Gender Identity Gender Orientation Gender Roles and Gender Stereotyping Relationships and Marriage Stress and Health Physiological Factors General Adaptation Syndrome Effects on Immune System Cognitive Factors Social Factors Support Systems Personality and Stress Type A and Type B Management of Stress Coping Styles Biofeedback and Relaxation Yoga and Exercise Nutrition Therapy Human Development Genetic Contribution Stages of Physical Development Germinal, Embryonic, and Fetal Stages Teratogens and Prenatal Development Emotional and Social Development Temperament and Attachment Attachment Types Erickson's Psychosocial Development Moral Development Kohlberg's Theory Cognitive Development Piaget's Stages and Maturation Object Permanence and Conservation Adolescent Development Late Adulthood Cognitive Changes Dementia and Alzheimer's Death and Dying Personality Theories Psychoanalytic Freud - Structure of Personality Defense Mechanisms Psychosexual Stages Jung Personal Unconscious and Complexes Collective Unconscious and Archetypes Adler Inferiority and Superiority Complexes Horney Feminine Psychology Humanistic Maslow Self-actualization Rogers Unconditional Positive Regard Trait Theories Cattell I and the Big Five Social/Cognitive Bandura

Self-efficacy Rotter Locus of Control Biological Theories Eysenck Theory Genetic and Environmental Contributions Personality Assessment Objective Tests The Big Five, MMPI, and 16 Factor Test Projective Tests Rorschach and TAT Abnormal Disorders Schizophrenia Symptoms of Schizophrenia Types of Schizophrenia Cause of Schizophrenia Personality Disorders Histrionic, Dependent, and Narcissistic Obsessive-Compulsive Disorder Anxiety Disorders Generalized Anxiety Disorder Panic Disorder Post-traumatic Stress Disorder Acute Stress Disorder Simple and Social Phobias Mood Disorders Dissociative Disorders Dissociative Amnesia Dissociative Fugue Dissociative Identity Disorder (MPD) Somatoform Disorders Therapies Early History of Therapy Disorder Prevalency and Comorbidity Insight Therapies Psychoanalytic Therapy Humanistic Therapy Gestalt Therapy Relational Therapy Behavioral Therapy Systematic Desensitization and Flooding Implosion Therapy and Modeling Token Economies and Behavioral Contracts Rational Emotive Therapy Cognitive Therapy Eclectic Therapy Biological Therapies Drug Therapy Electroconvulsive Therapy Psychosurgery Effectiveness of Therapies Social Psychology Attribution Fundamental Attribution Theory Actor-Observer Effect Physical Attraction Cultural Influence Matching Theory Theories of Love Social Influence Asch's Conformity Experiment Compliance Strategies Milgram's Obedience Experiment Groupthink Social Facilitation and Social Loafing Cognitive Dissonance Elements of Persuasion Altruism and the Bystander Effect Theories of Aggression

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lecture on course content with PowerPoint and/or overhead transparencies. Video and DVD demonstration of concepts. Class discussion with instructor feedback. Instructor handouts (can be accessed online) to reinforce concepts. Classroom and online demonstration of concepts. Ongoing student learning outcome assessment using different methodologies.

Reading Assignments

2 hours per week reading from the assigned textbook and supplementary materials

Writing Assignments

2 hours per week writing paper analyzing topics in psychology The student will be required to complete either one or more writing assignments on topics explored in psychology. The assignment will be in essay form, but may take the form of a personal exploration assignment, a topical assignment, or an online assignment. Examples: 1. (Personal Exploration) Principles of Conditioning Analyze a situation from your own life that involves classical conditioning. (Topical) Alzheimer's Disease What do psychologists know about the physiology of Alzheimer's Disease? (Online) Social Psychology Explore the following website on the Stanford Prison Experiment. Then write an essay explaining the psychological effect this experiment had on its subjects.

Out-of-class Assignments

2 hours per week completing out-of-class homework assignments The student will be required to complete either one or more writing assignments on topics explored in psychology. The assignment will be in essay form, but may take the form of a personal exploration assignment, a topical assignment, or an online assignment.

Demonstration of Critical Thinking

Examples of potential methods of evaluation used to observe or measure students achievement of course outcomes and objectives could include but are not limited to quizzes, exams, laboratory work, field journals, projects, research demonstrations, etc. Methods of evaluation are at the discretion of local faculty.

Required Writing, Problem Solving, Skills Demonstration

The student will be required to complete either one or more writing assignments on topics explored in psychology. The assignment will be in essay form, but may take the form of a personal exploration assignment, a topical assignment, or an online assignment.

Eligible Disciplines

Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Feldman, R.. Essentials of Understanding Psychology, 12 ed. Burr Ridge, IL: McGraw Hill, 2017 Rationale: - 2. Required Nevid, J. S. . Essentials of Psychology: Concepts and Applications, 5 ed. Cengage Learning, 2018 3. Required Licht, D. M., Hull, M. G., Ballantyne, C.. Presenting Psychology, 2 ed. Worth Publishers, 2019 4. Required Kalat, J. W.. Introduction to Psychology, 11 ed. Cengage Learning, 2017 5. Required Spielman, Jenkins, Lovett. Psychology , 2 ed. OER, 2020