

PSYC C100: INTRODUCTION TO PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	10/25/2024
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	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 4 Social and Behavioral Science (CD1)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D Soc Politic Econ Inst (D)

Course Description

Formerly: PSYC C100. 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. **ADVISORY:** Eligibility for college-level writing (CID ENGL 100) and reading (a course with an existing skill of ability to read a college level text). Transfer Credit: CSU; UC. C-ID: PSY 110. **Common Course Number:** PSYC C1000. **C-ID:** PSY 110.

Course Level Student Learning Outcome(s)

1. Explain why psychology is a science.
2. Contrast the major theoretical perspectives in psychology.
3. Analyze and apply various concepts, theories, and perspectives used 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.

Lecture Content

Part 1: Required Topics: 1. 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) 2. Incorporate psychology's seven integrative themes throughout the course: a. How psychological science relies on evidence and critical thinking, adapting as new data develop; b. How psychology explains general principles that govern behavior while recognizing individual differences; c. How psychological, biological, social, and cultural factors influence behavior and mental processes; d. How psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society; e. How our perceptions and biases filter our experiences of the world through an imperfect personal lens; f. How applying psychological principles can change our lives, organizations, and communities in positive ways; g. How ethical principles guide psychology research and practice. 3. Emphasize and illustrate how scientific inquiry, research methodology, and evidence serve as the foundation for all content areas: a. while recognizing limitations and problematic outcomes, biases, systemic injustice, and opportunities for on-going research; and b. to counter unsubstantiated statements, opinions, or beliefs. 4. Emphasize how sociocultural factors and diversity, not limited to historically dominant Western perspectives, influence content areas covered.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Video one-way (ITV, video) (63)

Instructional Techniques

The instructor will utilize a variety of instructional techniques such as lecture format augmented by PowerPoint slides, computer-animated demonstrations, classroom demonstrations, and video programs. Learning strategies will include small group activities, case studies, individual student projects, guest speakers, web activities, and discussion board activities. Student evaluation methods will include taking tests and writing reports, doing independent reading and studying, and taking midterm and final examinations.

Reading Assignments

Reading Assignments: Students will read the assigned textbook. Additional articles and sites from the Internet and the textbook companion website will be provided.

Writing Assignments

Written Assignments: Students will submit at least two written assignments, at least one midterm essay, and in online classes graded responses to discussion topics.

Out-of-class Assignments

Quizzes: In class and/or take home quizzes will be given regularly that will cover the textbook, lecture material, and classroom discussion.

Exams: Students will prepare for a Midterm and a Final Examination; these will be objective multiple-choice, fill-in, matching, and/or matching and an essay.

Demonstration of Critical Thinking

Part 1: 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. Most written assignments will include a critical thinking component. Part 2: Many discussions (in class and in online courses) will include a critical thinking component.

Required Writing, Problem Solving, Skills Demonstration

Students in online courses will be graded for participation in course discussions.

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 OER: Spielman, Jenkins Lovett. Psychology 2e, ed. OpenStax, 2024
2. Required OER: Diener Biswas-Diener (eds). Discover Psychology 2.0: A Brief Introductory Text, ed. (<https://nobaproject.com/textbooks/discover-psychology-v2-a-brief-introductory-text>), 2024
3. Required Weiten. Themes and Variations in Psychology, ed. Cengage, 2022
4. Required Feldman, R.S.. Understanding Psychology, ed. McGraw-Hill, 2024
5. Required Grisson, Sarah, Gazzaniga, Michael S.. Psychology in your Life, ed. WW Norton, 2022
6. Required Kassin, S., Privitera, G., and Clayton, K.. Essentials of psychology, ed. Sage, 2021
7. Required Wade, C., Tavis, C., Sommers, S., and Shin, L.. Psychology, ed. Pearson, 2023
8. Required Licht, D., Hull, M., and Ballantyne, C.. Scientific American: Psychology , 3 ed. Worth Publishers (MacMillan), 2020
9. Required Nolan, S.A. Hockenbury, S.E.. Discovering Psychology, ed. MacMillan, 2022
10. Required Myers, D. DeWall, N.. Exploring Psychology, ed. MacMillan, 2022
11. Required Huffman, K.. Psychology in Action, ed. Wiley, 2019
12. Required Rationale: Legacy 12. Required Ciccarelli, S.K., White, J.N.. Psychology, ed. Pearson, 2022

Other Resources

1. Coastline Library