

PSYC G100: INTRODUCTION TO PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	11/19/2024
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 Sciences (GD)
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 G100. 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. Deeper explorations into topics like emotion, intelligence, cognition, social psychology, memory, motivation, personality, learning, development, psychobiology, perception, consciousness, psychological disorders, and therapeutic approaches are also covered from both a theoretical approach as well as an applied approach to understand the implications on the individual, group, and larger society. Transfer Credit: CSU; UC. C-ID: PSY 110. **Common Course Number:** PSYC C1000. **C-ID:** PSY 110.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify key elements of research using the scientific method within the broad discipline of psychology.
3. Compare and contrast the major theoretical perspectives in psychology within the psychological, biological, sociocultural, and ethnocultural contexts.
4. Apply fundamental psychological theories, concepts and values to demonstrate awareness of self and others.

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. Draw the distinction between scientific and non-scientific methods of understanding and analyzing human behavior as well as the various methods to study behavior and thinking, including naturalistic observation, correlational methods, experimental methods, kinship studies, epidemiological methods, the case study method and any other relevant contemporary methods.
6. Describe the different types of mental health professionals and the basic features of psychotherapies and drug therapies.
7. Explain contemporary features of developmental psychology, including the effects of nature versus nurture versus psychology and free will on behavior and abilities.
8. Compare and contrast contemporary and relevant theories of behaviorism, including classical conditioning, operant conditioning, and social learning theory.
9. Describe contemporary theories of the psychobiological and cognitive approaches, including the major subdivisions of the nervous system, peripheral nervous system, the autonomic nervous system, the memory systems and the general function of each system's subdivision.
10. Explore the contemporary elements of psychopathology, including defining normal versus abnormal behavior as well as analyzing the consequences of different behaviors and mental processes when they fail to align with societal norms.
11. Compare and contrast the different subfields of psychology by explaining the following contemporary perspectives: biological, psychodynamic, learning-based, humanistic, cognitive, sociocultural, clinical, counseling, forensic, community, organizational, school, and health.

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. Psychobiological Approach Nervous System Brain Structures Neurons and neurotransmitters Cognitive Approach Memory Sensory register Short term memory Long term memory Biology of memory Forgetting Behaviorism Classical Conditioning Operant Conditioning Social Learning

Method(s) of Instruction

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

Reading Assignments

Assigned readings from the text and ancillary readings Discussion assignments

Writing Assignments

Research papers Discussions and reflections Short answer essay quiz questions

Out-of-class Assignments

Writing Assignments Quizzes Individual or group projects

Demonstration of Critical Thinking

Analysis of case studies Group Projects that promote research, collaboration and shared project design Concept mapping to demonstrate how psychological themes overlap Scenario-based quiz and exam questions

Required Writing, Problem Solving, Skills Demonstration

Essay questions on key concepts in each chapter Written critique of course topics and assignments Reflection and journaling to connect topics to real life scenarios

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 Spielman, R., Jenkins, W., Lovett, M. Psychology, 2 ed. OpenStax, 2024 2. Required Weiten, W. Themes and Variations in Psychology, 11th ed. Cengage, 2021

Other Resources

1. Instructor provided resources