

PSYCHOLOGY (PSYC)

PSYC A100 3 Units (54 lecture hours)

Introduction to Psychology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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. This course may also be offered online. Graded or Pass/No Pass option. **C-ID:** PSY 110.

PSYC A100H 3 Units (54 lecture hours)

Introduction to Psychology Honors

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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. Graded or Pass/No Pass option. **C-ID:** PSY 110.

PSYC A110 3 Units (54 lecture hours)

Psychology of Adjustment

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

The study of concepts and principles of personal and social adjustment. Theories (e.g., biological, psychodynamic, behavioral, cognitive, humanistic) of healthy adjustment are explored and coupled with personal discipline and responsibility of the individual student. The material is geared to be relevant and applicable to contemporary society. May be taken for grades or on a pass-no pass basis.

PSYC A130 3 Units (54 lecture hours)

Life Span Developmental Psychology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

Psychological study of human development across the lifespan from prenatal development through childhood, adolescence, adulthood, and dying. Theories and research of physical, cognitive, personality, and social development are examined, as well as attention to developmental problems. Institutions impacting each stage of development also addressed. Graded or Pass/No Pass option. **C-ID:** PSY 180.

PSYC A160 4 Units (72 lecture hours)

Statistics for the Behavioral Sciences

Prerequisite(s): Successful completion of a course at the level of intermediate algebra or Appropriate OCC math placement.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC; Credit Limitation: MATH A160, and PSYC A160 combined: maximum credit, 1 course.

This course emphasizes the calculation, interpretation, and application of descriptive and inferential statistics in the behavioral sciences. Topics include research methods, mathematical concepts, distributions, estimation, correlation, regression, sampling and probability, hypothesis testing, z and t Tests, ANOVA, and nonparametric tests. Students completing MATH A160 may petition for alternative credit for PSYC A160. Graded or Pass/No Pass option. **C-ID:** MATH 110.

PSYC A165 3 Units (54 lecture hours)

Principles of Human Sexuality 1

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

Interdisciplinary approach to psychological, social, and physiological aspects of sexuality. Same as SOC A165. Students completing PSYC A165 may not receive credit for SOC A165. Graded or Pass/No Pass option.

PSYC A185 3 Units (54 lecture hours)

Principles of Psychology

Prerequisite(s): PSYC A100 or PSYC A100H.

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

This course emphasizes contemporary interests, recent discoveries, and classic studies in psychology, with attention to developmental psychology, physiological psychology, abnormal psychology and the other subfields.

PSYC A190 3 Units (54 lecture hours)

Cross-Cultural Psychology

Grading Mode: Standard Letter

Transfer Credit: CSU; UC

This course is an introduction to essential theories and research in cross-cultural psychology. The course will explore how culture influences human behavior and psychological processes including cognition, lifespan development, emotion, language, personality, mental health, self concept, and social behavior. Topics include identity development, worldview, stereotypes, prejudice, discrimination, enculturation, acculturation, cultural competence, and mental health, with particular emphasis placed on the influence of race, ethnicity, sex, gender, disability, socioeconomic status, nationality, sexual orientation, and religion. Examination of these topics will prepare students to more fully engage in an increasingly diverse society where cross-cultural contact is a routine occurrence.

PSYC A190H **3 Units (54 lecture hours)**
Cross-Cultural Psychology Honors
Grading Mode: Standard Letter
Transfer Credit: CSU; UC

This course is an introduction to essential theories and research in cross-cultural psychology. The course will explore how culture influences human behavior and psychological processes including cognition, lifespan development, emotion, language, personality, mental health, self concept, and social behavior. Topics include identity development, worldview, stereotypes, prejudice, discrimination, enculturation, acculturation, cultural competence, and mental health, with particular emphasis placed on the influence of race, ethnicity, sex, gender, disability, socioeconomic status, nationality, sexual orientation, and religion. Examination of these topics will prepare students to more fully engage in an increasingly diverse society where cross-cultural contact is a routine occurrence.

PSYC A200 **3 Units (54 lecture hours)**
Positive Psychology
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

Focus on presenting practical ways to promote and maintain well-being and happiness by managing emotions, strengthening positive character traits, and fostering better relationships. Topics include compassion, mindfulness, creativity and flow, self-knowledge, self-esteem, love, parenting, friendships, work ethics and achievement, spirituality, tolerance, resilience and humor. Graded or Pass/No Pass option.

PSYC A220 **3 Units (54 lecture hours)**
Psychology of Personality
Prerequisite(s): PSYC A100 or PSYC A100H.

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: PSYC A110 and PSYC A220 combined: maximum credit, 1 course.

A survey of classical and contemporary personality theories, research, and applications. This course may also be offered online. Graded or Pass/No Pass option.

PSYC A250 **3 Units (54 lecture hours)**
Psychobiology
Prerequisite(s): PSYC A100 or PSYC A100H.

Advisory: ENGL A100.

Grading Mode: Standard Letter
Transfer Credit: CSU; UC.

This course is an examination of the relationships between the brain and behavior and their application to self-management. The anatomy and physiology of the following will be explored: neurological disorders and their treatments, sensation, perception, sexuality, drug use, emotion, sleep, learning, memory, and internal bodily states. This course may also be offered online. **C-ID:** PSY 150.

PSYC A255 **3 Units (54 lecture hours)**
Abnormal Psychology
Prerequisite(s): PSYC A100 or PSYC A100H.

Advisory: ENGL A100.

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

A survey of abnormal psychology, models of abnormal behavior, assessment and classification of psychological disorders, etiology and treatment, and legal and ethical issues. This course emphasizes a critical thinking approach for understanding content in the context of a culturally diverse society. Graded or Pass/No Pass option. **C-ID:** PSY 120.

PSYC A260 **3 Units (54 lecture hours)**
Social Psychology
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

Topics explored include self-perceptions, attitudes and behavior, group influence and persuasion, attraction and relationships, stereotypes, prejudice, aggression, helping, and the application of social psychology to health, business, and law. This course may also be offered online. Graded or Pass/No Pass option.

PSYC A270 **3 Units (54 lecture hours)**
Psychology of Learning
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

Investigates types of learning, the background and research that led to their discovery, and current models of learning, memory, and problem solving. Critical and analytical thinking applied to instances of everyday learning and memory. Graded or Pass/No Pass option.

PSYC A280 **4 Units (54 lecture hours; 54 lab hours)**
Introduction to Experimental Methods
Prerequisite(s): PSYC A100 or PSYC A100H; and PSYC A160 or MATH A160.

Advisory: ENGL A100.

Grading Mode: Standard Letter
Transfer Credit: CSU; UC.

This course addresses the principles and techniques which enter into experimental research concerning behavior and emphasizes designing, conducting, analyzing, and reporting research in the behavioral sciences. **C-ID:** PSY 200.