

Degree: A.A. - Psychology

Area: Behavioral & Social Sciences

Dean: Carol Pottorff (Interim)

Phone: (916) 484-8283

Counseling: (916) 484-8572

## Psychology Degree

Psychology focuses on the study of behavior of humans and other animals. It involves both pure and practical application of science to matters of everyday life.

### Career Opportunities

The Psychology degree is designed to facilitate students' successful transfer to four-year programs that prepare them for advanced study in a variety of graduate programs. Psychologists with graduate degrees and professional certificates have a broad range of employment opportunities including, but not limited to, clinical practice, research, and teaching. Clinical psychologists work in a variety of settings and with a wide range of clients. Research psychologists work in a range of fields associated with the study of human behavior, including biomedical, sports psychology, and cognitive neuroscience.

Requirements for Degree Major		18 units
PSYC 300	General Principles	3
PSYC 310	Biological Psychology	3
PSYC 320	Social Psychology	3
PSYC 330	Introductory Statistics for the Behavioral Sciences	3
PSYC 335	Research Methods in Psychology	3
<i>And a minimum of 3 units from the following:</i>		3
ECE 312	Child Development (3)	
or PSYC 372	Child Development (3)	
GERON 302	Psychology of Aging: Adult Development and Aging (3)	
or PSYC 374	Psychology of Aging: Adult Development and Aging (3)	
HSER 330	Issues of Diverse Populations (3)	
or PSYC 365	Issues of Diverse Populations (3)	
HSER 340	Introduction to Chemical Dependency (3)	
or PSYC 400	Introduction to Chemical Dependency (3)	
HSER 342	Alcoholism: Intervention, Treatment & Recovery (3)	
or PSYC 402	Alcoholism: Intervention, Treatment & Recovery (3)	
PSYC 305	Personal Growth and Adjustment (3)	
PSYC 340	Abnormal Behavior (3)	
PSYC 354	Marriage, The Family and Alternatives (3)	
PSYC 356	Human Sexuality (3)	
PSYC 361	Psychology of Women in a Multicultural Society (3)	
PSYC 370	Human Development: A Life Span (3)	
PSYC 383	Introduction to Organizational Psychology (3)	
PSYC 390	Psychology of Death and Dying (3)	

**Associate Degree Requirements:** The Psychology Associate in Arts (A.A.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

### PSYC 300 General Principles 3 Units

*Prerequisite: None*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is for psychology majors, behavioral science majors and others who desire a broad overview of general principles. Topics include the scientific method, statistics, biological determinants and general processes of behavior such as development, learning, verbal behavior, intelligence, perception, motivation, emotion, personality and mental health. (CAN PSY 2) AA/AS area 3C; CSU area D3; IGETC area 4.

### PSYC 305 Personal Growth and Adjustment 3 Units

*Prerequisite: None*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course explores human behavior emphasizing the practical and adaptive aspects of psychology in everyday life. Topics include development, personal growth and adjustment over the life span, motivation, emotions, stress, adjustment, behavior disorder, personality, attitudes, values, and interpersonal relationships. AA/AS area 3C; CSU area D3; IGETC area 4.

### PSYC 310 Biological Psychology 3 Units

*Formerly: PSYC 2*

*Prerequisite: PSYC 300 with a grade of "C" or better.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is an analysis and description of the physiological determinants of behavior. Content includes the brain and nervous system, central system pathologies, endocrine function and the biochemistry of mental disease. A basic course for psychology, medical and biological science majors. (CAN PSY 10) AA/AS area 3A; CSU area B2; IGETC area 5B.

### PSYC 311 Biological Psychology Laboratory 1 Unit

*Formerly: PSYC 8*

*Prerequisite: None*

*Corequisite: PSYCH 310.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course is a study of the methods and techniques used to investigate sensation, perception, psychophysics, and biological psychology. Topics include: the organization of the brain, anatomy and physiology of the neuron, methods and an examination of sensory systems. AA/AS area 3A; CSU area B2; IGETC area 5B.

### PSYC 320 Social Psychology 3 Units

*Prerequisite: PSYC 300 with a grade of "C" or better.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course analyzes human behavior in relation to the social environment, including the power of the situation, other individuals, and the social group to influence individual behavior. Emphasized topics include aggression, prejudice, attraction, altruism, attitude change, conformity, gender roles, cultural norms, person perception, and social cognition. AA/AS area 3C; CSU area D3; IGETC area 4.

## **PSYC 330      Introductory Statistics for the Behavioral Sciences      3 Units**

*Formerly: PSYC 5*

*Prerequisite: PSYC 300 with a grade of "C" or better; MATH 120.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course focuses upon the concepts and application of descriptive and inferential statistics in psychology and other behavioral sciences. Topics include hypothesis testing, correlation, chi-square, and analysis of variance procedures. (CAN PSY 6) AA/AS area 3D; CSU area B3; IGETC area 2A

## **PSYC 331      Introduction to Statistics for the Behavioral Science - Lab      1 Unit**

*Prerequisite: None*

*Corequisite: PSYC 330.*

*Course Transferable to CSU*

*Hours: 54 hours LAB*

This lab complements Introduction to Statistics for the Behavioral Sciences (PSYC 330) and/or Research Methods in Psychology (PSYC 335) by providing hands-on experience and facilitated instruction in the use of both the SPSS and Microsoft Excel computer software programs. Emphasis is on the techniques of software-assisted applied statistical analysis and data presentation using these software packages.

## **PSYC 335      Research Methods in Psychology      3 Units**

*Formerly: PSYC 4*

*Prerequisite: PSYC 300.*

*Corequisite: PSYC 330 or STAT 301.*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC; 54 hours LAB*

This course covers the planning and execution of research studies in the behavioral sciences. Crucial topics include hypothesis formation, review of professional literature, research design, collection of data, statistical analysis and scientific report writing. (CAN PSY 8)

## **PSYC 340      Abnormal Behavior      3 Units**

*Prerequisite: PSYC 300 or 305 with a grade of "C" or better.*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is an exploration of the broad questions of normality and abnormality. Topics include the investigation of specific mental, emotional, and behavioral difficulties and current approaches to psychological intervention including present community mental health practices. It considers the contribution of social, biological and psychological factors to the development and persistence of behavior disorders. AA/AS area 3E; CSU area D3 & E1; IGETC area 4.

## **PSYC 342      Behavior Modification: Theory and Application      3 Units**

*Formerly: PSYC 32*

*Prerequisite: PSYC 300 or 305.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course reviews methods of changing behavior through the systematic application of learning principles. It examines the philosophical and research foundations for behavioral psychology as well as the controversy surrounding behaviorism. The emphasis is on practical applications including institutional settings, schools, child behavior management, smoking, alcohol abuse, sexual dysfunction, assertiveness and cognitive restructuring. AA/AS area 3E; CSU area E1

## **PSYC 354      Marriage, The Family and Alternatives      3 Units**

*Formerly: PSYC 24*

*Prerequisite: None*

*Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course is a study of marriage, the family and alternatives from historical, sociological and psychological viewpoints. Topics will include the structure and functions of the family, childrearing, gender roles, mate selection, the sexual revolution, conflict crisis, divorce, and alternatives to traditional marriage. (CAN FCS 12) AA/AS area 3E; CSU area E1

## **PSYC 356      Human Sexuality      3 Units**

*Formerly: PSYC 25*

*Prerequisite: None*

*Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course provides an overview of human sexual behavior from birth through adulthood. Sexuality is explored from historical, cultural, psychological, physiological, sociological and legal viewpoints. AA/AS area 3E; CSU area E1

## **PSYC 358      Principles of Interpersonal Relationships      3 Units**

*Prerequisite: None*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; or else ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course is an introduction to the principles involved in effective interpersonal relationships. Topics will include interpersonal feedback, self-disclosure, listening, the role of emotions, conflict resolution, personal values, and self-awareness. Emphasis is on methods to enhance relationships at home, work, and school. AA/AS 3E; CSU area E1

## **PSYC 359      Stress Management and Health      3 Units**

*Same As: HEED 352.*

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course examines productive and nonproductive stress and the influence of various types of stress on health and wellness. Topics include the physiological aspects of stress and its effects on health, assessments of personal coping style, strategies for coping effectively with stress, relaxation techniques, and positive reinforcers. Emphasis is placed on practical application of stress management techniques in daily life. This course is not open to students who have completed HEED 352. AA/AS area 3E; CSU area E1.

## **PSYC 361      Psychology of Women in a Multicultural Society      3 Units**

*Formerly: PSYC 16*

*Prerequisite: None*

*Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is a study of the psychological effects of society upon women. Emphasis will be on the exploration of sociocultural, gender-role, sex-role, stereotyping, and intrapersonal and interpersonal factors in the development of women. AA/AS areas 3C & 3F; CSU area D3.

**PSYC 365 Issues of Diverse Populations 3 Units**

Formerly: PSYC 19

Same As: HSER 330.

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of the values, problems, issues, concerns and counseling needs of special population groups including the elderly, African Americans, Hispanics, Asians, Native Americans, homosexuals, the poor and terminally ill. It also includes the nature and extent of chemical dependency and other addictive behaviors. Not open to students who have completed HSER 330. AA/AS area 3C & 3F; CSU area E1.

**PSYC 370 Human Development: A Life Span 3 Units**

Formerly: PSYC 18

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course examines human development across the lifespan, from conception through death, by focusing on development from the perspectives of physiology, cognition, and psychology along with the interaction among these three domains. Seeing development as an on-going process and the practical application of this knowledge are emphasized. This course is designed as a foundation for careers in educational, social, psychological, and medical fields as well as providing a better understanding of one's own developmental process. AA/AS area 3C or 3E; CSU area D3 or E1.

**PSYC 372 Child Development 3 Units**

Same As: ECE 312.

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is a study of the growth and development of children from the prenatal stage through adolescence. For each stage of development, the physical, cognitive, linguistic, social-moral, and emotional aspects of development, with attention to both typical as well as atypical development in each area is discussed. Included are the influences of culture, family, and the environment. This material is designed as a foundation for early care and education, teaching, and parenting. Not open to students who have completed ECE 312. (CAN FCS 14) AA/AS area 3C; CSU area D3; IGETC area 4.

**PSYC 374 Psychology of Aging: Adult Development and Aging 3 Units**

Same As: GERON 302.

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course covers the physical, psychological, and social aspects of the aging process including the interactions between the elderly and the rest of society. Topics include an analysis of stereotypes, social bonds, environmental factors, sexuality, physical health, mental health, death, and bereavement. Not open to students who have completed Gerontology 302. AA/AS area 3C; CSU area E1

**PSYC 378 Communicating with and Validating Older Adults 3 Units**

Same As: GERON 330.

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course introduces the basic theory, techniques, and experiences for communication with, validation of, and stimulation of the elderly at different cognitive levels. Not open to students who have completed Gerontology 330.

**PSYC 379 Reminiscence Therapy 3 Units**

Same As: GERON 334.

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course introduces the basic theory and techniques of Reminiscence Therapy and provides experience in planning, facilitating, and evaluating reminiscence groups with the elderly in an institutional setting. Not open to students who have completed Gerontology 334. AA/AS area 3E.

**PSYC 383 Introduction to Organizational Psychology 3 Units**

Prerequisite: None

Advisory: PSYC 300, 330, and 335.

Course Transferable to CSU

Hours: 54 hours LEC

This course provides an overview of the field of Organizational Psychology with the specific focus on motivation, leadership, organizational assessment, personnel selection, training, and the application of psychological research techniques in the work environment. AA/AS area 3C

**PSYC 390 Psychology of Death and Dying 3 Units**

Formerly: PSYC 9

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course involves an investigation of beliefs, attitudes, anxieties, and behaviors associated with dying and death. Included will be information relevant to suicide, life-threatening illnesses, bereavement, euthanasia and various philosophical views on the phenomenon of death. AA/AS area 3E; CSU area E1.

**PSYC 400 Introduction to Chemical Dependency 3 Units**

Formerly: PSYC 35

Same As: HSER 340.

Prerequisite: None

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a survey that examines the physiological effects of chemical dependency on the individual. Included is an analysis of the effects of substance abuse on the family; the sociological, economic conditions contributing to substance abuse; and a description of community efforts at prevention and treatment. Not open to students who have completed HSER 340. AA/AS area 3E; CSU area E1.

## **PSYC 401      Physiology and Pharmacology: Alcohol and Other Drugs      3 Units**

*Formerly: PSYC 36*

*Same As: HSER 341.*

*Prerequisite: HSER 340/PSYC 400 with a grade of "C" or better.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course is a study of the chemical composition of alcohol and the mechanism of action in the body of alcohol and other psychoactive drugs, including opiates, stimulants, depressants, psychotherapeutics, and psychedelics. Also included are the social and psychological implication of tolerance, habituation, and substance abuse of the user and abuser. Not open to students who have completed HSER 341.

## **PSYC 402      Alcoholism: Intervention, Treatment and Recovery      3 Units**

*Formerly: PSYC 37*

*Same As: HSER 342.*

*Prerequisite: HSER 341/PSYC 401 with a grade of "C" or better.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course is a study of techniques used in the treatment of chemical dependency and an evaluation of intervention, individual and group counseling, detoxification, twelve step program, therapeutic communities, and aftercare programs. Not open to students who have completed HSER 342.

## **PSYC 480      Honors General Principles      3 Units**

*Formerly: PSYC 1H*

*Prerequisite: 3.0 or better cumulative GPA; ENGWR 300 or 480 with a grade of "C" or better; and eligibility for ENGRD 310.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is for psychology majors, behavioral science majors and other students who desire a challenging, critical thinking and issues oriented introduction to general principles. Topics include the scientific method, statistics, biological determinants and general processes of behavior such as development, learning, verbal behavior, intelligence, perception, motivation, emotion, personality and mental health. Using a seminar style, the focus will be on encouraging thorough analysis and evaluation of psychological theories and research studies as they relate to practical, everyday issues. AA/AS area 3C; CSU area D3; IGETC area 4.

## **PSYC 481      Honors Abnormal Behavior      3 Units**

*Prerequisite: Cumulative GPA of 3.0 or above; PSYC 300 or PSYC 480 with a grade of "C" or better; ENGWR 300 or ENGWR 480 with a grade of "C" or better.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is for psychology majors, behavioral science majors and other students who desire a challenging, critical thinking and issues oriented introduction to general principles. Topics include the scientific method, statistics, biological determinants and general processes of behavior such as development, learning, verbal behavior, intelligence, perception, motivation, emotion, personality and mental health. Using a seminar style, the focus will be on encouraging thorough analysis and evaluation of psychological theories and research studies as they relate to practical, everyday issues. AA/AS area 3E; CSU area D3 & E1; IGETC area 4