Psychology

Psychology focuses on the study of behavior of humans and other animals. It involves both pure science and the practical application of science to matters of everyday life. Students pursuing psychology as a field of study will find many career options centering on helping others understand, predict, and deal with their own behavior and the behavior of others.

Requirements for Degree Major 18 units

Courses Required Units
PSYC300 3
PSYC310 3
PSYC320 3
PSYC330 3
PSYC335 3
and 3 units selected from the following:
PSYC305, 340, 354, 356, 361, 365, HSER330, 370, 372/ECE
312, 374/GERON302, 390, 400/HSER340, 402/HSER342

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 adjusive 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 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
Formerly: PSYC 15
Prerequisite: PSYC 300 or 305 with a grade of “C” or better.
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 an exploration of the broad questions of normality and abnormality. Investigation of specific mental, emotional and behavioral difficulties and current approaches to psychological intervention including present community mental health practices. 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 346  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 is a study about human sexual behavior from birth through adulthood. Historical, religious, cultural, psychological, physiological, sociological and legal points of view are considered and explored. AA/AS area 3E; CSU area E1

PSYC 356  Abnormal Behavior  3 Units
Formerly: PSYC 15
Prerequisite: PSYC 300 or 305 with a grade of “C” or better.
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 an exploration of the broad questions of normality and abnormality. Investigation of specific mental, emotional and behavioral difficulties and current approaches to psychological intervention including present community mental health practices. 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 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
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.

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 (Same as Human Services 330)  3 Units
Formerly: PSYC 19
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, 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 (same as Early Childhood Education 312)  3 Units
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 survey 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 PFS 14) AA/AS area 3C; CSU area D3; IGETC area 4.

PSYC 374  Psychology of Aging: Adult Development and Aging (same as GERON 302)  3 Units
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 (same as GERON 330)  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 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 (same as GERON 334)  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 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.

PSYC 380  Work and Human Behavior  3 Units
Formerly: PSYC 12
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 covers the principles of psychology applied to the workplace. Topics include self and job appraisal, assertiveness, stress management, communication skills and other factors pertinent to being a successful employee. AA/AS area 3E; CSU area E1.

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.

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 (same as Human Services 340)  3 Units
Formerly: PSYC 35
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 (same as Human Services 341)  3 Units
Formerly: PSYC 36
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 (same as Human Services 342)  3 Units
Formerly: PSYC 37
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; 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