

PSYCHOLOGY

Human Arts and Social Sciences Division

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<http://www.cabrillo.edu/programs>

Psychology

Program Description:

Psychology is the study of our thinking, feeling and behaving. It is the study of human beings, by far the most complex phenomenon on the planet. Cabrillo College offers a diverse program with several goals: 1) to expose students to the variety of subfields in psychology; 2) to engender knowledge of and appreciation for the spirit and nature of scientific inquiry; 3) to facilitate insight into oneself and increase knowledge of and sensitivity to others; and 4) to introduce students to the basic body of knowledge, thus preparing them for further study in psychology.

Because the field of psychology is broad and diverse, psychologists can and do work in a variety of settings. Most psychologists have a Master's degree or a Ph.D. This usually requires two to six years of study after a Bachelor's Degree.

Psychologists may teach, conduct research, perform psychological testing, or do consultation in a variety of settings including hospitals, social service agencies, businesses, industries, colleges, and universities. Applied psychology integrates theory, research, and practice to help people with close relationships, with decision-making, with death and dying, and with other issues. Applied psychology can also produce superior job performance in the human services, education, and many other fields.

Model Program for Psychology

The following Model Program fulfills requirements for an A.A. Degree in Psychology at Cabrillo College. Specific lower division major preparation at four-year public institutions in California can be found at www.assist.org. Please see a counselor for advisement for transfer to any four-year institution.

A.A. Degree: Psychology

A.A. General Education **30 Units**

Core Courses (12-14 Units)

PSYCH 1 General Psychology 3

Choose three of the following courses:

PSYCH 2 Research Methods in Psychology 4

PSYCH 4 Introduction to Biological Psychology 3

PSYCH 6 Introduction to Social Psychology 3

PSYCH 8 Introduction to Developmental Psychology . . . 3

PSYCH 12 Introduction to Cognitive Psychology 3

PSYCH 26 Introduction to Personality Psychology 3

PSYCH 31 Introduction to Abnormal Psychology 3

MATH 12 Elementary Statistics 5

or

MATH 12H Honors Elementary Statistics 5

Approved Electives (12 Units)

PSYCH 33 Personal and Social Adjustment 3

PSYCH 35ABC Death and Dying. 3

PSYCH 37ABC Values and Decision Making 3

PSYCH 39ABC Relationships: Marriage and Family 3

Prospective Psychology majors are encouraged to consult a Psychology instructor regarding recommended elective courses.

Electives:

(Any Course numbered 1-99) 4 - 6

Total Units **60**

Psychology Courses

PSYCH 1

General Psychology

3 units; 3 hours Lecture

Prerequisite: Eligibility for ENGL/1A/1AH/1AMC/1AMCH.

Scientific study of behavior and mental processes, which leads to better understanding of ourselves and other people. Covers basic processes such as perceiving, learning, and remembering. Also introduces theories of personality, abnormal behavior, and child development. Many examples of how psychology can be applied in everyday life.

Transfer Credit: Transfers to CSU, UC.

PSYCH 2

Research Methods in Psychology

4 units; 3 hours Lecture, 3 hours Laboratory

Prerequisite: MATH 12, PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Scientific methods of investigating behavior and mental processes. Includes topics such as developing a research idea, designing experiments and surveys, doing literature searches, interpreting results, communicating findings to others, and learning the scientific approach to knowledge.

Transfer Credit: Transfers to CSU, UC.

PSYCH 4

Introduction to Biological Psychology

3 units; 3 hours Lecture

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

An advanced consideration of the biological basis of behavior. Emphasis is placed on understanding the structure and function of neurons and the nervous system. Topics include how the brain enables sensation, perception, motivation, emotion, learning, and memory; as well as the effects of various drugs. Also examines the bases of brain mal-function and mental disorders, such as schizophrenia and depression.

Transfer Credit: Transfers to CSU, UC.

PSYCH 6

Introduction to Social Psychology

3 units; 3 hours Lecture

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Science of how individuals are influenced by other people, and how that knowledge can help us to deal with social problems. Includes topics such as conformity, prejudice, liking, attitude change, aggression, helping, and group behavior.

Transfer Credit: Transfers to CSU, UC.

PSYCH 8

Introduction to Developmental Psychology

3 units; 3 hours Lecture

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Science of human development with emphasis on infancy, childhood, and adolescence. Topics include prenatal development, cognitive and emotional development, attachment, aggression, self-concept and gender development, multicultural issues, and theories of how we change.

Transfer Credit: Transfers to CSU, UC, with limits: PSYCH 8 combined with ECE 31, 32 & 33-maximum credit–1 course.

PSYCH 12

Introduction to Cognitive Psychology

3 units; 3 hours Lecture

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Scientific study of processing information about ourselves and the world around us. Includes topics such as perceiving, remembering, reasoning, problem solving, and decision-making. Examples of how cognitive psychology can be applied to practical problems.

Transfer Credit: Transfers to CSU, UC.

PSYCH 20A-Z

Current Topics in Psychology

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Study of topics of current importance in of the major fields of psychology. The particular areas of emphasis will be listed in the *Schedule of Classes*.

Transfer Credit: Transfers to CSU; UC, with conditions: Students must retain a copy of the course outline, the course syllabus and work completed for this course. Credit for this course is contingent upon a review of the course outline and other materials by the UC transfer campus.

PSYCH 26

Introduction to Personality Psychology

3 units; 3 hours Lecture

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Description and explanation of individual differences. Provides an overview of major personality theories from Freud to the modern day, and an introduction to contemporary personality research and assessment.

Transfer Credit: Transfers to CSU, UC.

PSYCH 31

Introduction to Abnormal Psychology

3 units; 3 hours Lecture

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Scientific study of abnormal behavior. Includes explanations of anxiety disorders, depression, schizophrenia and other disorders; and some treatment issues.

Transfer Credit: Transfers to CSU, UC.

PSYCH 33

Personal and Social Adjustment

3 units; 3 hours Lecture

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Designed to facilitate insight into the self and to explore techniques for personal growth and healthy relationships. Through lectures, growth exercises, and small group interactions, the course makes use of various theories of personality and well-being in an effort to help participants to better understand themselves, improve communication with others, and maintain healthy patterns of behavior.

Transfer Credit: Transfers to CSU, UC.

PSYCH 35AB**Death and Dying**

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Comprehensive study of dying, death, and bereavement through contemporary, historical, cross-cultural, psychological, and interdisciplinary perspectives. Explores the way in which individual experience and culture influence grief, care of the dying, funeral rites, ethical decision-making in medicine, and the psychosocial understanding of death.

Transfer Credit: Transfers to CSU; UC, with conditions: CSU: Students must take 35ABC (3 units) to receive CSU GE credit. UC: Transfer credit granted if taken for 3 units(ABC.)

PSYCH 35ABC**Death and Dying**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Comprehensive study of dying, death, and bereavement through contemporary, historical, cross-cultural, psychological, and interdisciplinary perspectives. Explores the way in which individual experience and culture influence grief, care of the dying, funeral rites, ethical decision-making in medicine, and the psychosocial understanding of death.

Transfer Credit: Transfers to CSU, UC.

PSYCH 35C**Death and Dying**

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

In-depth exploration of attitudes toward death, dying, and bereavement including psychosocial development, life-threatening illness, and survivor issues.

Transfer Credit: Transfers to CSU; UC, with conditions: CSU: Students must take 35ABC (3 units) to receive CSU GE credit. UC: transfer credit granted if taken for 3 units (ABC.)

PSYCH 37AB**Values and Decision Making**

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines the theory and process of valuing, decision making, and the psychology of critical thinking as applied in both personal and professional contexts, at home and in the workplace. Focuses on how values influence decision making and on ways to identify various alternatives and evaluate the potential consequences of each choice.

Transfer Credit: Transfers to CSU: Students must take 37ABC (3 units) to receive GE credit at CSU.

PSYCH 37ABC**Values and Decision Making**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines the theory and process of valuing, decision making, and the psychology of critical thinking as applied in both personal and professional contexts, at home and in the workplace. Focuses on how values influence decision making and on ways to identify various alternatives and evaluate the potential consequences of each choice.

Transfer Credit: Transfers to CSU.

PSYCH 37C**Values and Decision Making**

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

In-depth study of how unconscious process affects decision making. Discover blocks to acting on goals along with information about prioritizing alternatives consistent with values.

Transfer Credit: Transfers to CSU: Students must take 37ABC (3 units) to receive GE credit at CSU.

PSYCH 39AB**Relationships: Marriage and Family**

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Study the function and meaning of relationships from both an academic and practical perspective with emphasis on the psychology of intimate relations. Historical, cultural, and economic perspectives are applied to an exploration of the myths and realities of relationships involving communication, power, roles, gender, sexuality, parenting, and the satisfaction of psychological and social needs.

Transfer Credit: Transfers to CSU; UC, with conditions: CSU: Students must take 39ABC (3 units) to receive CSU GE credit. UC: transfer credit granted if taken for 3 units (ABC.)

PSYCH 39ABC**Relationships: Marriage and Family**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Study the function and meaning of relationships from both an academic and practical perspective with emphasis on the psychology of intimate relations. Historical, cultural, and economic perspectives are applied to an exploration of the myths and realities of relationships involving communication, power, roles, gender, sexuality, parenting, and the satisfaction of psychological and social needs.

Transfer Credit: Transfers to CSU, UC.

PSYCH 39C**Relationships: Marriage and Family**

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Focuses on relationship communication and conflict resolution patterns by examining how successful communications work and how speakers accomplish their goals in interactions. Highlights distinctions based on gender and culture.

Transfer Credit: Transfers to CSU; UC, with conditions: CSU: Students must take 39ABC (3 units) to receive CSU GE credit. UC: transfer credit granted if taken for 3 units (ABC.)

PSYCH 40**Field Experience in Psychology**

3 units; 3 hours Laboratory

Prerequisite: PSYCH 1.

Recommended Preparation: ENGL/1A/1AH/1AMC/1AMCH.

Provides an opportunity to work with children, the elderly, or people with disabilities and to evaluate the current work practices in a field setting. Can help students gain insight into themselves and to clarify their vocational interests.

Transfer Credit: Transfers to CSU, UC.