

## PSYCHOLOGY

### Human Arts and Social Sciences Division

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Associate Degree  
 for Transfer  
*A Degree with a Guarantee.<sup>SM</sup>*

### Psychology A.A.-T Transfer Degree

Psychology is the study of our thinking, feeling and behaving. It is the study of human beings, a very complex phenomenon. Cabrillo College offers a diverse program with several goals: 1) to expose students to the variety of sub- fields 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.

Cabrillo offers options for degrees in Psychology. The first option listed below is the Associate in Arts in Psychology for Transfer (A.A.-T), which is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees are guaranteed admission to the CSU system, but not to a particular campus or major. This degree may not be the best option for students intending to transfer to a particular CSU campus or to a university or college that is not part of the CSU system.

See Associate Degree for Transfer information in the Cabrillo College Catalog. The following is required for all A.A.-T or A.S.-T degrees:

- Completion of 60 CSU-transferable semester units.
- Minimum grade-point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum of 2.0 is required for admission, some majors may require a higher GPA.
- Completion of a minimum of 18 semester units in the major with a letter grade of "C" or better, or a "P" if the course is taken on a "Pass/No Pass" basis. Note: this degree requires greater than 18 units in the major for completion.
- Certified completion of the California State University General

Education- Breadth pattern (CSU GE Breadth) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

### Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Psychology):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

### CSU or IGETC for CSU General Education Requirements 37-39 Units Core Courses (10-12 units)

Take one course from: General Psychology, Statistics, and Research Methods

PSYCH 1	General Psychology .....	3
or		
PSYCH 1H	Honors General Psychology .....	3
MATH 12	Elementary Statistics .....	5
or		
MATH 12H	Honors Elementary Statistics .....	5
or		
PSYCH 2A	Statistics for Behavioral Sciences.....	3
and		
PSYCH 2B	Research Methods in Psychology .....	4

### List A - Take Human Anatomy or Biology of People with Lab, General Biology or Intro. to Biological Psychology Units

BIO 4	Human Anatomy.....	4
or		
BIO 13A	Biology of People-Anatomy and Physiology.....	3
and		
BIO 13AL	Biology of People-Anatomy and Physiology Lab .....	1
or		
BIO 11A	General Biology .....	4
or		
PSYCH 4	Introduction to Biological Psychology.....	3

### List B - Select one course from the following: Units

Any course not used from List A above or		
PSYCH 6	Introduction to Social Psychology.....	3
PSYCH 8	Introduction to Developmental Psychology.....	3
or		
ECE 31	Child Growth and Development .....	3
PSYCH 12	Introduction to Cognitive Psychology .....	3

### List C - Select one course from the following: Units

Any course not used from Lists A or B above or		
PSYCH 26	Introduction to Personality Psychology .....	3
PSYCH 31	Introduction to Abnormal Psychology .....	3
PSYCH 33	Personal and Social Adjustment.....	3
PSYCH 35ABC	Death and Dying.....	3
PSYCH 39ABC	Relationships: Marriage and the Family .....	3
SOC 1	Introduction to Sociology: Understanding Society.....	3
or		

SOC 1H Honors Introduction to Sociology:  
 Understanding Society.....3  
 or Any Lower-Division major preparation course articulated to the  
 Similar Major at a CSU

**Total Units** **60**

Note: all courses in the major also meet general ed requirements.

**Psychology A. A. Degree**

**Learning Outcomes**

The Cabrillo College Core Competencies (with an emphasis in the study of Psychology):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

**Model Program for Psychology**

An Associate Degree requires 60 units appropriate to your educational goal, to include general education and at least 18 units in a major. Courses should be selected to meet the lower-division major preparation requirements at your intended transfer university - these specific requirements can be found at [www.assist.org](http://www.assist.org) for 4-year public institutions in California. Please see a counselor for advisement to ensure you are taking the best possible courses given your goal.

The department presents the following suggested Model Program for this major. The courses listed below may or may not be appropriate depending on your specific goal. Please see a counselor for advisement for transfer to any 4- year institution.

<b>A. A. General Education</b>	<b>30 Units</b>
<b>Core Courses (15-18 Units)</b>	<b>Units</b>
PSYCH 1 General Psychology .....	3
or	
PSYCH 1H Honors General Psychology .....	3
PSYCH 2A Statistics for Behavioral Sciences.....	3
or	
MATH 12 Elementary Statistics .....	5
or	
MATH 12H Honors Elementary Statistics .....	5
<b>Choose three of the following courses:</b>	
PSYCH 2B 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
<b>Approved Electives (9 Units)</b>	<b>Units</b>
PSYCH 31 Introduction to Abnormal Psychology .....	3
PSYCH 33 Personal and Social Adjustment.....	3
PSYCH 35ABC Death and Dying.....	3
PSYCH 39ABC Relationships: Marriage and the Family .....	3

**Electives: (3-6)**  
 (Any Course numbered 1-99) .....3 - 6

**Total Units** **60**

\*Required at San Jose State University

\*\*Required at University of California at Santa Cruz

**Psychology Courses**

**PSYCH 1 General Psychology**

3 units; 3 hours Lecture

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

Repeatability: May be taken a total of 1 time.

Explores major theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches, and applied psychology. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC. C-ID: PSY 110

**PSYCH 1H Honors General Psychology**

3 units; 3 hours Lecture

Prerequisite: Honors Standing.

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

Repeatability: May be taken a total of 1 time.

Explores major theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches, and applied psychology. Highlights student research, writing, and reporting, both individually and as part of a learning community, and will often meet in a seminar format.

*Transfer Credit:* Transfers to CSU; UC. C-ID: PSY 110

**PSYCH 2A Statistics for Behavioral Sciences**

3 units; 3 hours Lecture

Prerequisite: MATH 142 or MATH 152 or equivalent skills.

Hybrid Requisite: Completion of or concurrent enrollment in PSYCH 1 or PSYCH 1H or SOC 1 or SOC 1H.

Repeatability: May be taken a total of 1 time.

Examines probability techniques, hypothesis testing, and predictive techniques to facilitate behavioral science research. Topics include: descriptive statistics; probability and sampling distributions; statistical inference and power; correlation and linear regression; chi-square; t-tests; and analysis of variance. Applies both hand-computation and statistical software to data in a social science context, including interpretation of the statistical findings.

*Transfer Credit:* Transfers to CSU; UC, with limits: PSYCH 2A, BUS 9 and MATH 12/12H combined: maximum credit: 1 course. C-ID: MATH 110 and SOCI 125

**PSYCH 2B      Research Methods in Psychology**

4 units; 3 hours Lecture, 3 hours Laboratory

Prerequisite: PSYCH 1 or PSYCH 1H and PSYCH 2A or MATH 12 or MATH 12H.

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

Repeatability: May be taken a total of 1 time.

Surveys various research methods with an emphasis on research design, experimental procedures, descriptive methods, instrumentation, and the collection, analysis, interpretation, and reporting of research data. Research design and methodology are examined through a review of research in a variety of disciplines. In laboratory sessions students will conduct experimental and non-experimental research. Data collected during laboratory sessions will be analyzed with statistical software.

*Transfer Credit:* Transfers to CSU; UC. C-ID: PSY 200

**PSYCH 4      Introduction to Biological Psychology**

3 units; 3 hours Lecture

Prerequisite: PSYCH 1 or PSYCH 1H.

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

Repeatability: May be taken a total of 1 time.

Introduces the scientific study of the biological bases of behavior and its fundamental role in the neurosciences. Physiological, hormonal, and neurochemical mechanisms, and brain-behavior relationships underlying the psychological phenomena of sensation, perception, regulatory processes, emotion, learning, memory, and psychological disorders will be addressed. The course also notes historical scientific contributions and current research principles for studying brain-behavior relationships and mental processes. Ethical standards for human and animal research are discussed in the context of both invasive and non-invasive experimental research.

*Transfer Credit:* Transfers to CSU; UC. C-ID: PSY 150

**PSYCH 4L      Biological Psychology Laboratory**

1 unit; 3 hours Laboratory

Prerequisite: PSYCH 1 or PSYCH 1H.

Hybrid Requisite: Completion of or concurrent enrollment in PSYCH 4.

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

Repeatability: May be taken a total of 1 time.

Presents methods and techniques used to investigate sensation, perception, and biological psychology. Topics include the organization of the brain, anatomy and physiology of the neuron, the biochemistry of the synapse, and an examination of sensory systems. Methods include brain dissection procedures, interactive computer simulations, and lab experiments with data collection and analysis. Materials fees may apply.

*Transfer Credit:* Transfers to CSU; UC.

**PSYCH 6      Introduction to Social Psychology**

3 units; 3 hours Lecture

Prerequisite: PSYCH 1 or PSYCH 1H.

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

Repeatability: May be taken a total of 1 time.

Examines individual human behavior in relation to the social environment. Considers the power of social situations, other individuals, and social groups. Topics include conformity, attitude change, social cognition, prejudice, aggression, interpersonal attraction, helping behavior, cultural norms, gender roles, and group phenomena.

*Transfer Credit:* Transfers to CSU; UC. C-ID: PSY 170

**PSYCH 8      Introduction to Developmental Psychology**

3 units; 3 hours Lecture

Prerequisite: PSYCH 1 or PSYCH 1H.

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

Repeatability: May be taken a total of 1 time.

Explores the science of human development across the lifespan, from conception through death. Examines theories and research of physical, cognitive, personality, and social development.

*Transfer Credit:* Transfers to CSU; UC, with limits: PSYCH 8 combined with ECE 31, 32 & 33: maximum credit- 1 course. C-ID: PSY 180

**PSYCH 12      Introduction to Cognitive Psychology**

3 units; 3 hours Lecture

Prerequisite: PSYCH 1 or PSYCH 1H.

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

Repeatability: May be taken a total of 1 time.

Provides an advanced consideration of mental processes, emphasizing perception, memory, problem-solving, decision-making, and the application of cognitive psychology to practical problems.

*Transfer Credit:* Transfers to CSU; UC.

**PSYCH 20A-Z      Current Topics in Psychology**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

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 or PSYCH 1H.

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

Repeatability: May be taken a total of 1 time.

Describes and explains individual differences in terms of major personality theories from Freud to the modern day, and introduces 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 or PSYCH 1H.

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

Repeatability: May be taken a total of 1 time.

Introduces the scientific study of abnormal behavior, including explanations of anxiety, depression, schizophrenias, and other disorders. Surveys abnormal behavior from a variety of perspectives including biological, psychological, and sociocultural approaches. Includes intervention and prevention strategies for psychological disorders.

*Transfer Credit:* Transfers to CSU; UC. C-ID: PSY 120

**PSYCH 33 Personal and Social Adjustment**

3 units; 3 hours Lecture

Prerequisite: PSYCH 1 or PSYCH 1H.

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

Repeatability: May be taken a total of 1 time.

Surveys different psychological perspectives and theoretical foundations and how these are applied across a person's life taking into account the influence of factors such as culture, gender, ethnicity, historical cohort, and socio-economic status. Emphasizes broad understanding of how scientists, clinicians, and practitioners study and apply psychology. Facilitates insight into the self and explores techniques for personal growth and healthy relationships.

*Transfer Credit:* Transfers to CSU; UC. C-ID: PSY 115

**PSYCH 35ABC Death and Dying**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

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 through contemporary, historical, cross-cultural, psychological, and interdisciplinary perspectives.

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

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

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Studies 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 GE credit UC: If taken for 3 units(ABC). C-ID: SOCI 130