

PSYCHOLOGY (PSYC/PSYCH)

AB 1111 (<http://courseleaf.sjcc.edu/course-descriptions-information/ab-1111/>)

PSYC C1000 Introduction to Psychology 3 Units

This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations. This course will also explore mental processes, research methods, perception, consciousness, learning, memory, emotion, motivation, personality, psychological disorders and therapeutic approaches. This course was formerly known as PSYCH 010: General Psychology.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYC C1000H Introduction to Psychology - Honors 3 Units

This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations. This is an honors course. This course will also explore mental processes, research methods, perception, consciousness, learning, memory, emotion, motivation, personality, psychological disorders and therapeutic approaches. This honors course focuses on critical reading and writing, and requires the preparation of research papers and student presentations and collaborations. This course was formerly known as PSYCH 010H: Honors General Psychology.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 4 Write: 4 Math: 2
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 012 Social Psychology 3 Units

Students are introduced to the study of how people think about, influence, and relate to one another. Topics include self-concept, misperception, beliefs, attitudes, conformity, prejudice, liking, attitude change, first impressions, aggression, conflict, peacemaking, and service to others. (C-ID PSY 170)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 020 Psychology of Stress Reduction 3 Units

Students explore comprehensive approaches to stress and stress reduction. A psychophysiological model of stress will be presented and analyzed. Students will study a variety of evidenced-based stress reduction methods in the contexts of student and work life settings.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None Recommended: Completion of PSYCH-010
Transfer Status: CSU Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 022 Research Methods in Psychology 3 Units

Students will study various research methods with an emphasis on research design, experimental procedures, instrumentation, and the collection, analysis, interpretation, and reporting of research data. Research design and methodology will be illustrated through a selected review of current research in neurophysiology, sensation, perception, learning, memory and/or human development. (C-ID PSY 200)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Prerequisite: PSYC-C1000 and STAT-C1000, both with C or better
Advisory Level: Read: 4 Write: 4 Math: 3
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 031 Biological Psychology 3 Units

Students will be introduced to the scientific study of the biological basis 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. Ethical standards for human and animal research are discussed. The history of the scientific study of brain-behavior relationships and mental processes will also be addressed. (C-ID PSY 150)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Prerequisite: PSYC-C1000 with C or better
Advisory Level: Read: 4 Write: 4 Math: 1
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 035 Psychology of Women 3 Units

Students will study significant physical and psychological issues of women within an historical, familial, societal, cultural and contemporary framework. They will explore intersectionality such as gender, gender roles, binary/alternative gender, social constructivism, race, sex, ethnicity, global perspectives, mental health, ability, sexism, politics, laws, and social justice movements that influence the psychology of women and identity. A comparative analysis of the interplay between intersectionality and psychological issues is used to examine the concepts of health, family, work, well-being, stress management, violence against women, power, feminism, and the media using psychological theories and current scientific research.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
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PSYCH 040 Understanding and Changing Behavior 3 Units

Students will study the theories and methods to observe, analyze, and modify behavior. The primary emphasis is on behavior analysis. Behavior analysis focuses on the development of adaptive, prosocial behavior, as well as the reduction of maladaptive behavior in everyday life. Site visits may be required.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 4 Write: 4 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
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PSYCH 041 The Psychology of Developmental Disabilities 3 Units

Students will be introduced to the interrelationships among the physical, intellectual, social and psychological aspects of developmental disabilities (DD). Students will review various service delivery approaches, policies, and programs designed to foster an adequate adjustment for individuals with DD and their families. Students will also explore values and beliefs relating to persons with DD to help us better understand our own feelings and the feelings of others. Various developmental disabilities will be reviewed in an attempt to more fully understand the challenges and needs of individuals. Field trips may be required.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 4 Write: 4 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 051 Cross-Cultural Psychology 3 Units

Students will examine how cultural factors influence human behavior and experiences within various cultural contexts. Students will review contemporary theories, research, and their application in cross-cultural psychology. Emphasis will be placed on the role of multicultural factors that influence communication styles, language, identity, gender, cognition, social behavior, emotions, personality, human development, work, relationships, psychological disorders, and health.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 4 Write: 4 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
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PSYCH 060 Personal Growth and Adjustment 3 Units

Students will examine how psychology is applied in everyday life. A broad variety of topics including personality theories, values, social and intimate relationships, adjustments to development through the life span and psychological/physical wellness are examined. The influence of such factors such as a historical cohort, socioeconomic status, gender, ethnicity, and culture are considered as students analyze effective and ineffective personal growth and adjustment in context of contemporary society. (C-ID PSY 115)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: 2
Transfer Status: CSU/UC Degree Applicable: AA/AS
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PSYCH 092 Developmental Psychology 3 Units

Students will be introduced to developmental psychology traced from conception through death. Students will study the biological, cognitive, emotional, and social factors affecting development and the interaction of these factors throughout the lifespan. Social contexts that influence the course of development such as culture, socioeconomic status, and historical time and place will be examined. Developmental tasks and potential developmental crises are identified for each of the age groups. (C-ID PSY 180)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
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PSYCH 098 Directed Study in Psychology 0.5-9 Units

Individual or small groups of students, with previous course work in the discipline, who would benefit from Independent Study under the direction of faculty members in specific or related disciplines, may develop individualized learning contracts designed to enhance their individual instructional programs. The students and the faculty member in consultation with the Division Dean will determine appropriate learning objectives and activities as well as the number of units to be earned. Instructions and the Learning Contract forms are available in the Division Office. Repeatable to a maximum of 9 units across all disciplines.

Lecture Hours: None Lab Hours: 2.07 Repeatable: Yes Grading: O

Prerequisite: PSYC-C1000 with C or better

Advisory Level: Read: 4 Write: 4 Math: None

Transfer Status: CSU Degree Applicable: AA/AS

For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 099 Abnormal Psychology 3 Units

Students are introduced to the scientific study of psychopathology. Students study abnormal behavior from biological, psychological and sociocultural perspectives. The course examines the application of psychological principles to the diagnosis, understanding, and treatment of psychological disorders. Students also study both the practical and theoretical aspects of abnormal behavior, diagnostic techniques, and systems of prevention and remediation.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: O

Recommended: Completion of PSYC-C1000

Advisory Level: Read: 4 Write: 4 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

PSYCH 100 Human Sexuality 3 Units

Students will examine human sexuality from scientific research, psychological, biological, sociocultural, and historical perspectives. Students will be encouraged to become aware of their own sexual attitudes, values, and behaviors to evaluate the consistency of their behaviors within in their own moral framework. Current sex norms, culture, diversity, biology, and various aspects of interpersonal and individual sexual adjustment will be explored. (C-ID PSY 130)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

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