

PSYC C100: INTRODUCTION TO PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	12/11/2009
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Social Sciences (CD1)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D Soc Politic Econ Inst (D)

Course Description

Formerly: PSYC C100. 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. ADVISORY: Eligibility for college-level writing (CID ENGL 100) and reading (a course with an existing skill of ability to read a college level text). Transfer Credit: CSU; UC. C-ID: PSY 110. **Common Course Number:** PSYC C1000.**C-ID:** PSY 110.

Course Level Student Learning Outcome(s)

1. Explain why psychology is a science.
2. Contrast the major theoretical perspectives in psychology.
3. Analyze and apply various concepts, theories, and perspectives used in psychology.

Course Objectives

- 1. Define psychology and explain how the focus of psychology is different from that of other social and biological sciences.
- 2. Describe the major features of the scientific method and explain the steps and key considerations in research.
- 3. Define basic psychological terminology and explain important features of major psychological theories and concepts.
- 4. Identify leading contributors to the field and describe their work.
- 5. Explain how biological, psychological, and social features can affect behavior.

- 6. Identify and describe specific psychological principles in real-life situations.
- 7. Critically analyze information about human behavior and distinguish between conclusions supported by nonscientific ways of knowing.
- 8. Formulate plans for using community resources to find help for real-life psychological problems.

Lecture Content

Introduction to psychology Origins of psychology The Scientific Method Ethics in psychology Applications in psychology Psychobiological processes Science vs. pseudoscience Neuroscience and behavior Neurons, hormones and the brain Body rhythms and mental states Sensation and perception Consciousness and its variations Basic psychological processes Learning Memory Thinking, language and intelligence Motivation and emotion The development of self Lifespan development Theories of personality The person in social context Social psychology The cultural context Psychological problems, disorders and treatment Stress, health and coping Psychological disorders Treatments

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Video one-way (ITV, video) (63)

Instructional Techniques

The instructor will utilize a variety of instructional techniques such as lecture format augmented by PowerPoint slides, computer-animated demonstrations, classroom demonstrations, and video programs. Learning strategies will include small group activities, case studies, individual student projects, guest speakers, web activities, and discussion board activities. Student evaluation methods will include taking tests and writing reports, doing independent reading and studying, and taking midterm and final examinations.

Reading Assignments

Reading Assignments: Students will read the assigned textbook. Additional articles and sites from the Internet and the textbook companion website will be provided.

Writing Assignments

Written Assignments: Students will submit at least two written assignments, at least one midterm essay, and in online classes graded responses to discussion topics.

Out-of-class Assignments

Quizzes: In class and/or take home quizzes will be given regularly that will cover the textbook, lecture material, and classroom discussion. Exams: Students will prepare for a Midterm and a Final Examination; these will be objective multiple-choice, fill-in, matching, and/or matching and an essay.

Demonstration of Critical Thinking

Most written assignments will include a critical thinking component. Many discussions (in class and in online courses) will include a critical thinking component.

Required Writing, Problem Solving, Skills Demonstration

Students in online courses will be graded for participation in course discussions.

Eligible Disciplines

Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Hockenbury, D.; Hockenbury, S. Discovering Psychology, latest edition ed. Worth Publishers, 2019 Rationale: - 2. Required Feldman, R. Essentials of Understanding Psychology, latest edition ed. McGraw-Hill Education, 2021 3. Required Myers, D. Exploring Psychology, latest edition ed. Worth, 2019 4. Required Huffman, K. Psychology in Action, latest edition ed. Wiley, 2019 5. Required Ciccarelli, S.K.; White, J. N. Psychology, latest edition ed. Pearson, 2019

Other Resources

1. Coastline Library