

PSYC G100: INTRODUCTION TO PSYCHOLOGY

Item	Value
Curriculum Committee Approval Date	11/19/2019
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)	• GWC Soc, Pol, Econ (GD)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4) • Cal-GETC 4I Psychology (4I)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4) • IGETC 4I Psychology (4I)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D9 Psychology (D9)

Course Description

Formerly: PSYC G100. 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. Deeper explorations into topics like emotion, intelligence, cognition, social psychology, memory, motivation, personality, learning, development, psychobiology, perception, consciousness, psychological disorders, and therapeutic approaches are also covered from both a theoretical approach as well as an applied approach to understand the implications on the individual, group, and larger society. Transfer Credit: CSU; UC. C-ID: PSY 110. **Common Course Number:** PSYC C1000. **C-ID:** PSY 110.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify key elements of research using the scientific method within the broad discipline of psychology.
3. Compare and contrast the major theoretical perspectives in psychology within the psychological, biological, sociocultural, and ethnocultural contexts.
4. Apply fundamental psychological theories, concepts and values to demonstrate awareness of self and others.

Course Objectives

- 1. Identify and critically evaluate theories and research from a comprehensive survey of the various subfields of psychology.
- 2. Compare and synthesize ideas within each of the areas of psychology.
- 3. Apply psychological principles to the students own experiences.
- 4. Analyze the consequences of different behaviors and mental processes examined in psychology.
- 5. Compare and contrast the different subfields of psychology.
- 6. Be able to describe define normal versus abnormal behavior.
- 7. Explain the following contemporary perspectives on behavior: biological, psychodynamic, learning-based, humanistic, cognitive, and sociocultural, clinical, counseling, forensic, community, organizational, school, health.
- 8. Analyze the various methods used to study behavior, including the naturalistic observation method, the correlational method, the experimental method, kinship studies, the epidemiological method, and the case-study method.
- 9. Describe the major subdivisions of the nervous system, peripheral nervous system, the autonomic nervous system and the general function of each system subdivision.
- 10. Contrast and compare the learning theories of classical conditioning, operant conditioning, and social learning.
- 11. Explain the effects of nature verses nurture on behavior and abilities.
- 12. Describe the different types of mental health professionals and the basic features of psychotherapy and drug therapies.
- 13. Draw the distinction between scientific and non-scientific methods of understanding and analysis.

Lecture Content

Science of psychology Contemporary perspectives on behavior: biological, psychodynamic, learning-based, humanistic, cognitive, and sociocultural. Research in Psychological Disorders – Naturalistic observation method – Correlational method – Experimental method – Kinship studies and the epidemiological method – Case-study method. The biological Basis of Behavior Neurons Central and Peripheral Nervous Systems Sensation and Perception State of consciousness Sleep and Dreaming Meditation and Hypnosis Drug- Altered Consciousness Learning Classical Conditioning Operant conditioning Cognitive Learning Memory Sensory Register Short-Term Memory Long-Term memory Biology of Memory Forgetting Cognition and Mental Abilities Motivation and Emotion Life-Span Development Psychological Disorders Treatment Types of mental health professionals Features of psychotherapy Drug therapies Social Psychology

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Reading Assignments

1. Assigned readings from the Text and ancillary readings
2. Discussion assignments

Writing Assignments

1. Papers, reports 2. Discussion assignments 3. Short answer essay quiz questions

Out-of-class Assignments

1. Writing Assignments 2. Quizzes 3. Activities

Demonstration of Critical Thinking

1. Objective quizzes will measure understanding of textbook and ancillary course topics 2. Critical thinking essay questions 3. Analysis papers

Required Writing, Problem Solving, Skills Demonstration

1. Essay questions on key concepts in each chapter 2. Written critique of course topics and assignments

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 Myers, David. Exploring Psychology, 12th ed. Worth Publishers, 2018 2. Required OpenStax College. Psychology, OER ed. OpenStax, 2019 3. Required Nevid, J. . Essentials of Psychology, 5th ed. Cengage Learning, 2018

Other Resources

1. Instructor provided resources