

Area: Behavioral & Social Sciences
 Dean: Carol Pottorff
 Phone: (916) 484-8283
 Counseling: (916) 484-8572

Degree: A.A. - Psychology

Psychology Degree

Psychology focuses on the study of behavior of humans and other animals. It involves both pure and practical application of science to matters of everyday life.

Career Opportunities

The Psychology degree is designed to facilitate students' successful transfer to four-year programs that prepare them for advanced study in a variety of graduate programs. Psychologists with graduate degrees and professional certificates have a broad range of employment opportunities including, but not limited to, clinical practice, research, and teaching. Clinical psychologists work in a variety of settings and with a wide range of clients. Research psychologists work in a range of fields associated with the study of human behavior, including biomedical, sports psychology, and cognitive neuroscience.

Requirements for Degree	18 Units
PSYC 300 General Principles	3
PSYC 310 Biological Psychology	3
PSYC 320 Social Psychology	3
PSYC 330 Introductory Statistics for the Behavioral Sciences	3
PSYC 335 Research Methods in Psychology	3
And a minimum of 3 units from the following:	3
ECE 312 Child Development (3)	
or PSYC 372 Child Development (3)	
GERON 302 Psychology of Aging: Adult Development and Aging (3)	
or PSYC 374 Psychology of Aging: Adult Development and Aging (3)	
HSER 330 Issues of Diverse Populations (3)	
or PSYC 365 Issues of Diverse Populations (3)	
HSER 340 Introduction to Chemical Dependency (3)	
or PSYC 400 Introduction to Chemical Dependency (3)	
HSER 342 Alcoholism: Intervention, Treatment & Recovery (3)	
or PSYC 402 Alcoholism: Intervention, Treatment & Recovery (3)	
PSYC 305 Personal Growth and Adjustment (3)	
PSYC 340 Abnormal Behavior (3)	
PSYC 354 Marriage, The Family and Alternatives (3)	
PSYC 356 Human Sexuality (3)	
PSYC 361 Psychology of Women in a Multicultural Society (3)	
PSYC 370 Human Development: A Life Span (3)	
PSYC 383 Introduction to Organizational Psychology (3)	
PSYC 390 Psychology of Death and Dying (3)	

Associate Degree Requirements: The Psychology Associate in Arts (A.A.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

PSYC 300 General Principles 3 Units

General Education: AA/AS Area V(b); CSU Area D9; IGETC Area 4I
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course is for psychology majors, behavioral science majors and others who desire a broad overview of general principles. Topics include the scientific method, statistics, biological determinants and general processes of behavior such as development, learning, verbal behavior, intelligence, perception, motivation, emotion, personality and mental health.

PSYC 305 Personal Growth and Adjustment 3 Units

Advisory: ENGR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area V(b); CSU Area D9; IGETC Area 4I
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course explores human behavior emphasizing the practical and adaptive aspects of psychology in everyday life. Topics include development, personal growth and adjustment over the life span, motivation, emotions, stress, adjustment, behavior disorder, personality, attitudes, values, and interpersonal relationships.

PSYC 310 Biological Psychology 3 Units

Prerequisite: PSYC 300 with a grade of "C" or better
General Education: AA/AS Area IV; CSU Area B2; IGETC Area 5B
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course is an analysis and description of the physiological determinants of behavior. Content includes the brain, the nervous system, central nervous pathologies, endocrine function and the biochemistry of mental disease. This is a basic course for psychology, medical and biological science majors.

PSYC 311 Biological Psychology Laboratory 1 Unit

General Education: AA/AS Area IV; CSU Area B2; CSU Area B3; IGETC Area 5B
Course Transferable to UC/CSU
Hours: 54 hours LAB

This is a study of the methods and techniques used to investigate sensation, perception, psychophysics, and biological psychology. Topics include: organization of the brain, anatomy, and physiology of the neuron, methods and an examination of sensory systems.

PSYC 320 Social Psychology 3 Units

Prerequisite: PSYC 300 with a grade of "C" or better
General Education: AA/AS Area V(b); CSU Area D9; IGETC Area 4I
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course analyzes human behavior in relation to the social environment, including the power of the situation, other individuals, and the social group to influence individual behavior. Emphasized topics include aggression, prejudice, attraction, altruism, attitude change, conformity, gender roles, cultural norms, person perception, and social cognition.

PSYC 330 Introductory Statistics for the Behavioral Sciences 3 Units

Prerequisite: MATH 120 and PSYC 300 with grades of "C" or better
General Education: AA/AS Area II(b); CSU Area B4; IGETC Area 2
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course focuses upon the concepts and applications of descriptive and inferential statistics in psychology and other behavioral sciences. Topics include hypothesis testing, correlation, chi-square, and analysis of variance procedures.

PSYC 331 Introduction to Statistics for the Behavioral Science - Lab 1 Unit

Corequisite: PSYC 330.
Course Transferable to CSU
Hours: 54 hours LAB

This lab complements Introduction to Statistics for the Behavioral Sciences (PSYC 330) and/or Research Methods in Psychology (PSYC 335) by providing hands-on experience and facilitated instruction in the use of both the SPSS and Microsoft Excel computer software programs. Emphasis is on the techniques of software-assisted applied statistical analysis and data presentation using these software packages.

PSYC 335 Research Methods in Psychology 3 Units

Prerequisite: PSYC 300 with a grade of "C" or better
Corequisite: PSYC 330 or STAT 301
Course Transferable to UC/CSU
Hours: 36 hours LEC; 54 hours LAB

This course covers the planning and execution of research studies in the behavioral sciences. Crucial topics include hypothesis formation, review of the professional literature, research design, collection of data, statistical analysis, and scientific report writing.

PSYC 340 Abnormal Behavior 3 Units

Prerequisite: PSYC 300 or 305 with a grade of "C" or better
Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
General Education: AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4I
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course is an exploration of the broad questions of normality and abnormality. Topics include the investigation of specific mental, emotional, and behavioral difficulties and current approaches to psychological intervention including present community mental health practices. It considers the contribution of social, biological and psychological factors to the development and persistence of behavior disorders.

PSYC 342 Behavior Modification: Theory and Application 3 Units

Prerequisite: PSYC 300 or 305 with a grade of "C" or better
General Education: AA/AS Area III(b); CSU Area E1
Course Transferable to CSU
Hours: 54 hours LEC

This course reviews methods of changing behavior through the systematic application of learning principles. It examines the philosophical and research foundation of behavioral psychology as well as the controversy surrounding behaviorism. The emphasis is on practical applications including institutional settings, schools, child behavior management, smoking, alcohol abuse, sexual dysfunction, assertiveness and cognitive restructuring.

PSYC 354 Marriage, The Family and Alternatives 3 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
General Education: AA/AS Area III(b); CSU Area E1
Course Transferable to CSU
Hours: 54 hours LEC

This course is a study of marriage, the family and alternatives from historical, sociological and psychological viewpoints. Topics include the structure and functions of the family, childbearing, gender roles, mate selection, the sexual revolution, conflict, crisis, divorce, and alternatives to traditional marriage.

PSYC 356 Human Sexuality 3 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
General Education: AA/AS Area III(b); CSU Areas D4, D9, and E1; IGETC Area 4D and Area 4I
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course provides an overview of human sexual behavior from birth through adulthood. Sexuality is explored from historical, cultural, psychological, physiological, sociological and legal viewpoints.

PSYC 358 Principles of Interpersonal Relations 3 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
General Education: AA/AS Area III(b); CSU Area E1
Course Transferable to CSU
Hours: 54 hours LEC

This course is an introduction to the principles involved in effective interpersonal relationships. Topics will include interpersonal feedback, self-disclosure, listening, the role of emotions, conflict resolution, personal values, and self-awareness. Emphasis is on methods to enhance relationships at home, work, and school.

PSYC 359 Stress Management and Health 3 Units

Same As: HEED 352
General Education: AA/AS Area III(b); CSU Area E1
Course Transferable to CSU
Hours: 54 hours LEC

This course examines productive and nonproductive stress and the influence of various types of stress on health and wellness. Topics include the physiological aspects of stress and its effects on health, assessments of personal coping style, strategies for coping effectively with stress, relaxation techniques, and positive reinforcers. Emphasis is placed on practical application of stress management techniques in daily life. This course is not open to students who have completed HEED 352.

PSYC 361 Psychology of Women in a Multicultural Society 3 Units

General Education: AA/AS Area V(b); AA/AS Area VI; CSU Area D3; CSU Area D9
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course is a study of the psychological effects of society upon women. Emphasis is on the exploration of gender roles, sex roles, stereotypes, as well as the sociocultural, intrapersonal, and interpersonal factors in the development of women.

PSYC 365 Issues of Diverse Populations 3 Units

Same As: HSER 330

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area V(b); AA/AS Area VI; CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of the values, problems, issues, concerns and counseling needs of special population groups including the elderly, African Americans, Hispanics, Asians, Native Americans, homosexuals, the poor and terminally ill. It also includes the nature and extent of chemical dependency and other addictive behaviors. Not open to students who have completed HSER 330.

PSYC 370 Human Development: A Life Span 3 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area V(b); AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course examines human development across the lifespan, from conception through death, by focusing on development from the perspectives of physiology, cognition, and psychology along with the interaction among these three domains. Emphasis is placed on development as an on-going process and practical application of course material. This course is designed as a foundation for careers in educational, social, psychological, and medical fields as well as providing a better understanding of one's own developmental process.

PSYC 372 Child Development 3 Units

Same As: ECE 312

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area V(b); CSU Area D9; CSU Area E1; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is a study of the growth and development of children from the prenatal stage through adolescence. For each stage of development, the physical, cognitive, linguistic, social-moral, and emotional aspects of development, with attention to both typical as well as atypical development in each area, are discussed. Included are the influences of culture, family, and the environment. This material is designed as a foundation for early care and education, teaching, and parenting. This course is not open to students who have completed ECE 312.

PSYC 374 Psychology of Aging: Adult Development and Aging 3 Units

Same As: GERON 302

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area V(b); CSU Area E1

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course covers the physical, psychological, and social aspects of the aging process including the interactions between the elderly and the rest of society. Topics include an analysis of stereotypes, social bonds, environmental factors, sexuality, physical health, mental health, death, and bereavement. Not open to students who have completed GERON 302.

PSYC 378 Communicating with and Validating Older Adults 3 Units

Same As: GERON 330

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 54 hours LEC

This course introduces the basic theory, techniques, and experiences for communication with, validation of, and stimulation of the elderly at different cognitive levels in long-term care. This class is held off campus in a long-term care setting. For internet modality, supervision by an activity professional in a long-term care setting is required. It is not open to students who have completed GERON 330.

PSYC 379 Reminiscence Therapy 3 Units

Same As: GERON 334

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 54 hours LEC

This course introduces the basic theory and techniques of reminiscence therapy and provides experience in planning, facilitating, and evaluating reminiscence groups with the elderly in an institutional setting. Off-campus supervision by an activity professional in long-term care setting is required for internet modality. It is not open to students who have completed GERON 334.

PSYC 383 Introduction to Organizational Psychology 3 Units

Advisory: PSYC 300, 330, and 335

General Education: AA/AS Area V(b); CSU Area D9

Course Transferable to CSU

Hours: 54 hours LEC

This course provides an overview of the field of organizational psychology, focusing on motivation, leadership, organizational assessment, personnel selection, training, and the application of psychological research techniques in the work environment.

PSYC 390 Psychology of Death and Dying 3 Units

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course involves an investigation of beliefs, attitudes, anxieties, and behaviors associated with dying and death. Included will be information relevant to suicide, life-threatening illnesses, bereavement, euthanasia, and various philosophical views on the phenomenon.

PSYC 400 Introduction to Chemical Dependency 3 Units

Same As: HSER 340

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course is a survey that examines the physiological effects of chemical dependency on the individual. Included is an analysis of the effects of substance abuse on the family; the sociological, economic conditions contributing to substance abuse; and a description of community efforts at prevention and treatment. Not open to students who have completed HSER 340

PSYC 401 Physiology and Pharmacology: Alcohol & Other Drugs 3 Units

Same As: HSER 341

Prerequisite: HSER 340 or PSYC 400 with a grade of "C" or better

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of the chemical composition of alcohol and the mechanism of action in the body of alcohol and other psychoactive drugs, including opiates, stimulants, depressants, psychotherapeutics, and psychedelics. Also included are the social and psychological implication of tolerance, habituation, and substance abuse of the user and abuser. Not open to students who have completed HSER 341.

PSYC 402 Alcoholism: Intervention, Treatment & Recovery 3 Units

Same As: HSER 342

Prerequisite: HSER 341 or PSYC 401 with a grade of "C" or better

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of techniques used in the treatment of chemical dependency and an evaluation of intervention, individual and group counseling, detoxification, twelve step program, therapeutic communities, and aftercare programs. Not open to students who have completed HSER 342.

PSYC 480 Honors General Principles 3 Units

Prerequisite: Cumulative GPA of 3.0 or above; ENGWR 300 or 480 with a grade of "C" or better. ENGRD 015 with "C" or better, or placement through assessment process.

General Education: AA/AS Area V(b); CSU Area D9; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is for psychology majors, behavioral science majors and other students who desire a challenging, critical thinking and issues oriented introduction to general principles. Topics include the scientific method, statistics, biological determinants and general processes of behavior such as development, learning, verbal behavior, intelligence, perception, motivation, emotion, personality and mental health. Using a seminar style, the focus will be on encouraging thorough analysis and evaluation of psychological theories and research studies as they relate to practical, everyday issues.

PSYC 481 Honors Abnormal Behavior 3 Units

Prerequisite: Cumulative GPA of 3.0 or above; PSYC 300 or PSYC 480 with a grade of "C" or better; ENGWR 300 OR ENGWR 480 with a grade of "C" or better.

General Education: AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is for psychology majors, behavioral science majors, and others who desire a challenging, critical thinking, and issues-oriented exploration of normality and abnormality. Examination of the origins, symptoms and treatment of psychological disorders through first-person accounts, role of multicultural factors, and various theoretical stances. The focus is on thorough analysis and evaluation of biopsychosocial theories and research studies as they relate to the development and persistence of behavior disorders and treatment approaches.