

The **AA degree in Psychology** will be awarded upon satisfactory completion of the major course requirements listed below and the General Education requirements for the Associate in Arts Degree listed in the Degrees and Programs section of this Catalog.

By receiving an A.A. degree in Psychology from COA, we seek to offer you an enhanced life & interpersonal skills helping you with improved self-awareness to empower you in your personal and professional relationships. The study of Psychology enables you to better comprehend how people think, perceive, learn, develop unique personalities, manage stress, and interact with one another.

### Career Opportunities

**Psychology careers include:** jobs in therapy and counseling, schools, hospitals, prisons, courtrooms, community health and rehabilitation centers, sports and corporate offices. The study of psychology is good preparation for many professions, as well as, for one's life.

### Program Learning Outcomes

*Upon completion of this program a student will be able to:*

- Apply multiple schools of psychology (e.g. psychodynamic, behavioral, cognitive, humanistic, biological, and transpersonal) to life situations.
- Demonstrate effective communication and interpersonal relationship skills rooted in the person centered approach and mindfulness-based skills.
- Increase awareness of self, others, and the environment in order to have greater agency and authentic expression.

### Degree Major Requirements:

DEPT/NO.	TITLE	UNITS
PSYCH 1A	Introduction to General Psychology	3
PSYCH 1B	Introduction to General Psychology	3

**Select four courses (12 units) from the following:**

PSYCH 3	Introduction to Personality Theory (3)	12
PSYCH 7A	Psychology of Childhood (3)	
PSYCH 7B	Adolescent Psychology (3)	
PSYCH 9A	Interpersonal Relations (3)	
PSYCH 9B	Interpersonal Relations (3)	
PSYCH 12	Human Sexuality (3)	
PSYCH 18	Psychology of Race and Ethnicity in the U.S. (3)	
PSYCH 24	Abnormal Psychology (3)	

**Required Semester Units: 18**

**Recommended Course Sequence**

	COURSE	UNITS	REQUIREMENT	COA GE AREA
<b>FALL 1</b>	ENGL 1A    Composition and Reading <b>or</b> ENGL 1AS    Composition and Reading (w/ support)	4 or 5	GE	4A
	MATH 13    Introduction to Statistics (+213 Support Course)	4 or 6	GE	4B
	PSYCH 1A    Introduction to General Psychology	3	Major	2
	COUN 24    College Success	3	Elective	

**Total Number of Units 14-17**

<b>SPRING 1</b>	COMM 5    Persuasion & Critical Thinking <b>or</b> COMM 20    Interpersonal Communication Skills	3	GE	4D
	PSYCH 1B    Introduction to General Psychology	3	Major	2
	HUMAN 2    Human Values	3	GE	3
	AFRAM 30    African-American History: 1865-1945	3	Elective	2 & 5
	ENGL 5    Critical Thinking in Reading and Writing	3	Elective	4A or 4D

**Total Number of Units: 15**

<b>FALL 2</b>	GEOG 1    Physical Geography	3	GE	1
	PSYCH 3    Personality Theory	3	Major Elective	2
	PSYCH 24    Abnormal Psychology	3	Major Elective	2
	SOC 5    Minority Groups	3	GE	2 & 5
	LIS 74    Information Seeking Behavior <b>or</b> BIOL 31    Nutrition	3 or 4	GE	4C
	GEOG 1L    Physical Geography Laboratory	1	Elective	

**Total Number of Units: 16-17**

<b>SPRING 2</b>	PSYCH 7A    Psychology of Childhood	3	Major Elective	2
	PSYCH 18    Psychology of Race and Ethnicity in the U.S.	3	Major Elective	2 & 5
	ANTHR 1    Introduction to Physical Anthropology <b>or</b> BIOL 10    Introduction to Biology	3 or 4	Elective	1
	SOC 1    Introduction to Sociology <b>or</b> PSYCH 28    Introduction to Research Methods in Psychology	3	Elective	2
	COMM 45    Public Speaking <b>or</b> POSCI 1    Government and Politics in the United States	3	Elective	4D <b>or</b> 2

**Total Number of Units: 15-16**

Please meet with a counselor to develop a personalized education plan to help you meet your specific goals.

The **Associate in Arts in Psychology for Transfer** Degree is designed for students planning to transfer into the psychology major. A study of psychology is built upon the scientific study of human behavior and mental processes. Students pursuing the AA for transfer into the psychology major will study the nature of consciousness and the development of the person, basic processes of human perception, learning, cognition and motivation; the relationship of behavior to physiology; and the nature of psychological disorders and how psychologists use their knowledge to help improve the quality of people’s lives. Successful completion of the program with a minimum G.P.A. of 2.0 affords students specific guarantees for transfer to the CSU system such as admission to a CSU with junior status, priority admission to their local CSU campus and to a program or major in psychology or similar major. The Associate transfer degrees (AA-T) require the completion and certification of the California State University General Education (CSU GE) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern, as well as the specific Associate for transfer (AA-T) major degree requirements. The AA-T does not require any additional college specific General Education requirements. Students interested in the AA for transfer degree in psychology should consult with the Social Sciences Department Chair and a counselor.

The study of Psychology enables you to better comprehend how people think, perceive, learn, develop unique personalities, manage stress, and interact with one another.

**Career Opportunities**

**Psychology careers include:** jobs in therapy and counseling, schools, hospitals, prisons, courtrooms, community health and rehabilitation centers, sports and corporate offices. The study of psychology is good preparation for many professions, as well as, for one’s life.

**Program Learning Outcomes**

*Upon completion of this program a student will be able to:*

- Apply multiple schools of psychology (e.g. psychodynamic, behavioral, cognitive, humanistic, biological, and transpersonal) to living situations.
- Demonstrate effective communication and interpersonal relationship skills rooted in psychological perspectives and exhibiting an awareness of psychological dynamics in inter-relationship.
- Increase awareness of self, others, and the environment in order to have greater agency and authentic expression.

**Degree Major Requirements:**

DEPT/NO.	TITLE	UNITS
<b>Required Core:</b>		
PSYCH 1A	Introduction to General Psychology	3
PSYCH 28	Introduction to Research Methods in Psychology	3
MATH 13	Introduction to Statistics	4
<b>List A: Select one</b>		
BIOL 10	Introduction to Biology	4
<b>List B: Select one (3-4 units)</b>		
PSYCH 1B	Introduction to General Psychology (3)	4
ENGL 5	Critical Thinking in Reading and Writing (3)	
ENGL 1B	Composition and Reading (4)	
<b>List C: Select one (3 units)</b>		
PSYCH 3	Introduction to Personality Theory (3)	3
PSYCH 7A	Psychology of Childhood (3)	
PSYCH 7B	Adolescent Psychology (3)	
PSYCH 9A	Interpersonal Relations (3)	
PSYCH 9B	Interpersonal Relations (3)	
PSYCH 12	Human Sexuality (3)	
PSYCH 18	Psychology of Race and Ethnicity in the U.S. (3)	
PSYCH 24	Abnormal Psychology (3)	
PSYCH 29	Introduction to Forensic Psychology (3)	
PSYCH 34	Stress Management and Well-Being (3)	

**Required Semester Units: 20-21**

**Recommended Course Sequence**

	<b>COURSE</b>	<b>UNITS</b>	<b>REQUIREMENT</b>	<b>CSU GE AREA</b>	
<b>FALL 1</b>	PSYCH 1A	Introduction to General Psychology	3	Major	D
	MATH 13	Introduction to Statistics (+213 Support Course)	4 or 6	Major	B4
	ENGL 1A/1AS	Composition and Reading (w/ support)	4 or 5	GE	A2
	COMM 20	Interpersonal Communication Skills	3	GE	A1
<b>Total Number of Units</b>		<b>14 - 17</b>			
<b>SPRING 1</b>	BIOL 10	Introduction to Biology	4	Major, List A	B2 & B3
	PSYCH 28	Introduction to Research Methods	3	Major	D
	ENGL 5	Critical Thinking in Reading and Writing	3	Major, List B	A3
	ART 1 MUSIC 10	Introduction to Art History <b>or</b> Music Appreciation	3	GE	C1
	HIST 7B	History of United States Since 1865 <sup>1</sup>	3	US History	C2
<b>Total Number of Units</b>		<b>16</b>			
<b>FALL 2</b>	POSCI 1 POSCI 26	Government and Politics in the United States <b>or</b> U.S. and California Constitution	3	US Politics	D
	PSYCH 24	Abnormal Psychology	3	Major, List C	D or E
	GEOG 1	Introduction to Physical Geography	3	GE	B1
	HUMAN 1	Introduction to Humanities	3	GE	C2
	COUN 57	Career and Life Planning	3	Elective	E
<b>Total Number of Units</b>		<b>15</b>			
<b>SPRING 2</b>	PSYCH 1B SOC 1	Introduction to General Psychology <b>or</b> Introduction to Sociology	3	Elective	D
	PSYCH 3 PSYCH 34	Introduction to Personality Theory <b>or</b> Stress Management and Well-Being	3	Elective	D
	PSYCH 7A PSYCH 12	Psychology of Childhood <b>or</b> Human Sexuality	3	Elective	D
	PSYCH 7B SOC 5	Adolescent Psychology <b>or</b> Sociology of Women	3	Elective	D
	PSYCH18 SOC 3	Psychology of Race and Ethnicity in the U.S. <b>or</b> Minority Groups	3	Elective	D
	<b>Total Number of Units</b>		<b>15</b>		

<sup>1</sup> This course must be taken at College of Alameda to count for the specific CSU GE Area.

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# Psychology (PSYCH)

**What is Psychology?** It is the scientific study of behavior and mental processes, in essence, you! By receiving an A.A. degree in Psychology from COA, students will master psychological theories, methods, and practices to enhance their relationship with self and the world. We also prepare students to transfer to a four-year undergraduate psychology program and enter psychology related fields.

**In studying Psychology at College of Alameda,** students will uncover the connection between mind, body and emotions to enhance their self-awareness and empower them to create the lives they desire and be agents of social change. Students apply theories to their own lives so that the information is useful and illuminating.

## **PSYCH 1A** **Introduction to General Psychology**

- 3 units, 3 hours lecture (GR)
- Acceptable for credit: CSU, UC

Scientific principles of psychology: Application of scientific research in understanding learning, human development, biological processes, personality, behavior disorders, social psychology, and adjustment of the human organism. 2001.00

AA/AS area 2; CSU area D, E; IGETC area 4; C-ID PSY 110

## **PSYCH 1B** **Introduction to General Psychology**

- 3 units, 3 hours lecture (GR)
- Psych 1A is not prerequisite to PSYCH 1B.
- Acceptable for credit: CSU, UC

Continuation of PSYCH 1A: Psychological research methods and principles of behavior modification. 2001.00

AA/AS area 2; CSU area D, E; IGETC area 4

## **PSYCH 3** **Introduction to Personality Theory**

- 3 units, 3 hours lecture (GR)
- Acceptable for credit: CSU, UC

Classical and contemporary personality theories. Theorists from each of the major forces in psychology: Psychoanalytical (Freud, Jung, Adler); behavioral (Skinner, Bandura); humanistic (Maslow, Rogers). 2001.00

AA/AS area 2; CSU area D, E; IGETC area 4

## **PSYCH 7A** **Psychology of Childhood**

- 3 units, 3 hours lecture (GR)
- Not open for credit to students who have completed or are currently enrolled in PSYCH 7L.
- Acceptable for credit: CSU, UC

Physical, intellectual, and emotional growth of children from conception to puberty: Factors of heredity and environment as determinants of this development. 2001.00

AA/AS area 2; CSU area D; IGETC area 4

## **PSYCH 7B** **Adolescent Psychology**

- 3 units, 3 hours lecture (GR)
- Psych 7A is not prerequisite to PSYCH 7B.
- Acceptable for credit: CSU, UC

Study of adolescence: Emphasis on psycho-social factors influencing peer relationships, attitudes towards parents and other adults, and induction into adult society. 2001.00

AA/AS area 2; CSU area D; IGETC area 4

## **PSYCH 9A** **Psychology of Interpersonal Relations**

- 3 units, 3 hours lecture (GR or P/NP)
- Acceptable for credit: CSU, UC

Group approach to the study of interpersonal relations: Principles of adjustment psychology from Rogerian, Gestalt, Jungian, Humanistic, and other schools of thought applicable to issues raised by students. 2001.00

AA/AS area 2; CSU area E; IGETC area 4

## **PSYCH 9B** **Psychology of Interpersonal Relations**

- 3 units, 3 hours lecture (GR or P/NP)
- Psych 9A is not prerequisite to PSYCH 9B.
- Acceptable for credit: CSU, UC

Group approach to the study of interpersonal relations: Principles of adjustment psychology from Rogerian, Gestalt, Jungian, Humanistic, and other schools of thought applicable to issues raised by students. 2001.00

AA/AS area 2; CSU area E; IGETC area 4

## **PSYCH 12** **Human Sexuality**

- 3 units, 3 hours lecture (GR)
- Acceptable for credit: CSU, UC

Exploration and analysis of the multifaceted aspects of human sexuality: Psychological, physiological, anatomical, sociological, legal, medical, educational, and cultural experiences of sex, gender, sexual orientations, birth control devices, and pregnancy, while emphasizing diversity. Not open to students who have completed or are currently enrolled in BIOL 27 or HLTED 27. 2001.00

AA/AS area 2; CSU area D, E; IGETC area 4

**PSYCH 18****Psychology of Race and Ethnicity in the U.S.**

- 3 units, 3 hours lecture (GR or P/NP)
- Acceptable for credit: CSU, UC

Examination of the philosophical roots of the psychological and behavioral modalities expressed by people of color: Exploration of key principles related to Latin-American, Asian-American, Native-American, and African-American mentalities such as self-conception, identity, personality, and consciousness. 2001.00

AA/AS area 2, 5; CSU area D, E; IGETC area 4

**PSYCH 24****Abnormal Psychology**

- 3 units, 3 hours lecture (GR)
- Prerequisite: PSYCH 1A
- Acceptable for credit: CSU, UC

Survey of major psychological disorders: Historical perspectives of various theoretical models (biological, psychodynamic, behavioral, cognitive, humanistic, existential, socio-cultural); review of research for understanding of origins and most promising treatments. 2001.00

AA/AS area 2; CSU area D; IGETC area 4

**PSYCH 28****Introduction to Research Methods in Psychology**

- 3 Units, 3 Hours Lecture (GR or P/NP)
- Prerequisites: PSYCH 1A and MATH 13
- Acceptable for Credit: CSU, UC

Introduction to research methods for psychology: Research design; experimental procedures; descriptive methods; instrumentation; collection, analysis, and reporting of research data; review of research design and methodology in various sub-disciplines of psychology. 2001.00

AA/AS area 2; CSU area D; IGETC area 4; C-ID PSY 200

**PSYCH 29****Introduction to Forensic Psychology**

- 3 Units, 3 Hours Lecture (GR)
- Acceptable for credit: CSU

Introduction to the principles and core concepts in forensic psychology from multiple perspectives: Criminal, civil and family law; professional ethical standards of care and practice in psychology contextual to criminal justice systems; community psychology applications in advocating and direct involvement in healthy community development and violence prevention in our local communities.

AA/AS area 2; CSU area D

**PSYCH 34****Stress Management and Well-Being**

- 3 units, 3 hours lecture (GR or P/NP)
- Acceptable for credit: CSU

Overview of psychological and physiological manifestations of stress in the context of wellness and living in the Modern World System: Exploration of theoretical and research foundations addressing problems in living; Review of positive and negative consequences of stress relative to wellness, immune system response, and illness; Illustration of life and stress coping skills, life action planning, and resiliency. 2001.00

AA/AS area 2; CSU area D, E

**PSYCH 49****Independent Study in Psychology**

- .5-5 units, .5-5 hours lecture (GR or P/NP)
- Acceptable for credit: CSU

In-depth exploration of an area or problem of the student's choice not covered by regular catalog offerings in Psychology. Student must obtain approval from an appropriate faculty member. For more details, see the section on independent study in the college catalog. 2001.00

## Social and Behavioral Sciences

See listing for *Liberal Arts: Social and Behavioral Sciences*.

Social Science courses at CoA emphasize a multidisciplinary approach to the understanding and study of human behavior and social organization. Students study and analyze human societies; the institutions, organizations and groups that comprise them; and the way individuals and groups relate to one another. Students develop an understanding of the various theories and methodologies of the disciplines, as well as skills in applying their knowledge in critical and useful ways as they navigate their own lives within a constantly changing and complex social world. (include links to social sciences: AFRAM, ANTHR, ASAME, COMM, ECON, GEOG, HIST, HUMAN, M/LAT, POSCI, PSYCH, SOC)

### **SOCS 10**

#### **Introduction to Social Justice Studies**

- 3 units, 3 hours lecture (GR or P/NP)
- Acceptable for Credit: CSU

Inter-disciplinary study of race and ethnicity in the United States: Examines social justice movements in relation to ethnic and racial groups in the United States to provide a basis for a better understanding of the socio-economic, cultural and political conditions among key social groups. 2201.00

### **SOCS 125**

#### **Statistics for the Social Sciences**

- 3 units, 3.00 hours lecture (GR or P/NP)
- Prerequisites: MATH 203; and SOC 001; or ANTHR 001; or ANTHR 003; or PSYCH 001A; or POSCI 002

Introduction to the basic statistical techniques and analyses commonly used in social science research: Descriptive and inferential statistics; measures of central tendency and dispersion (chi-square test, confidence intervals, and t-tests); correlation; regression; ethics; and applications of statistical software to sociology. 2208.00