

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, Programs & Transfer Requirements 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 successful completion of this program, students 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
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 11	Transpersonal Psychology (3)	
PSYCH 12	Human Sexuality (3)	
PSYCH 18	Psychology of Race and Ethnicity in the U.S. (3)	
PSYCH 24	Abnormal Psychology (3)	
PSYCH 32	Psychology of Liberation: Black/African Americans (3)	
PSYCH 34	Stress Management and Well-Being (3)	
Minimum Required Units:		18



Recommended Course Sequence

	COURSE	UNITS	REQUIREMENT	COA GE AREA	
FALL 1	ENGL 1A	Composition and Reading or	4 or 5	GE	4A
	ENGL 1AS	Composition and Reading (w/ support)			
	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

SPRING 1	COMM 5	Persuasion & Critical Thinking or	3	GE	4D
	COMM 20	Interpersonal Communication Skills			
	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

FALL 2	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 or	3 or 4	GE	4C
	BIOL 31	Nutrition			
	GEOG 1L	Physical Geography Laboratory	1	Elective	

Total Number of Units: 16-17

SPRING 2	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 or	3 or 4	Elective	1
	BIOL 10	Introduction to Biology			
	SOC 1	Introduction to Sociology or	3	Elective	2
	PSYCH 28	Introduction to Research Methods in Psychology			
	COMM 45	Public Speaking or	3	Elective	4D or 2
	POSCI 1	Government and Politics in the United States			

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.

Students are required to:

- Complete 60 semester CSU-transferable units.
- Complete the California State University-General Education-Breadth pattern (CSU GE-Breadth); or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.
- Complete a minimum of 18 semester units in the major
- Obtain of a minimum grade point average (GPA) of 2.0.
- Earn a grade of C or higher in all courses required for the major. A "P" (Pass) grade is also an acceptable grade for courses in major if the course is taken on a Pass/No Pass basis.

Career Opportunities

The study of psychology enables one to better comprehend how people think, perceive, learn, develop unique personalities, manage stress, and interact with one another. 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 successful completion of this program, students 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 psychological perspectives and exhibit 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
Required Core:		
PSYCH 1A	Introduction to General Psychology	3
PSYCH 28	Introduction to Research Methods in Psychology	3
MATH 13	Introduction to Statistics	4
List A: Select one		
BIOL 10	Introduction to Biology	4
List B: Select one (3-4 units)		
PSYCH 1B	Introduction to General Psychology (3)	4
ENGL 5	Critical Thinking in Reading and Writing (3)	
ENGL 1B	Composition and Reading (4)	
List C: Select one (3 units)		
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 11	Transpersonal Psychology (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 32	Psychology of Liberation: Black/African Americans (3)	
PSYCH 34	Stress Management and Well-Being (3)	

Minimum Required Units: 20-21

Recommended Course Sequence

	COURSE		UNITS	REQUIREMENT	CSU GE AREA
FALL 1	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
Total Number of Units			14 - 17		
SPRING 1	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 or Music Appreciation	3	GE	C1
	HIST 7B	History of United States Since 1865 ¹	3	US History	C2
Total Number of Units			16		
FALL 2	POSCI 1 POSCI 26	Government and Politics in the United States or 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
Total Number of Units			15		
SPRING 2	PSYCH 1B SOC 1	Introduction to General Psychology or Introduction to Sociology	3	Elective	D
	PSYCH 3 PSYCH 34	Introduction to Personality Theory or Stress Management and Well-Being	3	Elective	D
	PSYCH 7A PSYCH 12	Psychology of Childhood or Human Sexuality	3	Elective	D
	PSYCH 7B SOC 5	Adolescent Psychology or Sociology of Women	3	Elective	D
	PSYCH18 SOC 3	Psychology of Race and Ethnicity in the U.S. or Minority Groups	3	Elective	D
	PSYCH 11	Transpersonal Psychology	3	Elective	D
	PSYCH 32	Psychology of Liberation: Black/African Americans	3	Elective	D
	Total Number of Units			21	

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

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Transformational Psychology CERTIFICATE OF ACCOMPLISHMENT

PSYCHOLOGY

The noncredit **Certificate of Accomplishment in Transformational Psychology (CATP)** is designed for community members interested in the nuances of psychology applied to everyday life. It is of particular interest to those interested in personal enrichment and development, as well as to professionals seeking to refresh and deepen their skills and techniques. A study of psychology is built upon the scientific study of human behavior and mental processes.

Students pursuing the noncredit CATP will deepen their understanding of a wide range of psychological principles by learning and applying those principles to their personal lives. Themes covered extensively in this certificate program include: stress management and wellness, interpersonal relationships, including in the family, workplace, and between diverse peoples, consciousness and the development of the person, human perception, learning and unlearning, mind, body, heart, and emotional connection; and human sexuality, including intimate relationships and ways to use this knowledge to help improve the quality of people's lives. Successful completion of a minimum of six (6) courses with a "Pass" will earn students this certificate. The CATP does not require any additional General Education requirements.

Students are required to:

- Complete four (6) noncredit courses in Psychology.
- Earn a grade of Pass in all courses.

Career Opportunities

Upgrade current job skills; request raise/promotion; place on resume; apply to any position and enter any relationship with enhanced self-awareness and interpersonal skills.

Program Learning Outcomes

Upon successful completion of this program, students 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 psychological perspectives and exhibit 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	HOURS
Select any four (4) courses from the following:		
PSYCH 509A	Psychology of Interpersonal Relations I (0)	
	<i>or</i>	
PSYCH 509B	Psychology of Interpersonal Relations II (0)	
	<i>or</i>	
PSYCH 511	Transpersonal Psychology (0)	
	<i>or</i>	
PSYCH 512	Human Sexuality (0)	
	<i>or</i>	
PSYCH 518	Psychology of Race and Ethnicity in the U.S. (0)	
	<i>or</i>	
PSYCH 534	Stress Management and Well-Being (0)	
Total:		12

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)
- Acceptable for credit: CSU, UC

Exploration of awareness and development of personality: Behavioral, social, and biological expressions of the mind; expansion of human consciousness; influences on personal actualization and communal empowerment. 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 I

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

Supports developing and maintaining healthy relationships with self and others: Exploration of dynamics of communication, group process, and other behavioral, emotional and psychological concepts; Reflection on challenges and strengths in relationships, including within groups, family and the workplace. 2001.00

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

PSYCH 9B

Psychology of Interpersonal Relations II

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

Supports further development and maintenance of healthy relationships with self and others: Deeper exploration of dynamics of communication, group process, and other behavioral, emotional and psychological concepts; more reflection on challenges and strengths in relationships, including within groups, family and the workplace. 2001.00

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

PSYCH 11**Transpersonal Psychology**

- 3 units, 3 hours lecture (GR or P/NP)

Exploration of consciousness, mind-body relationship, and the role of spiritual inquiry in human transformation:

A psycho-spiritual approach to understanding your life purpose; various approaches from ancient spiritual traditions to modern scientific theories are critically examined and experientially applied to promote wellness, human growth, and social transformation. 2001.00

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 32**Psychology of Liberation: Black/African Americans**

- 3 Units, 3 Hours Lecture (GR or P/NP)

Explores Black/African American psychology, Afrocentric theories and worldviews: The psycho-emotional implications of oppression on identity, family and culture of Black/African Americans; examination of decolonization, self-determination and radical healing integrated for social transformation. 2001.00

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

NONCREDIT COURSES**PSYCH 509A****Psychology of Interpersonal Relations I**

- 0 units, 3 hours lecture (P/NP or Satisfactory Progress)

Supports developing and maintaining healthy relationships with self and others: Exploration of dynamics of communication, group process, and other behavioral, emotional and psychological concepts; Reflection on challenges and strengths in relationships, including within groups, family and the workplace. 2001.00

PSYCH 509B**Psychology of Interpersonal Relations II**

- 0 units, 3 hours lecture (P/NP or Satisfactory Progress)

Supports developing and maintaining healthy relationships with self and others: Exploration of dynamics of communication, group process, and other behavioral, emotional and psychological concepts; Reflection on challenges and strengths in relationships, including within groups, family and the workplace. 2001.00

PSYCH 511**Transpersonal Psychology**

- 0 units, 3 hours lecture (P/NP or Satisfactory Progress)

Explores consciousness, mind-body relationship, and role of spiritual inquiry in human transformation: A psycho-spiritual approach to understanding your life purpose; various approaches from ancient spiritual traditions to modern scientific theories are critically examined and experientially applied to promote wellness, human growth, and social transformation. 2001.00

PSYCH 512**Human Sexuality**

- 0 units, 3 hours lecture (P/NP or Satisfactory Progress)

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

PSYCH 518**Psychology of Race and Ethnicity in the U.S.**

- 0 units, 3 hours lecture (P/NP or Satisfactory Progress)

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

PSYCH 534**Stress Management and Well-Being**

- 0 units, 3 hours lecture (P/NP or Satisfactory Progress)

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