

# PSYCHOLOGY

## Program Description

Psychology is the scientific, multidisciplinary study of behavior, mental processes, growth, and well-being. Psychologists investigate how biological, cognitive, and sociocultural factors affect our experiences and actions and, furthermore, apply this knowledge to optimize our mental health and performance. The Psychology Associates Degree (AA) offers courses important for general education, while the AA-T curriculum offers transfer-oriented courses as preparation for upper-division study. Students who complete the AA/AA-T explore a variety of career fields and/or graduate programs, including industrial/organizational psychology; business administration; sales, advertising, marketing; law; recreation; social work; education; counseling; clinical psychology; forensic science; neuroscience; communications; health psychology; sports psychology, and others. The AA-T degree complies with the Student Transfer Achievement Reform Act (Senate Bill 1440, now codified in California Education Code Sections 66746-66749) and guarantees admission to a California State University (CSU) for any community college student who completes the AA-T. Students will receive priority consideration when applying to a program that is similar to a student's community college area of emphasis. Please note: most professional Psychology careers require training beyond the undergraduate level. Students should discuss their plans with a counselor or department adviser as early as possible. For the latest information about transfer degrees, visit [www.sb1440.org](http://www.sb1440.org).

## Programs of Study

### Associate Degrees for Transfer

- Child and Adolescent Development, Associate in Arts for Transfer (AA-T) (<https://catalog.sbccc.edu/academic-departments/psychology/child-and-adolescent-development-aat/>)
- Psychology, Associate in Arts for Transfer (AA-T) (<https://catalog.sbccc.edu/academic-departments/psychology/psychology-aat/>)

### Associate Degree

- Psychology, Associate of Arts (AA) (<https://catalog.sbccc.edu/academic-departments/psychology/psychology-aa/>)

## Credit Courses

### Psychology (PSY)

#### PSY 106 Positive Psychology (3 Units)

Prerequisites: PSYC C1000 or PSYC C1000H.

Hours: 54 (54 lecture)

Scientific study of psychological strengths and optimal functioning including (1) positive subjective states, such as happiness, satisfaction, love and contentment; (2) positive individual traits, such as courage, honesty, kindness and wisdom; and (3) positive institutions, such as healthy families, work environments and communities.

SBCC General Education: SBCCGE Area B

Transfer Information: CSUGE Area D9, SBCCGE Area 4, CSU Transferable, UC Transferable

#### PSY 110 Introduction to Physiological Psychology (3 Units)

Prerequisites: PSYC C1000 or PSYC C1000H.

Hours: 54 (54 lecture)

Elementary physiology of the nervous system. Physiological mechanisms underlying sensation, perception, emotion, arousal, motivation, learning, and cortical specialization. Function of the endocrine system. Intended primarily for psychology majors as part of the lower-division pre-major pattern. Also useful for students in allied health fields.

Transfer Information: Cal-GETC Area 5B, CSUGE Area B2, IGETC Area 5B, SBCCGE Area 5, CSU Transferable, UC Transferable

C-ID: PSY 150.

#### PSY 112 Introduction to Cognitive Psychology (3 Units)

Course Advisories: PSY 100 or PSY 100H.

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Hours: 54 (54 lecture)

An introduction to the general concepts and experimental approaches in the study of cognitive psychology. Topics include mental processes such as pattern recognition, perception, memory, thinking, problem solving and comprehension of language. Also included is an overview of experimental procedures used to study human sensation, perception and cognition.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D, CSUGE Area E, IGETC Area 4, SBCCGE Area 4, CSU Transferable, UC Transferable

#### PSY 120 Introduction To Psychology (3 Units)

Skills Advisories: Eligibility for ENG 110 or 110H.

Hours: 54 (54 lecture)

Introduces students to the general field of psychology. Examines basic principles of human behavior and how they may be applied effectively in daily living situations.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D9, IGETC Area 4I, SBCCGE Area 4, CSU Transferable, UC Transferable

UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course.

#### PSY 125 Psychology Of Human Sexuality (3 Units)

Course Advisories: PSY 100 or PSY 100H.

Hours: 54 (54 lecture)

Focuses on major aspects of human sexuality: psychological perspectives, research findings, human sexual response cycles, gender differentiation, sexuality through the life span, and diversity in human sexuality. Includes communication and relationship dynamics; love, romance and dating patterns; birth control, pregnancy and parenthood; sexual dysfunction and treatment; and the issues of sexual abuse and harassment.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D9, CSUGE Area E, IGETC Area 4I, SBCCGE Area 4, CSU Transferable, UC Transferable

UC Transfer Limit: PSY 125 and HE 111 combined; maximum credit, one course.

C-ID: PSY 130

**PSY 140 Child Development (3 Units)**

Skills Advisories: Eligibility for ENG 98.

Hours: 54 (54 lecture)

History and philosophy of care and development of the child, from conception through adolescence, with emphasis on the preschool and elementary school-age child. Studies include children's developmental characteristics, records of children's growth, individual differences, personality development, and signs of physical or emotional disturbance. Emphasis placed on normal healthy development. Includes child observation and reports.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D9, CSUGE Area E, IGETC Area 4I, SBCCGE Area 4, CSU Transferable, UC Transferable

**PSY 145 Human Development (3 Units)**

Course Advisories: PSY 100 or 100H or PSY 120.

Skills Advisories: Eligibility for ENG 110 or 110H.

Hours: 54 (54 lecture)

This course provides an overview, from a psychological perspective, of human physical, cognitive, and social development, as well as developmental problems, and the biological and environmental influences on development, from conception through death. The course examines the theories, research findings, and methodological approaches to human development through the life span.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D9, CSUGE Area E, IGETC Area 4I, SBCCGE Area 4, CSU Transferable, UC Transferable  
C-ID: PSY 180.

**PSY 150 Statistics for the Behavioral Sciences (4 Units)**

Prerequisites: MATH 107 or Equivalent through placement by the Assessment Center using multiple measures.

Course Advisories: PSY 100 or PSY 100H.

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Hours: 72 (72 lecture)

Principles and procedures of measurement, data analysis, probability, sampling theory and statistical significance. Covers basic descriptive statistics, including measures of linear relationships and standard scores. Covers the logic of hypothesis testing and inferential statistics up to analysis of variance, including a conceptual introduction to factorial designs. Students conduct analyses by hand and computer software.

SBCC General Education: SBCCGE Area D2, SBCCGE Area E1

Transfer Information: Cal-GETC Area 2, CSUGE Area B4, IGETC Area 2A, SBCCGE Area 2, CSU Transferable, UC Transferable

UC Transfer Limit: MATH 117, MATH 117A and MATH 117B, PSY 150 and SOC 125 combined: maximum credit, 1 course or series.

C-ID: MATH 110, SOCI 125.

**PSY 170 Abnormal Psychology (3 Units)**

Prerequisites: PSYC C1000 or PSYC C1000H.

Hours: 54 (54 lecture)

Introduction to assessment, diagnosis, treatment, research and prevention of mental disorders. Covers the major DSM disorders, including the phenomenology, etiology and treatment of anxiety, affective, dissociative, somatoform, psychophysiological, schizophrenic, sexual dysfunctions, paraphilias and gender identity disorder; substance-related; impulse-control; developmental, cognitive and personality disorders. Theories, therapies, research, legal and social issues are addressed.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D9, IGETC Area 4I, SBCCGE Area 4, CSU Transferable, UC Transferable

C-ID: PSY 120.

**PSY 175 Social Psychology: Psychological Perspective (3 Units)**

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Hours: 54 (54 lecture)

Social Psychology studies how our thoughts, feelings and behavior are influenced by others. It takes a scientific approach, emphasizing that behavior is strongly influenced by social situations. Topics covered are the self; social cognition; attitudes and prejudice; social influences of culture; persuasive techniques; groups; relationships; aggression; and pro-social actions.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D9, IGETC Area 4I, SBCCGE Area 4, CSU Transferable, UC Transferable

C-ID: PSY 170.

**PSY 200 Research Methods and Experimental Design in Psychology (4 Units)**

Prerequisites: PSYC C1000 or PSYC C1000H.

Hours: 108 (54 lecture, 54 lab)

and PSY 150 or STAT C1000. The logic of and empirical procedures used in psychological research, with emphasis on experimental, quasi-experimental, and correlational research methods. Covers ethical principles used to guide research. Includes practical applications of descriptive and inferential statistics. Students will analyze research studies, participate in designing and conducting a research project, and write an APA research report.

SBCC General Education: SBCCGE Area B

Transfer Information: Cal-GETC Area 4, CSUGE Area D9, IGETC Area 4I, SBCCGE Area 4, CSU Transferable, UC Transferable

C-ID: PSY 205B and POLS 160.

**PSY 210 Introduction to Psychopharmacology (3 Units)**

Course Advisories: PSY 100H or PSY 100, ENG 110 or ENG 110H.

Hours: 54 (54 lecture)

An introduction to clinical and nonclinical use of psychoactive drugs. Students gain an understanding of the effects of both therapeutic and recreational drugs on brain chemistry, and their role in modifying behavior and mental processes. Includes historical perspectives on drug use, drug development stages, and pharmacokinetics and pharmacodynamics of psychoactive drugs.

Transfer Information: Cal-GETC Area 4, CSUGE Area D, CSUGE Area E, IGETC Area 4, SBCCGE Area 4, CSU Transferable, UC Transferable

**PSY 295 Internship In Psychology (2-4 Units)**

Hours: 210 (0 lecture, 210 lab)

Students gain work experience in clinical/community outreach programs and/or research laboratories.

Transfer Information: CSU Transferable

**PSY 299 Independent Study In Psychology (1-4 Units)**

Limitations on Enrollment: Six units of Psychology with a 3.0 or above GPA; minimum 12 units of course work completed at SBCC, with a GPA of at least 2.5.

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Hours: 192 (192 lab)

Student works under guidance and direction of sponsoring faculty member on project consistent with interests and abilities. Minimal weekly meetings required. May be taken for one to four (4) units of credit. For complete information, see "Independent Study" in the Catalog Index.

Transfer Information: CSU Transferable