Psychology

Overview

Psychology concerns itself with the study of behavior of humans and other animals. Part of its appeal and fascination is the fact that it involves both pure science and the practical application of science to matters of everyday life. Those pursuing psychology as a field of study will find many Career Opportunities centering around helping others understand, predict and control their own behavior and the behavior of others. Training in psychology also provides a valuable foundation for other professions that deal with people.

Degrees Offered

A.A.-T. in Psychology

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Associate Degree for Transfer

A.A.-T. in Psychology

The Cosumnes River College Psychology Associate of Arts Degree for Transfer Program is designed to facilitate successful transfer to baccalaureate psychology degree programs. This degree provides students with the lower division breadth and depth of the field of psychology. Additionally, this degree exposes students to the core principles and practices in the field. Students will learn to: apply psychological theory and the scientific method; compare and contrast the major theoretical orientations in psychology; integrate content knowledge, cognitive and affective skills and technical proficiency; evaluate psychological data; apply psychological principles to the development of interpersonal, occupational and social skills; and recognize the complexity of social, cultural, and international diversity and the principles of equity, justice and inclusion in their lives.

Catalog Date: January 1, 2022

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
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<tbody>
<tr>
<td>PSYC 300</td>
<td>General Principles</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 312</td>
<td>Biological Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 320</td>
<td>Social Psychology (3)</td>
<td>3</td>
</tr>
<tr>
<td>or PSYC 371</td>
<td>Life Span Developmental Psychology (3)</td>
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<tr>
<td>or SOC 300</td>
<td>Introductory Sociology (3)</td>
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<tr>
<td>PSYC 330</td>
<td>Introductory Statistics for the Behavioral Sciences</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 335</td>
<td>Research Methods in Psychology</td>
<td>3</td>
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<tr>
<td>3 units from the following:</td>
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<tr>
<td>PSYC 320</td>
<td>Social Psychology (3)</td>
<td>3</td>
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<tr>
<td>or PSYC 340</td>
<td>Abnormal Behavior (3)</td>
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<tr>
<td>or PSYC 356</td>
<td>Human Sexuality (3)</td>
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<tr>
<td>or PSYC 368</td>
<td>Cross Cultural Psychology (3)</td>
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<tr>
<td>or PSYC 371</td>
<td>Life Span Developmental Psychology (3)</td>
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</tbody>
</table>

Total Units: 19

1 If PSYC 320 or PSYC 371 is not taken as part of the required core sequence, a student may choose it as one of the options listed above.

The Associate in Arts in Psychology for Transfer (AA-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.
Student Learning Outcomes

Upon completion of this program, the student will be able to:

- Differentiate between scientifically derived knowledge and myth and conjecture about the topics of psychology and demonstrate understanding of psychological theory and scientific method. This includes the abilities to: Recognize the way in which research leads to generally accepted conclusions and the integration of new research data with the building of a body of scientific knowledge; Demonstrate critical thinking skills shown by the analysis of data sets, testing of assumptions, and synthesizing information to draw a logical conclusion.

- Compare and contrast the major theoretical orientations in psychology, demonstrate knowledge of basic psychological terminology regarding behavior, cognition, and emotion, and be able to express this clearly when writing or speaking about psychology. This includes the abilities to: write essays explaining theoretical orientations in clear and concise terms; operationally define terms, variables and vocabulary; relate theories, hypotheses, and research to the theoretical orientations.

- Integrate content knowledge, cognitive and affective skills and technical proficiency in completing exams, term papers, presentations and other class assignments. These skills include: ambiguity tolerance, learning, memory, logical thinking, problem solving, decision-making, and critical thinking. This includes the abilities to: Write clear responses to essay questions without including extraneous information or omitting key information necessary to provide a clear, concise, college-level answer; utilize test-taking skills such as critical analysis of information, test-time management and focused writing; analyze the logic of a multiple choice question and choose the correct response among related items; use appropriate computer software, databases, and other technology to enhance knowledge; tolerate the ambiguity that accompanies a consideration of complex information and multiple perspectives.

- Evaluate psychological data, draw reasonable conclusions, recognize the ethical implications of these conclusions, and apply these conclusions to personal, community, and scientific problems. This includes the abilities to: Conduct a thorough literature review; Choose appropriate research design, methodology, and statistical analyses in support of a specific hypothesis; Design and conduct a research study which may include the following techniques: observation, interviews, focus group, surveys, case studies, correlational and experimental designs; Collect data and keep organized records; Analyze and interpret data, draw appropriate conclusions and make recommendations; Reach and clearly express logical conclusions based on data; Relate, in presentations and/or in written reports, how psychological information is relevant to personal and community issues; Recognize the ethical implications of psychological research and the responsibility to use knowledge wisely.

- Apply psychological principles to the development of interpersonal, occupational and social skills and life-long personal growth. This includes the abilities to: Understand the concept of self-, personal-, social-, and ethnic- identity, and its role in the development of self-esteem and morals; Recognize the dynamic interaction of relationships and how it affects our ability to be socially successful with peers, family, and genders; Understand how group processes affect behavior such as attraction theory, attitude formation, prejudice, stereotyping, conformity, compliance, and obedience.

- Recognize the complexity of social, cultural, and international diversity and the principles of equity, justice and inclusion in their lives. This includes the abilities to: Weigh evidence and develop an understanding of different perspectives (e.g. gender, cross cultural, international); Demonstrate knowledge of ethical issues faced by psychologists; Reflect on own personal and professional values and biases by discussing and documenting dialogue, activities and interactions in journals, portfolios, and other documentation methods; Recognize, understand, and respect the complexity of socio-cultural and international diversity through classroom discussions, essays, analysis of biases in published literature, and participation in community, classroom and cultural events; Evaluate all practices, personal and professional, for equality, justice, and inclusion as reflected in internal thoughtful introspection and external application of appropriate interventions, processes, and/or strategies.

Career Information

Psychologists with advanced degrees and professional certificates have a broad range of employment opportunities including, but not limited to, clinical practice, research, and teaching. Clinical and counseling 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, organizational psychology, sports psychology, and cognitive neuroscience. NOTE TO TRANSFER STUDENTS: The Associate Degree for Transfer program is designed for students who plan to transfer to a campus of the California State University (CSU). Other than the required core, the courses you choose to complete this degree will depend to some extent on the selected CSU for transfer. In addition, some CSU-GE Breadth or IGETC requirements can also be completed using courses required for this associate degree for transfer major (known as “double-counting”). Meeting with a counselor to determine the most appropriate course choices will facilitate efficient completion of your transfer requirements. For students wishing to transfer to other universities (UC System, private, or out-of-state), the Associate Degree for Transfer may not provide adequate preparation for upper-division transfer admissions; it is critical that you meet with a CRC counselor to select and plan the courses for the major, as programs vary widely in terms of the required preparation.

Psychology (PSYC) Courses

PSYC 300 General Principles

| Units: | 3
| Hours: | 54 hours LEC
| Prerequisite: | None
| Advisory: | ENGRD 310, ENGRD 312, or ENGRW 300, or placement through the assessment process.
| Transferable: | CSU; UC
| General Education: | AA/AS Area V(b); CSU Area D9; IGETC Area 4I
| C-ID: | C-ID PSY 110
| Catalog Date: | January 1, 2022

This course is an introduction to the scientific study of human behavior. Topics include scientific method, the biological basis of behavior, sensation, perception, consciousness, conditioning and learning, memory, cognition, developmental psychology, motivation, emotion, stress and health, personality, abnormal psychology, psychotherapy, and social psychology. PSYC 300 is designed for psychology majors, behavioral science majors, and other students who desire a comprehensive overview of general principles of contemporary psychology.

PSYC 312 Biological Psychology

| Units: | 4
| Hours: | 54 hours LEC, 54 hours LAB
| Prerequisite: | PSYC 300 with a grade of “C” or better
| Transferable: | CSU; UC
| General Education: | AA/AS Area IV; CSU Area B2; CSU Area B3; CSU Area D9; IGETC Area 5B; IGETC Area 5C
| C-ID: | C-ID PSY 150
| Catalog Date: | January 1, 2022

This course examines the biochemical, cellular, and organinal physiological substrates of normal and abnormal behavior. The course content focuses on interactions of the central nervous system, peripheral nervous system, endocrine and immune systems to produce consciousness, sensation, perception, thinking, motivation and emotion. These areas will be addressed within an evolutionary context that emphasizes developmental plasticity of the individual and the species. Current methods of obtaining data (e.g. neuroimaging techniques) will be examined and evaluated. Students will be required to perform anatomical identification of brain structures using a mammalian brain (e.g. sheep brain).
PSYC 320 Social Psychology

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area V(b); CSU Area D9; IGETC Area 4I
C-ID: C-ID PSY 170
Catalog Date: January 1, 2022

This course focuses on the scientific study of human interaction, with an emphasis on the individual within a social context. Study includes: social perception, social cognition, attitudes and attitude change, the self and social identity, prejudice and discrimination, interpersonal attraction, close relationships, social influence, prosocial behavior, aggression, and group behavior.

PSYC 330 Introductory Statistics for the Behavioral Sciences

Units: 3
Hours: 54 hours LEC
Prerequisite: MATH 120 or 125 with a grade of "C" or better; or the equivalent.
Transferable: CSU; UC (POLS 382, ECON 310, PSYC 330, STAT 300 and STAT 480 combined: maximum credit, 1 course)
General Education: AA/AS Area II(b); CSU Area B4; IGETC Area 2
C-ID: C-ID MATH 110
Catalog Date: January 1, 2022

This course focuses on the concepts and applications of descriptive and inferential statistics in psychology and other behavioral sciences. Topics include: descriptive statistics; sample spaces and probability; random variables and expected value; discrete and continuous distributions -- binomial, t-tests for two populations; and applications using data from disciplines including business, social sciences, life science, health science, and education; parametric and nonparametric statistical methods, hypothesis testing, statistical inference and p-values, effect size and power; correlation and regression regarding prediction; chi-square; t-tests; and analysis of variance procedures. Application of both hand computation and statistical software (e.g. SPSS) to data in a behavioral and social science contexts will be emphasized to include the interpretation of the relevance of the statistical findings.

PSYC 335 Research Methods in Psychology

Units: 3
Hours: 54 hours LEC
Prerequisite: PSYC 300 and 330 with grades of "C" or better
Transferable: CSU; UC
General Education: AA/AS Area II(b); CSU Area D9; IGETC Area 4I
C-ID: C-ID PSY 200
Catalog Date: January 1, 2022

This course provides an overview of the methodologies used in experimental, quasi-experimental and non-experimental research in psychology. Students will learn how to design and conduct research, including formulating hypotheses, reviewing the literature, evaluating ethical issues, selecting methodologies, organizing data, applying statistics and writing reports.

PSYC 340 Abnormal Behavior

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area V(b); AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4I
C-ID: C-ID PSY 120
Catalog Date: January 1, 2022

This course is an exploration of the broad questions of normality and abnormality. It offers the investigation of specific mental, emotional, and behavioral difficulties and current approaches to psychological intervention including present community mental health practice. This course considers the contribution of biological, psychological and social factors to the development and persistence of behavior disorders. PSYC 340 is a useful course for students majoring in Human Services and/or preparing for a career in psychology or the helping professions.

PSYC 356 Human Sexuality

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(b); CSU Area E1; IGETC Area 4I
C-ID: C-ID PSY 130
Catalog Date: January 1, 2022

This course provides a balanced scientific understanding of human sexual thoughts, feelings, and behavior grounded in both female and male perspectives and experiences. Course topics include an examination of the methodology of sexology, gender issues, sexual anatomy and physiology, sexual arousal and response, love and communication, sexual behavior patterns, sexual orientations, contraception, conception and childbirth, sexual development across the lifespan, adult living patterns, sexual difficulties and solutions, sexually transmitted diseases, atypical sexual behavior, sexual coercion, and pornography and prostitution.

PSYC 368 Cross Cultural Psychology

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
This course explores the impact of cultural influences on the psychological and individual development of ethnic group members. Emphasis will be placed on integrating traditional theoretical approaches and current cross-cultural statistical research and theory in the study of African-Americans, Asian Americans, Hispanic Americans, Native Americans, gays & lesbians, the elderly, and the disabled.

**PSYC 371 Life Span Developmental Psychology**

- **Units:** 3
- **Hours:** 54 hours LEC
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area V(b); AA/AS Area VI; CSU Area D; IGETC Area 4
- **C-ID:** C-ID PSY 180
- **Catalog Date:** January 1, 2022

This course examines psychological development across the lifespan, from conception to death. The course will focus on neurological, cognitive, cultural, and socio-emotional domains of developmental psychology, as well as the interaction among these domains. The course will provide a theoretical background based on empirical studies in the area of developmental psychology and other related disciplines. This course is designed to provide a foundation for careers in educational, social, psychological, and medical fields as well as provide students with a better understanding of one's own developmental process.

**PSYC 495 Independent Studies in Psychology**

- **Units:** 1 - 3
- **Hours:** 54 - 162 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU
- **Catalog Date:** January 1, 2022

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of "Special Studies" for full details of Independent Studies.

**PSYC 499 Experimental Offering in Psychology**

- **Units:** 0.5 - 4
- **Prerequisite:** None.
- **Transferable:** CSU
- **Catalog Date:** January 1, 2022

This is the experimental courses description.