



PSYC C1000 - Introduction to Psychology

Catalog Description

Transfer Status: CSU/UC

Unit(s): 3.00

Lecture: 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations. Topics also include the science of psychology, ethics, perception, learning and memory, motivation and emotion, sexuality and gender, stress and health, personality, psychological disorders and therapies, and applied psychology. (C-ID PSY 110).

Objectives

Upon successful completion of this course, the student should be able to:

- 1. Demonstrate fundamental knowledge and comprehension of major concepts, theoretical perspectives, historical and cultural contexts, and empirical findings within the broad discipline of psychology.
2. Use a scientific approach (including critical and creative thinking) to understand individuals' mind and behavior within psychological, biological, sociocultural, and ethnocultural contexts while recognizing that biases filter experiences.
3. Draw logical and objective conclusions about the mind and behavior from evidence to show how psychology evaluates, modifies, and supports its claims and counters unsubstantiated statements, opinions or beliefs.
4. Apply psychological theories, concepts, and values to individual, interpersonal, group, and societal issues to demonstrate awareness of self and others.
5. Demonstrate knowledge and understanding representing selected content areas of psychological theory and research representing each of the following nine general domains: a. biological bases of behavior and mental processes; b. sensation and perception; c. learning and memory; d. cognition and consciousness; e. individual differences, psychometrics, and personality; f. social processes, including socio-cultural and international dimensions; g. developmental psychology; h. psychological disorders; and i. motivation and emotion.
6. Recognize and understand the impact of diversity on psychological research, theory, and application, including (but not limited to) aspects of race, ethnicity, culture, gender, socio-economic status, disability, and sexual orientation.
7. Draw the distinction between scientific and non-scientific methods of understanding and analysis, including statistical analysis.
8. Describe and demonstrate an understanding of applied areas of psychology, including clinical, counseling, forensic, community, organizational, school, and health psychology.

Course Content

Topic Titles / Suggested Time Topic

Lecture

Topics

Lec Hrs

Cover at least two topics within each of the following major areas, addressing both theory and application:

51.00

- Biological (e.g., Neuroscience, Sensation, Consciousness)
• Cognitive (e.g., Cognition, Memory, Perception, Intelligence)
• Development (e.g., Learning, Lifespan Development, Language)
• Social and Personality (e.g., Motivation, Emotion, Social, Personality, Sex/Gender/Sexuality)
• Mental and Physical Health (e.g., Psychopathology, Health, Therapies)

Incorporate psychology's seven integrative themes throughout the course:

- How psychological science relies on evidence and critical thinking, adapting as new data develop
• How psychology explains general principles that govern behavior while recognizing individual differences
• How psychological, biological, social, and cultural factors influence behavior and mental processes
• How psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society
• How our perceptions and biases filter our experiences of the world through an imperfect personal lens
• How applying psychological principles can change our lives, organizations, and communities in positive ways
• How ethical principles guide psychology research and practice

Emphasize and illustrate how scientific inquiry, research methodology, and evidence serve as the foundation for all content areas:

- While recognizing limitations and problematic outcomes, biases, systemic injustice, and opportunities for on-going research
• To counter unsubstantiated statements, opinions, or beliefs

Emphasize how sociocultural factors and diversity, not limited to historically dominant Western perspectives, influence content areas covered

Methods of Instruction

- A. Class Activities
- B. Collaborative Group Work
- C. Group Discussions
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Lecture
- F. Multimedia Presentations
- G. Reading Assignments

Methods of Evaluation

- A. Examples of potential methods of evaluation used to observe or measure students' achievement of course outcomes and objectives could include but are not limited to quizzes, exams, laboratory work, field journals, projects, research demonstrations, etc. Methods of evaluation are at the discretion of local faculty.

Examples of Assignments
Reading Assignments

1. Review the chapter on neurotransmitters and provide a 100-word reflection on their potential role in mood disorders. Be ready to discuss your thoughts during class.
2. Read the chapter on the history and systems of psychology, and write a 100-word reflection on their contribution to contemporary perspectives and applications of psychology. Be prepared to discuss your insights during class.

Writing Assignments

1. Retrieve a recent peer-reviewed research article from the field of psychology, published within the last five years, and provide a 300-word summary in your own words. Be prepared to discuss in class.
2. Compose a 3-page essay summarizing research findings pertaining to the neurology and psychology of stress. Be prepared to discuss in class.

Out-of-Class Assignments

1. Write a 200-word personal analysis of your behaviors when you experience stress using the four major theoretical perspectives outlined in Chapter 7. Share your findings with the class.
2. Apply the key concepts from the chapter on consciousness to interpret one of your dreams in a 200 word essay. Share your findings with the class.

Recommended Materials of Instruction

- W. Weiten. (2022). Themes and Variations in Psychology. *Cengage*, 11th. 978-0357374825.
- Robert Feldman. (2024). Understanding Psychology. *McGraw*, 15th. 9781266057199.
- Grison & Gazzaniga. (2022). Psychology in Your Life. *WW Norton*, 4th. 978-0-393-87753-3.
- Kassin, S., Privitera, G., and Clayton, K. (2021). Essentials of Psychology. *Sage*, 1st. 9781544348438.
- Wade, C., Tavis, C., Sommers, S., and Shin, L. (2023). Psychology. *Pearson*, 14th. 9780138061937.
- Licht, D., Hull, M., and Ballantyne, C. (2025). Scientific American: Psychology. *Macmillan*, 4th. 9781319426934.
- Meyers and DeWall. (2022). Exploring Psychology. *Macmillian*, 12th. 9781319132118.
- Ciccarelli and White. (2021). Psychology and Exploration. *Pearson Education*, 5th. 9780135198018.

Zero Cost Textbook

- Spielman, Jenkins, Lovett, et. al. (2024). Psychology. <https://openstax.org/details/books/psychology-2e>, 2nd. OER
- Diener & Biswas-Diener (eds), Discover Psychology 2.0: A Brief Introductory Text (<https://nobaproject.com/textbooks/discover-psychology-v2-a-brief-introductory-text>)
- Additional OER examples can be found at <https://asccc-oeri.org/open-educational-resources-and- psychology/>

Other Learning Materials

Texts used by individual institutions and in individual sections will vary.

Minimum Qualifications

Psychology (Masters Required)

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