PSYCHOLOGY
(PSYCH)

What is Psychology? It is the scientific study of behavior and mental processes. 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. We also seek to prepare you to enter psychology related fields and transfer to a four-year undergraduate psychology program.

In studying psychology at College of Alameda, you will learn from caring faculty that recognize understanding of the body-mind connection as critical to the transformation of self, culture, and our planet. We encourage students to examine their own psychological issues and develop a keen understanding of who they are, their place in the world and what they will bring to their work with others by emphasizing cognitive and emotional development through self-reflection, academic rigor and experiential practice.

Through taking psychology at College of Alameda, you will take the following life skills with you, which fall under our **Program Learning Outcomes** (PLOs); the ability to:

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

The study of Psychology enables you 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.

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.

Degree Major Requirements:

Dept/No.	Title	Units
PSYCHOLOGY 1A	Introduction to General Psychology	3
PSYCHOLOGY 1B	Introduction to General Psychology	3
Select four courses (12 units) from the following:		
PSYCHOLOGY 3	Introduction to Personality Theory (3)	
PSYCHOLOGY 7A	Psychology of Childhood (3)	
PSYCHOLOGY 7B	Adolescent Psychology (3)	
PSYCHOLOGY 9A	Interpersonal Relations (3)	
PSYCHOLOGY 9B	Interpersonal Relations (3)	
PSYCHOLOGY 12	Human Sexuality (3)	
PSYCHOLOGY 18	Psychology of Minority Groups (3)	
PSYCHOLOGY 24	Abnormal Psychology (3)	12
	Required Semester Units	**18**

Associate in Arts in Psychology for Transfer AA-T Degree

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.

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)	
ENGL 5	Critical Thinking in Reading and Writing (3)	
ENGL 1B	Composition and Reading (4)	4
List C: Select one (3 units)		
PSYCH 3	Introduction to Personality Theory (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 Minority Groups (3)	
PSYCH 24	Abnormal Psychology (3)	
PSYCH 29	Introduction to Forensic Psychology (3)	
PSYCH 34	Psychology of Resiliency, Stress Management, and Personal Growth (3)	3
	Required Semester Units	**20-21**

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: Physiological, psychological, anatomical, sociological, legal, medical, educational, cultural; urogenital system of both sexes, birth control devices, and pregnancy. 2001.00
AA/AS area 2; CSU area D, E; IGETC area 4

PSYCH 18
Psychology of Minority Groups
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
Psychology of Resiliency, Stress Management, and Personal Growth
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

PSYCH 48AA-FZ
Selected Topics in Psychology
.5-5 units, 0-5 hours lecture, 0-15 hours laboratory (GR or P/NP)
Acceptable for credit: CSU
See section on Selected Topics. 2001.00

PSYCH 49
Independent Study in Psychology
.5-5 units, .5-5 hours lecture (GR)
Acceptable for credit: CSU
See section on Independent Study. 2001.00

PSYCH 248AA-FZ
Selected Topics in Psychology
.5-5 units, 0-5 hours lecture, 0-15 hours laboratory (GR or P/NP)
See section on Selected Topics. 2001.00