PSYC 1: GENERAL PSYCHOLOGY

Foothill College Course Outline of Record

<table>
<thead>
<tr>
<th>Heading</th>
<th>Value</th>
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<tbody>
<tr>
<td>Effective Term</td>
<td>Summer 2023</td>
</tr>
<tr>
<td>Units</td>
<td>5</td>
</tr>
<tr>
<td>Hours</td>
<td>5 lecture per week (60 total per quarter)</td>
</tr>
<tr>
<td>Advisory</td>
<td>Not open to students with credit in PSYC 1H.</td>
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<tr>
<td>Degree &amp; Credit Status</td>
<td>Degree-Applicable Credit Course</td>
</tr>
<tr>
<td>Foothill GE</td>
<td>Area IV: Social &amp; Behavioral Sciences</td>
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<tr>
<td>Transferable</td>
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<tr>
<td>Grade Type</td>
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<tr>
<td>Repeatability</td>
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Student Learning Outcomes

- A successful student will be able to identify the reasons why psychology is a science.
- A successful student will be able to identify the major theoretical perspectives in psychology.

Description

An exploration of the major perspectives, concepts, and theories in psychology and the factors that influence human behavior. Topics include: research methodology, biological psychology, perception, sleep and dreaming, learning, cognitive processes, developmental psychology, motivation and emotion, sexuality and gender, stress and health, social psychology, theories of personality, psychological disorders, and psychological therapies.

Course Objectives

The student will be able to:

a. Explain why psychology is a science and identify research methods used in psychology
b. Summarize how data is collected and analyzed in the field of psychology
c. Summarize the modern perspectives in psychology
d. Identify careers in psychology
e. Understand the content, theories, and empirical research findings in the following areas: modern perspectives and research methods, the biological perspective, sensation and perception, consciousness and sleep, learning, memory, cognition, development across the life span, motivation and emotion, sexuality and gender, stress and health, social psychology, theories of personality, psychological disorders, and psychological therapies
f. Identify the anatomy of the brain and nervous system and explain how biology can influence behavior
g. Summarize the historical perspectives in psychology
h. Compare and contrast different psychological theories, such as cognitive learning theories and behaviorist learning theories, or trait personality assessments and psychoanalytical personality assessments
i. Apply psychological theories to explain their own and others’ behavior and mental processes
j. Demonstrate critical thinking skills with respect to analyzing the validity and quality of research findings
k. Demonstrate an ability to use the scientific method to answer questions about human behavior
l. Demonstrate personal development by developing insight into their own and others’ behavior and mental processes

Course Content

a. The science of psychology
   i. Definition of psychology
   ii. Psychology’s goals
   iii. The history of psychology
       1. Structuralism
       2. Functionalism
       3. Gestalt
       4. Psychoanalysis
   iv. Modern perspectives
       1. Psychodynamic perspective
       2. Behavioral perspective
       3. Humanistic perspective
       4. Cognitive perspective
       5. Sociocultural perspective
       6. Biopsychosocial perspective
       7. Evolutionary perspective
   v. Research methods in psychology
       1. Observational research
       2. Case study
       3. Survey research
       4. Correlational research
       5. Experimental methods
       6. Statistics in psychology
b. The biological perspective
   i. Anatomy of the neurons
   ii. Aspects of neural communication
   iii. The nervous system
       1. Central nervous system
           a. Brain
           b. Spinal cord
       2. Peripheral nervous system
           a. Autonomic nervous system
           b. Sympathetic nervous system
           c. Parasympathetic nervous system
           d. Somatic nervous system
   iv. Endocrine system
v. Anatomy and functioning of the brain
   1. Hindbrain
   2. Limbic system
   3. Cerebrum and the cortex
vi. Genetics
   1. Epigenetics
c. Sensation and perception
   i. Definition of sensation
   ii. The science of seeing and how the eye works
   iii. The science of hearing and how the ear works
   iv. Chemical senses: how olfaction and gustatory senses work
   v. Somesthetic senses: how the sensation of touch works
   vi. Explanation of perception
      1. Constancies: size, shape, and brightness
      2. Gestalt principles
      3. Perceptual illusions

d. Consciousness: sleeping, dreaming, hypnosis, and drugs
   i. Definition of consciousness
   ii. States of consciousness
      a. Episodic/autobiographical
      b. Semantic memories
      c. Procedural memories
   iii. Sleep
      1. The biology of sleep
      2. The stages of sleep
      3. REM sleep
      4. Sleep disorders
   iv. Dreams and theories of dreams
      1. Psychoanalytic theories
      2. Biological theories
   v. Altered states of consciousness
   vi. Influence of psychoactive drugs
      1. Psychological and physical dependence
      2. Stimulants
      3. Depressants
      4. Narcotics
      5. Hallucinogens
      6. Marijuana

e. Learning
   i. Definition of learning
   ii. Behaviorist learning theories
      1. Classical conditioning
      2. Operant conditioning
   iii. Cognitive learning theories
      1. Latent learning
      2. Insight learning
      3. Learned helplessness
      4. Observational learning theory/social learning theory

f. Memory
   i. The processes of memory
      1. Encoding
      2. Storage
      3. Retrieval
   ii. Models of memory
      1. Information processing model
      2. Levels-of-processing model
   iii. Types of memory
      1. Sensory memory
      2. Short-term memory
      3. Working memory
      4. Long-term memory

   a. Episodic/autobiographical
   b. Semantic memories
   c. Procedural memories

   iv. Retrieval processes
      1. Retrieval cues
      2. Recall and recognition
      3. Flashbulb memories
   v. False memories
   vi. Forgetting
      1. The engram
      2. Memory trace decay theory

   g. Cognition
   i. How people think
      1. Mental imagery
      2. Concepts
      3. Problem solving and decision making
      4. Creativity
   ii. Intelligence
      1. Definition
      2. Theories of intelligence
      3. Measuring intelligence
   iii. Language
      1. Theories of language and the relationship between language and thought

   h. Development across the life span
   i. Biological development
      1. Genes and DNA
      2. Chromosome problems
   ii. Prenatal development
   iii. Infancy and childhood development
      1. Physiological development
      2. Psychosocial development
      3. Cognitive development
   iv. Adolescence
      1. Physical development
      2. Cognitive development
      3. Psychosocial development
   v. Adulthood
      1. Physical development
      2. Cognitive development
      3. Psychosocial development

   i. Motivation and emotion
   i. Theories and approaches to understanding motivation
      1. Instinct approaches
      2. Drive-reduction approaches
      3. Arousal approaches
      4. Incentive approaches
      5. Humanistic approaches
   ii. Hunger
      1. Physiological approaches to hunger
      2. Social components of hunger
   iii. Emotion
      1. Elements of emotion
      2. Theories of emotion
j. Sexuality and gender
   i. The physical side of human sexuality
      1. Primary sex characteristics
      2. Secondary sex characteristics
   ii. Gender
      1. Gender roles
      2. Gender identity
      3. Sex differences in the brain
      4. Theories of gender development
      5. Gender stereotyping
      6. Gender behavioral and cognitive differences
   iii. Human sexual behavior
      1. Masters' and Johnson's research and the sexual response cycles
      2. Kinsey's work and sexual behavior
      3. Sexual orientation
   iv. Sexual dysfunctions and problems
   v. Sexually transmitted infections

k. Stress and health
   i. Definition of stress and explanation of stressors
   ii. Physiological factors of stress
      1. General adaptation syndrome
      2. Immune system and stress
   iii. Influence of stress on cognition, personality, and sleep
   iv. Coping with stress
      1. Theories and practices of coping with stress

l. Social psychology
   i. Definition of social psychology
   ii. Social influence
      1. Conformity
      2. Compliance
      3. Obedience
      4. Group behavior
   iii. Social cognition
      1. Attitudes, attitude formation, attitude change, and persuasion
      2. Cognitive dissonance
      3. Impression formation
      4. Social categorization
      5. Attribution theories
   iv. Social interactions
      1. Theories of prejudice
      2. Theories of romance
   v. Aggression and prosocial behavior

m. Theories of personality
   i. Definition of personality and the perspectives of personality
   ii. Psychodynamic perspective
      1. Freud's theory
      2. Other neo-Freudian theorists
   iii. Behaviorists and social cognitive theories
      1. Bandura's theory of self-efficacy and reciprocal determinism
      2. Rotter's theory of expectancies
   iv. Humanistic theories
      1. Roder's theory of the self-concept of the real and ideal selves
   v. Trait theories
   1. Allport
   2. Cattell and 16PF
   3. The big five: OCEAN

vi. Biological perspectives
   1. Influence of genes, heredity, and twin studies

vii. Assessment of personality
   1. Interviews
   2. Projective tests
   3. Behavioral assessments
   4. Personality inventories

n. Psychological disorders
   i. Definition and characteristics of abnormal behavior
   ii. History of the views of abnormal behavior
   iii. Models of abnormality
      1. Biological models
      2. Psychological models
      3. Biopsychosocial models
   iv. The DSM
   v. Anxiety disorders
   vi. Mood disorders
   vii. Eating disorders
   viii. Dissociative disorders
   ix. Schizophrenia
   x. Personality disorders

o. Psychological therapies
   i. Categories of therapy
   ii. History of psychological therapies
   iii. Psychotherapy
      1. Psychoanalysis
      2. Dream interpretation
      3. Free association
      4. Interpersonal psychotherapy
   iv. Humanistic therapy
      1. Rodger's person-centered therapy
      2. Gestalt therapy
      3. Other theories
   v. Behavioral therapy
      1. Therapies based on classical conditioning
      2. Therapies based on operant conditioning
   vi. Cognitive therapy
      1. Theories of cognitive and cognitive behavioral therapy
   vii. Group therapy
      1. Group therapy theories
      2. Advantages and disadvantages of group therapy
   viii. Biomedical therapy

Lab Content
Not applicable.

Special Facilities and/or Equipment
When taught as an online distance learning section, students and faculty need ongoing and continuous internet and email access.
Method(s) of Evaluation
Methods of Evaluation may include but are not limited to the following:

Multiple choice quizzes
Essay exams
Research papers
Summaries and analysis of primary source research articles
Personal reaction papers
Problem-solving exercises
Midterms
Final exams

Method(s) of Instruction
Methods of Instruction may include but are not limited to the following:

Lectures
In-class readings
Videos
Class discussion
Active learning and group activities

Representative Text(s) and Other Materials

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments
a. Reading and studying of textbook
b. Reading and critically analyzing primary source research articles
c. Reading current event articles that relate to prejudice and discrimination
d. Writing research papers
e. Writing essay exam questions
f. Writing personal reaction papers

Discipline(s)
Psychology