

# PSYCHOLOGY (PSYC)

## PSYC 1 • GENERAL PSYCHOLOGY

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Advisory:</b>	Not open to students with credit in PSYC 1H.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

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.

## PSYC 1H • HONORS GENERAL PSYCHOLOGY

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Advisory:</b>	Not open to students with credit in PSYC 1.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

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. As an honors course, there will be a focus on analytical writing and exploring the field through reading primary source research.

## PSYC 4 • INTRODUCTION TO BIOPSYCHOLOGY

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Prerequisite:</b>	PSYC 1 or 1H.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

This course examines the brain-behavior connection and the biological aspects of behavior and consciousness. Topics covered within the course include behavioral genetics, evolutionary psychology, neuroanatomy, physiological perspectives of sensory perception, learning and memory, sleep and dreaming, drug addiction, emotion, human sexuality, and biological bases of psychiatric disorders.

## PSYC 7 • STATISTICS FOR THE BEHAVIORAL SCIENCES

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Prerequisite:</b>	One of the following: PSYC 1, 1H, SOC 1, 1H; MATH 105 or equivalent.
<b>Advisory:</b>	UC will grant transfer credit for a maximum of one course from the following: PSYC 7, SOC 7, MATH 10 or 17—students are strongly encouraged to meet with a counselor for appropriate course selection; not open to students with credit in SOC 7.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area V: Communication & Analytical Thinking
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable
<b>Cross-Listed:</b>	SOC 7

For students majoring in psychology, sociology, and other behavioral sciences. Introduction to the basic statistical techniques and design methodologies used in behavioral sciences. Topics include descriptive statistics; probability and sampling distributions; statistical inference and power; linear correlation and regression; chi-square; t-tests, and ANOVA. Computations will be completed by hand and with the use of statistical software. Emphasis on the interpretation and relevance of statistical findings and the application of statistical concepts to real-world problems in the behavioral and social sciences.

**PSYC 9 • POSITIVE PSYCHOLOGY**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	PSYC 1 or 1H, and one of the following: ENGL 1A, 1AH, or 1S & 1T.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Focuses on the empirical investigations of human potential and the development of strengths. Topics include but are not limited to wisdom, emotional intelligence, mindfulness, happiness and well-being, empathy, compassion, gratitude, forgiveness, courage, and resilience. Emphasis on analyzing theories, research methods, and empirical evidence regarding their relationships to each other and applications to everyday life, such as finding meaning in life and career, work productivity, and positive relationships. Includes application component where students will assess their strengths in these areas, learn to develop them, and practice applying them to their own lives.

**PSYC 10 • RESEARCH METHODS & DESIGNS**

<b>Units:</b>	5
<b>Hours:</b>	4 lecture, 3 laboratory per week (84 total per quarter)
<b>Prerequisite:</b>	PSYC 1 or 1H; and PSYC 7, SOC 7, MATH 10, or MATH 17.
<b>Advisory:</b>	One of the following: ENGL 1A, 1AH, or 1S & 1T; not open to students with credit in SOC 10.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable
<b>Cross-Listed:</b>	SOC 10

Survey of the various quantitative and qualitative research methods. Emphasis on the research design, planning, experimental procedures, and the collection, analysis, interpretation, and reporting of data. Laboratory emphasis on group work, data entry, and analysis of data with statistical software.

**PSYC 14 • CHILD & ADOLESCENT DEVELOPMENT**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	College-level reading and writing ability.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

Survey of human development from conception through adolescence. Emphasis on the biological, cognitive, social, and emotional changes during development. Discussion of historical and contemporary research, and theoretical perspectives pertaining to children and adolescents.

**PSYC 21 • PSYCHOLOGY OF WOMEN: SEX & GENDER DIFFERENCES**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Demonstrated proficiency in English by placement via multiple measures OR through an equivalent placement process OR completion of ESLL 125 & ESLL 249; not open to students with credit in SOC 21 or WMN 21.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable
<b>Cross-Listed:</b>	WMN 21

Survey of gender issues based upon psychological and sociological theories and research. Examination of sex differences and sex role stereotyping in a global, multi-cultural approach. Appraisal of effects of biology, culture, and society in creating sex and gender differences. Consideration of major theories of gender development. Focus on biology, socialization, mass media, communication, personality, abilities, work, family, sex, and violence.

## **PSYC 22 • PSYCHOLOGY OF PREJUDICE & DISCRIMINATION**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	PSYC 1.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VI: United States Cultures & Communities, Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Exploration of the psychological underpinnings of prejudice and discrimination. Investigates fundamental aspects of the mind and society that can lead to prejudice, conditions that can trigger discrimination, and complex psychological patterns that develop among different majority and non-majority groups. Explores ethnic, racial, gender, and sexual prejudice and solutions for how to reduce prejudice among these groups and others.

## **PSYC 25 • INTRODUCTION TO ABNORMAL PSYCHOLOGY**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	One of the following: ENGL 1A, 1AH, or 1S & 1T.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

Introduction to the scientific study of psychopathology. Investigation of psychological disorders from various theoretical perspectives such as biological, psychodynamic, behavioral, sociocultural, cognitive, and humanistic approaches. Survey of psychological disorders and their major causes and treatments.

## **PSYC 30 • SOCIAL PSYCHOLOGY**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	College-level reading and writing ability; not open to students with credit in SOC 30.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable
<b>Cross-Listed:</b>	SOC 30

Survey of human behavior in relation to the social environment. Focus on human interaction and the shaping of diverse and commonly-shared attitudes, beliefs and worldviews by society, culture and social groups. Emphasis on how individuals are influenced behaviorally, emotionally, and cognitively. Topics include but not limited to the self, social cognition, aggression, interpersonal attraction, attitudes, social influence, prejudice and discrimination, gender, person perception, cultural norms, and conflict and peace-making.

## **PSYC 33 • INTRODUCTION TO PERSONALITY PSYCHOLOGY**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	College-level reading and writing ability.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

This course is an introduction to the study of personality. The course examines theoretical explanations for understanding personality development and explores each theory. The course also investigates current research on individual differences and personality development, including work in genetics, evolutionary psychology, emotions, traits, motivation, and attachment theory.

**PSYC 39 • PSYCHOLOGY OF SPORTS**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Not open to students with credit in PSYC 55.
<b>Degree and Credit</b>	Degree-Applicable Credit Course
<b>Status:</b>	
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Current theoretical perspectives in sports psychology, applications of theories and techniques of optimal performance, and experiential exercises related to psychological factors that affect performance in sports, and in life. Topics include: goal setting, motivation, neuropsychology, physiology, stress vs. relaxation (arousal regulation), commitment, peak potential, focus/concentration, confidence, visualization, and hypnosis.

**PSYC 40 • HUMAN DEVELOPMENT**

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Advisory:</b>	One of the following: ENGL 1A, 1AH, or 1S & 1T or equivalent; PSYC 1 or 1H or introductory psychology course.
<b>Degree and Credit</b>	Degree-Applicable Credit Course
<b>Status:</b>	
<b>Foothill GE:</b>	Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

The psychology of human development includes cognitive, physical, social, and emotional development throughout the life span. Comprehensive presentation of the issues, forces, and outcomes that make us who we are. Topics in childhood and adolescence, emphasize child development including all stages from conception, through childhood, adolescence, adult issues, later life and gerontology, cover all life span stages and important topics. Development is presented in a chronological and sequential order from conception through death, while also presenting important themes and theories essential to this field of psychology. Provides an extensive amount of information on developmental stages covering theoretical and empirical foundations that enable students to become educated, critical interpreters of developmental information. A blend of basic and applied research, as well as coverage of controversial topics and emergent trends, demonstrating connections between the laboratory and life is presented.

**PSYC 49 • HUMAN SEXUALITY**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Degree and Credit</b>	Degree-Applicable Credit Course
<b>Status:</b>	
<b>Foothill GE:</b>	Area VII: Lifelong Learning, Area IV: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Current scientific analysis of and information on sexual functioning and sexuality. Basic questions regarding sexual behavior, sexual roles, anatomy and physiology of sexual response, social patterns of sexual behavior, sexual adjustment and maladjustment. Includes treatment of sexual dysfunction, sex variance, the reproductive span of contraception-pregnancy-birth, sexual disease. Legal, political and cultural aspects of sexual behavior.

**PSYC 51 • APPLIED RESEARCH EXPERIENCE**

<b>Units:</b>	1
<b>Hours:</b>	1 lecture per week (12 total per quarter)
<b>Advisory:</b>	Students must meet with the instructor during the first week of the quarter to schedule hours and responsibilities.

<b>Degree and Credit</b>	Degree-Applicable Credit Course
<b>Status:</b>	
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

Provides an opportunity for students to gain advanced reflection from research skills gained through their volunteer research assistant activities in other academic settings. Trainings will be provided in conducting research with human participants and safety procedures. Additional requirements include participation in online and/or in-person workshop trainings on developing research skills, submission of a writing assignment on an assigned reading, and completion of an exit survey regarding their experience as a research assistant.

**PSYC 54H • HONORS INSTITUTE SEMINAR IN PSYCHOLOGY**

<b>Units:</b>	1
<b>Hours:</b>	1 lecture per week (12 total per quarter)
<b>Advisory:</b>	ENGL 1A or 1AH; not open to students with credit in PSYC 34 or 34H.

<b>Degree and Credit</b>	Degree-Applicable Credit Course
<b>Status:</b>	
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

A seminar in directed readings, discussions and projects in psychology. Specific topics to be determined by the instructor.

## **PSYC 70R • INDEPENDENT STUDY IN PSYCHOLOGY**

**Units:** 1  
**Hours:** 3 laboratory per week (36 total per quarter)  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides an opportunity for the student to expand their studies in Psychology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## **PSYC 71R • INDEPENDENT STUDY IN PSYCHOLOGY**

**Units:** 2  
**Hours:** 6 laboratory per week (72 total per quarter)  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides an opportunity for the student to expand their studies in Psychology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## **PSYC 72R • INDEPENDENT STUDY IN PSYCHOLOGY**

**Units:** 3  
**Hours:** 9 laboratory per week (108 total per quarter)  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides an opportunity for the student to expand their studies in Psychology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## **PSYC 73R • INDEPENDENT STUDY IN PSYCHOLOGY**

**Units:** 4  
**Hours:** 12 laboratory per week (144 total per quarter)  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides an opportunity for the student to expand their studies in Psychology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.