Pathways Adult Degree Completion Program Psychology (BA, Minor) Course Descriptions

PSY 1100 Introduction to Psychology (3 units)

Basic methods and concepts of psychology, focusing on research findings and theoretical viewpoints. Topics include theories of personality, psychological development, personality disorders, social psychology, cognition, motivation and emotion, perception and learning, biological and socio-cultural bases of behavior. Prerequisite for most Upper Division psychology courses.

PSY 1150 Foundations of Critical Thinking in Psychology (1 unit)

Review and practice critical thinking skills necessary to evaluate psychological information and skills needed to write in psychology. Topics include evaluating contrasting viewpoints, formulating research hypotheses and developing literature reviews.

PSY 3001 Psychology of Dreams (1 unit)

Exploration of both research and theoretical models of sleep and dreaming; application of dream theory to aid students in understanding their own dreams.

PSY 3002 Effective Communication (1 unit)

Practical, hands-on training in the essentials of interpersonal communication, including active listening, outgoing messages, and de-escalating conflict.

PSY 3003 Human Response to Natural Disaster (1 unit)

An interdisciplinary overview of disasters and the economic, social and psychological impact that such events have on human populations.

PSY 3004 Psychology of Death & Dying (1 unit)

Introduction to models of grief and mourning, psychological understanding of the dying process and funeral rites, and an exploration of personal attitudes toward death and dying.

PSY 3005 Social Influence (1 unit)

An introduction to classic social psychology topics such as persuasion, conformity, and obedience, with special emphasis on compliance tactics used in advertising and sales.

PSY 3006 Psychology of Money (1 unit)

Explores the principles and psychodynamics of our relationship with money from historical, psychological, cultural, and philosophical perspectives. Disentangling emotional from financial issues in order to achieve an optimum balance of emotional well-being and financial success.

PSY 3007 Psychology of Prejudice (1 unit)

A review of theories and research findings addressing the complex issue of prejudice.

PSY 3008 Healing Relationships (1 unit)

Explores the principles, systems, and psychodynamics of our primary relationships, focusing on ways to understand and enhance the well-being of our relationships.

PSY 3009 Stress Management (1 unit)

Provides understanding of a variety of relaxation techniques; students develop a personal stress management plan.

PSY 3010 Psychology of Media & Pop Culture (1 unit)

An introduction to the cultural, societal and psychological impact of the mass media, with particular emphasis on television, film, music videos and the Internet.

PSY 3011 Psychology of Personal Development (1 unit)

Application of developmental models of psychology to understanding one's own growth throughout the lifespan.

PSY 3012 Creating Your Future (1 unit)

Strategies for participating fully in creating the life of your dreams: ways of living a more meaningful and deeply fulfilling life. Processes for exploring what you want and value, including practices for generating these results.

PSY 3017 Positive Psychology (1 unit)

An introduction to the scientific study of optimal human functioning. Topics include happiness, flow, signature strengths, optimism, characteristics of healthy relationships. Emphasis is on the application of positive psychology research findings to real-life experiences.

PSY 3019 Temperament & Child Behavior (1 unit)

An examination of inborn traits and how temperament affects behavior and development throughout childhood. Interactions between temperament and the environment are explored in terms of "goodness of fit" in creating positive relationships.

PSY 3020 Environment and Behavior (1 unit)

An overview of the field of Environmental Psychology with an emphasis on the topics of personal space and territoriality, environmental stressors such as crowding, noise and high temperatures, and the restorative aspects of natural environments.

PSY 3023 Psychology of Happiness (1 unit)

An introduction to psychological research on happiness, optimism and signature strengths. Includes an overview of positive psychology. Emphasis is on the application of research findings to enhancing happiness and relationships.

PSY 3025 Awakening Intuition (1 unit)

Throughout history, people have accessed their intuition to make important discoveries and contributions in science, art, literature, music, business, and all fields of endeavor. Intuition is an invaluable skill that can be used by all to help us improve the quality of our lives. In these courses you will learn how to recognize and develop your intuition in order to guide you in various areas of your life (relationships, career, health and well-being, spirituality, decision-making, problem solving, financial prosperity, sports, creativity, etc.).

PSY 3028 Why We Age (1 unit)

Explores the biological causes of aging. Introduces evolutionary, genetic and cellular theories of why organisms grow old and die. Reviews the effects of aging on the mind and brain and considers various attempts at preventing and delaying the aging process.

PSY 3034 Behavioral Coaching (1 unit)

Introduction to coaching for behavioral change. Focus is on practical techniques for meeting performance and behavioral goals.

PSY 3038 Psychology and Law (1 unit)

Exploration of the interface between law and psychology and the role of mental health professionals in the legal system. Topics include jury selection, domestic relations, sexual harassment, competency to stand trial, etc. NOTE: Other courses in the PSY 1000/ 3000 series may be offered in addition to those listed here.

PSY 3039 Addiction: Recovery Issues (1 unit)

Designed to provide students with an introduction to addiction, including the nature of addiction, its history, biology, inter/intra personal, and social aspects.

PSY 3040 Behavior Modification (1 unit)

A brief history of the beginnings of Behaviorism will be presented, introducing Classical and Operant conditioning. This will be followed by lecture and discussion of Cognitive-Behavioral Therapy and its application in the classroom, especially in dealing with issues of teaching in a special education setting.

PSY 3041 Animal Cognition (1 unit)

An introduction to cognitive abilities of nonhuman species. A review of various examples of intelligent behavior in other species, including spatial cognition and navigation, time perception, problem solving, tool use, culture and language. We will look at empirical evidence for intelligence in the behavior of both captive and wild animals. (NOTE: PSY 3041 meets Group 1 requirement).

PSY 3042 Trauma: Psychological Impacts (1 unit)

This course provides an overview of psychological theory and research on trauma and traumatic stress. It is designed to acquaint you with some of the key issues, questions, and findings in the study of trauma and traumatic stress, as well as to allow you to develop some of the critical skills needed by research psychologists.

PSY 3043 Psychology of Pregnancy (1 unit)

This course will explore the experience of pregnancy from both psychological and systems theory perspectives. We will examine the history and the psychology of pregnancy and birth practices in America. We will discuss issues such as high risk pregnancy, still-birth, prematurity, postpartum depression, cultural issues and expectations, among others. This course will require students to think critically about the societal complexities of pregnancy and the transition to parenthood.

PSY 3044 Suicide: Prevention & Intervention (1 unit)

Using both lecture and classroom discussion, this course will examine subtle and overt warning signs of suicidal behavior. Appropriate levels of intervention will be paired with the degree of threat so that students will learn how to safely intervene. A variety of perspectives on this sensitive topic will be thoughtfully explored, with careful attention to a broad range of cultural issues.

PSY 3047 Hormones and Behavior (1 unit)

Examination of how hormones influence human behavior. Behaviors to be considered include sex and reproduction, cognition, sleep and arousal, response to stress and aggression. The role of hormones during development and throughout the lifespan will also be considered. (NOTE: PSY 3047 meets Group 1 requirement).

PSY 3049 Advanced Experimental Design (2 units)

Complex experimental data analysis leading to the interpretation of causal research designs. Students will use SPSS to analyze data. Topics include Between and Within - groups ANOVA, analytical comparisons, and factorial designs exploring interactions among variables. Prerequisites PSY 3187 and PSY 3191.

PSY 3054 Infancy (1 unit)

Human growth and development from conception to two years, exploring the biological, cognitive, emotional, linguistic, motor, perceptual, and social dimensions of development in infancy. Emphasis on innovative methods of assessing cognitive, social-emotional, and linguistic development in infants, and theories of developmental change. Additional topics include resiliency in infancy and cross-cultural approaches to rearing infants.

PSY 3055 Psychology of Sport Injury (1 unit)

This course will examine the psychological factors involved with sports-related injuries. Theory and research will be discussed as well as responses to injury and applied strategies for helping athletes through the recovery process. We will learn how mental training skills such as motivation, goal setting, relaxation, and imagery can help empower athletes, provide them with a sense of control over their recovery, and aid in the healing process.

PSY 3058 Psychology of Humor (1 unit)

This course examines how psychological theory and research have been brought to bear on the study of humor. Topics include nonverbal and verbal humor, humor production and judgment, the psychobiology of humor, cognition and humor, social/cultural aspects of humor, sense of humor as a personality trait, and humor and health.

PSY 3059 Psychology of Emotion (1 unit)

This course explores the psychological and evolutionary basis of emotions. We will consider the role of emotions in everyday life, the evolutionary history and universality of emotions, brain areas involved in emotions and various psychological theories of emotions.

PSY 3060 Psychology of Travel (1 unit)

This class will explore the psychological aspects of travel, including travel motivations (escapism, social needs, personal growth and challenge), factors related to destination choice, and both positive and negative outcomes (restorative benefits, self-esteem, culture shock). Additionally, related topics like cognitive mapping, and cross-cultural differences in social customs will be explored.

PSY 3061 Psychology of Monsters (1 unit)

Psychology of Monsters reviews what we know about the causes and consequences of conditions that in the popular imagination are considered monstrosities. We will consider the physiological roots of myths about zombies, werewolves, vampires, and other monsters, and their role in history, literature and popular culture.

PSY 3071 Psychology of Emotional Development (1 unit)

This course includes a brief summary of the neurobiology of emotions and considers inborn temperament vs. family environment and life events in the development of emotional states. Topics include: ranges of emotions from indifference to flooding; how emotions can drive behavior; ways emotions such as rage or melancholy can be modified; how positive emotions can be enhanced and developed over a lifetime. This is an interactive lecture and discussion course, drawing examples from the instructor's clinical cases and the student's own observation and experience.

PSY 3072 Foundations of Social Work (1 unit)

A general social work course with an introduction to history, theory, fields of practice working with individual families, groups and organizations, values and skills of the profession. This course defines the concept of human diversity, social chance and social systems. This course is designed to establish the skills, knowledge base and values for those interested in social work and related fields.

PSY 3073 Psychological Meaning of Everyday Objects (1 unit)

This course will look at the many material objects with which we are surrounded in our daily life and these objects influence our sense of self, our gender identity and our place in the world. We will learn to "read" the meaning of items such as clothing, toys, household contents, technological devices, decorative arts, automobiles and many others. How are these objects reflective of human needs and aspirations? What aspects of our personality and our culture cause us to choose and/or create particular items? This will be an interesting and active class.

PSY 3074 Psychology of Terrorism (1 unit)

Psychology of terrorism focuses on the psychology of both those who perpetrate acts of terrorism and the response of those who are the victims of terrorist attacks. We will consider the logic of terrorism, why people become terrorists, the social factors that lead people to engage in acts such as suicide bombings, and the origins of various terrorist movements. We will also consider how people respond to trauma and the consequences of terrorism.

PSY 3075 Neuropsychology (1 unit)

This course covers the basics of neuropsychological functioning. Topics will include: an overview of the nervous system, cognitive and behavioral effects of various types of brain damage, neurological bases of mental disorders and neurological testing.

PSY 3102 Counseling and Communication (4 units)

Development of individual and group counseling skills, such as effective listening, responsible self-expression, building trust, sensitivity to individual value systems. Various theoretical approaches to counseling and communication are presented through readings, films, tapes, and experiential exercises.

PSY 3111 Theories of Personality: History and Systems I (4 units)

The historical evolution of psychology from the Greeks to 1900 and the various positions and theories which fall under the heading of “personality.” Emphasis on primary source readings and on comparison and contrast among various viewpoints in the growth of the discipline. Theorists include Freud, Jung, Adler, James, the Gestaltists. Part of the curriculum for this course will include outside-of-class activities that may include (but not be limited to) the following: projects, analysis of readings and films, and/or participation in online discussion forums. All students must have access to the Moodle course-organization program.

PSY 3112 Theories of Personality: History and Systems II (4 units)

The historical evolution of psychology and the various positions and theories which fall under the heading of “personality.” Emphasis on primary source readings and on comparison and contrast among various viewpoints in the growth of the discipline. Theorists include Watson, Skinner, Sullivan, Allport, Bowlby, Rogers, humanists, and cognitive theorists.

PSY 3119 Child & Adolescent Development (non-PSY Majors) (3 units)

Human growth and development, from prenatal development through adolescence, focusing on biological, cognitive, and social-emotional processes within the context of family, culture and society. This course combines theory and research with practical applications.

PSY 3120 Child & Adolescent Development (4 units)

Human growth and development, from prenatal development through adolescence, focusing on biological, cognitive, and social-emotional processes within the context of family, culture and society. This course combines theory and research with practical applications. Part of the curriculum for this course will include outside-of-class activities that may include (but not be limited to) the following: projects, analysis of readings and films, and/or participation in online discussion forums. All students must have access to the Moodle course-organization program.

PSY 3121 Adult Development & Aging (4 units)

Human growth and development from early to late adulthood, including aging, death and dying. Includes social, biological, moral, familial, vocational, sexual, religious, and personal processes as they appear and are given significance within the developmental process. (NOTE: Meets Group II requirement.)

PSY 3122 Lifespan Development (3 units)

Human development over the lifespan, from prenatal development through adolescence, adulthood, including aging, death and dying. Emphasis on theory and research regarding developmental milestones in the cognitive, social and emotional realms. (Psychology majors are encouraged to take either PSY 3120 or PSY 3121 instead of this course).

PSY 3141 Abnormal Psychology (4 units)

The psychology of mental illness: psychoses, depression, anxiety, personality and many other disorders will be explored using texts, readings, films, and case histories. Part of the curriculum for this course will include outside-of-class activities that may include (but not be limited to) the following: projects, analysis of readings and films, and/or participation in online discussion forums. All students must have access to the Moodle course-organization program. (NOTE: Meets Group II requirement.)

PSY 3143 Family Dynamics (3 units)

A systems approach to marriage and family relationships focusing on psychological processes and communication systems which promote or restrict intimacy and health.

PSY 3160 Social Psychology (4 units)

Social influences on motives, attitudes, and behavior. Topics include attitude formation and change, propaganda, aggression, altruism, prejudice, mob psychology, affiliation, friendship, and love. Lectures, films, and activities. (NOTE: Meets Group II requirement.)

PSY 3161 Small Group Interaction (3 units)

Analysis of small group dynamics: structure, process, roles, alliances, shared assumptions, group communication, and leadership. Lectures, demonstrations, and practical group experience.

PSY 3165 Mediation, Negotiation (3 units)

The practical use of effective communication, negotiation, and mediation skills to improve interpersonal relations and to intervene in resolving conflicts. The focus is on developing skills in dealing effectively and ethically with a wide range of conflict situations.

PSY 3166 Organizational Psychology (3 units)

The application of principles of industrial and social psychology to organizational settings. Topics covered include: motivation of workers; group decision-making; leadership styles; selection of personnel; career management and organizational development. Experiential exercises combined with lecture, discussion, and demonstration.

PSY 3167 Cross-Cultural Communication (3 units)

Examination of ethnic, racial, cultural, socio-economic, and sexual diversity as they influence and determine effective and appropriate communication strategies and processes in counseling or management practices.

PSY 3170 Psychological Testing & Assessment (3 units)

Principles of psychological test construction: norms, reliability, validity, item analysis; ethical issues in psychological testing; survey of intelligence, aptitude, achievement, personality, interest, and clinical measures.

PSY 3171 Psychology of Learning (4 units)

An historical look at how the school of Behaviorism changed and impacted early psychology, including a review of the research on classical conditioning conducted by Pavlov and the work on operant conditioning conducted by Skinner. Applications of this research in everyday contexts and clinical settings will be examined. Prerequisite PSY 1100. (NOTE: Meets Group I requirement.)

PSY 3172 Introduction to Cognitive Processes (4 units)

Explores the psychological processes involved in pattern recognition, attention, memory, human learning, problem solving, language development, verbal communication and decision making. Emphasis is placed on the process of conducting research to support theory, and how new evidence leads to modifications in old theory. Prerequisite PSY 1100. (NOTE: Meets Group I requirement.)

PSY 3173 Sensation and Perception (4 units)

Analysis and comparison of the several theoretical approaches explaining sensation and perceptual processing. Topics include the physiological correlates of perception, cognitive influences on perception, perceptual illusions, perception of space and form, and how the modalities are integrated in forming our perceptions. Prerequisite PSY 1100. (NOTE: Meets Group I requirement.)

PSY 3175 Physiological Psychology (4 units)

The biological foundations of human behavior and psychological processes; the physiological basis of emotional disturbance, language, hemispheric specialization of the brain, emotion, aggression, hunger, sleep, and dreaming. Prerequisite: PSY 1100. (NOTE: Meets Group I requirement.)

PSY 3176 Humanistic Psychology (3 units)

Historical and scientific background of humanistic psychology, including major schools and theories. Emphasis is on both the grasp of conceptual material and on the application of this to students' own lives.

PSY 3181 Psychology of Career Choice (1 unit)

The role of skills, interests, and values in establishing successful career goals. Course design includes goal setting, networking, behavioral contracting, and establishing support systems. This course is designed for sophomore psychology majors and non-majors who are interested in choosing a career consistent with their personality, talents and values.

PSY 3182 Junior Seminar (1 unit)

Analysis of research, fieldwork, career, and graduate school opportunities in psychology. Course design includes lecture, discussion, role playing/experiential exercises, and interviewing assignments. Prerequisite PSY 1100. Limited to junior psychology majors.

PSY 3187 Statistics for Health & Behavioral Sciences (4 units)

Descriptive and inferential statistics as they are applied to a variety of research designs in the health and behavioral sciences. Topics include data summary and presentation, measures of central tendency and variability, correlation and regression, probability, sampling and hypothesis testing and using a computer software package to analyze data sets. Prerequisite–Day: MATH 1210 or 1300 with a grade of 'C' (2.0) or better, an approved comparable course from another institution, or appropriate placement test score. Pathways: MATH 2000 with a grade of 'C' (2.0) or better, or appropriate placement test score.

PSY 3191 Research Methods (4 units)

Methods of investigation in the behavioral sciences. Includes experimental, observational, survey, and unobtrusive methodologies. The course focuses on the major steps in the research process, research design, and ethics. Prerequisite: PSY 3187.

PSY 4002 Life Coaching (3 units)

Coaching for success in one's work and personal life. Skills for assisting people to discover what they want in life; processes and tools for achieving goals.

PSY 4003 Natural Disasters: Reaction to Risk (3 units)

The social, economic, political and psychological impact of natural hazards on human populations; topics include the natural forces which cause such disasters, areas that are most at-risk from certain hazards, risk perception, disaster preparedness, coping and recovery.

PSY 4004 Advances in Positive Psychology (3 units)

The scientific study of optimal human functioning and the strengths and virtues that enable individuals and communities to thrive. Includes research on positive emotions, happiness, compassion, and gratitude as well as practical techniques.

PSY 4005 Health Psychology (3 units)

Focuses on the psychological influences that affect our physical health and susceptibility to illness; an analysis of the complex interactions between mind and body.

PSY 4006 Environmental Psychology (3 units)

The impact of the natural or physical environment on behavior and health, including topics such as crowding, privacy, territoriality and personal space.

PSY 4008 Psychology of Religion (3 units)

Psychological analysis of religious and transcendent experience. Topics include meditation, conversion, women's spirituality, cults and other current issues.

PSY 4009 Sports Psychology (3 units)

This course explores the application of psychology to the understanding of sports. Other topics covered include the Psychology of Play and Stress Management. The use of various strategies to enhance peak performance in sports will be extrapolated into other areas such as business, art, education, dance, teaching, relationships and basic life skills.

PSY 4011 Psychology of Women (3 units)

Analysis of the psychological realities of women's lives organized around critical issues and events in women's experience from infancy to adulthood and aging.

PSY 4012 Psychology of Men (3 units)

A survey on the experience of being male, including historical, biological, social, psychological and anthropological perspectives on topics such as sexuality, interpersonal relationships, fatherhood, power and aggression, and health.

PSY 4013 Human Sexuality (3 units)

A survey of the biological, psychological, and social aspects of sexuality, including topics such as gender identity, sexual orientation, reproduction, sexually transmitted diseases, sex in the media, etc.

PSY 4016 Psychopharmacology (4 units)

Examines the effects of psychoactive drugs on neuro-chemical, mental, and behavioral processes. Major depressant, stimulant, narcotic, and hallucinogenic drugs will be studied, as will drugs used to treat mental disorders such as anxiety, depression, phobias, and schizophrenia. Prerequisite: PSY 1100. (NOTE: Meets Group I requirement.)

PSY 4017 Evolutionary Psychology (4 units)

Explores the biological basis of animal behavior through the natural selection of specific traits, and compares this to the behavior of humans. Topics include physiological, genetic, developmental, and environmental mechanisms controlling behavior in various animal species (including humans) from an evolutionary perspective. Prerequisite: PSY 1100. (NOTE: Meets Group I requirement.)

PSY 4019 Comparative Psychology (4 units)

Lecture and Discussion of Darwin's theory of Evolution and Natural Selection, how it applies to Psychology, and how it applies to the study of behavior. The course will focus on the interaction between genes and the environment in influencing the behavior of animals, and comparing this to the behavior of humans. Topics include DNA, Mendellian genetics, natural selection, adaptation and evolution. Prerequisite: PSY 1100. (NOTE: Meets Group I requirement.)

PSY 4026 Media Psychology: TV & Society (3 units)

The influence of television on social trends, attitudes, behavior, and psychological well-being is explored through an analysis of historical trends and milestones in programming as well as theory and research from the fields of Media Studies and Social Psychology. Topics include portrayal of minority groups, impact of media sex and violence, advertising, and implications of the new trend in "Reality TV."

PSY 4037 Jungian Psychology (3 units)

The study of Carl Jung's Analytical Psychology. Topics include personality, the collective unconscious, archetypes, symbols, dreams, active imagination, animus, anima, the Self, the shadow, and individuation.

PSY 4038 Ecopsychology (3 units)

Ecopsychology is an introductory course examining an individual's relationship to nature. This subfield of psychology explores how the individual is influenced by the environment and how one's psychological orientation influences interaction with the environment. The course is offered thematically (with topics including, but not limited to: water, animals, food, place, wildness, the city/wilderness, interdependency, ecofeminism) and is offered in lecture and experimental formats.

PSY 4940 Field Placement (3 units)

Application, development, and refinement of assessment, counseling, communication and consulting skills. Seminar and supervised fieldwork in an agency setting appropriate to the student's ability and interest. Two semesters of field placement are highly recommended for students who wish to be adequately prepared for careers in psychology and/or intend to apply to graduate school. Prerequisite: PSY 1100, PSY 3182.

PSY 4994 Teaching Assistantship (1-3 units)

Teaching assistants in Psychology assist instructors by meeting with students, assisting in grading, creating assignments, and helping with classroom activities. The privilege of serving as a teaching assistant is available to students who are interested with the approval of the Department Chair, the instructor concerned, and the Dean of the School. A contract between the student and the instructor to determine goals, specifics on project contents/materials, and evaluation process will be required at time of request. Course may be taken for 1-3 units.

PSY 4995 Research Assistantship (1-3 units)

Research Assistant opportunities in psychology partner a student with new or ongoing faculty research projects with approval from the Department Chair, the instructor concerned and the Dean of the School. Students become involved in either library research, data collection, analysis, presentation or other aspects of faculty scholarly research. Course may be taken for 1-3 units.

PSY 4996 Internship: Psychology (1-3 units)

Internship opportunities in psychology include, but are not limited to: local human service agencies, businesses and organizations, hospitals, non-profits, and various research sites. This experience is managed by both the campus Career and Internship Services Department and a psychology department faculty member. Course may be taken for 1-3 units.

PSY 4997 Directed Research I (4 units)

Focuses on writing a review of the psychological literature relevant to the student's senior thesis research topic, and designing an appropriate and ethical research design for the thesis project. Class structure includes lectures, discussion, group exercises and support, individual appointments and behavioral contracting. NOTE: no incomplete grades are given for PSY 4997. Prerequisites: PSY 1100, PSY 3187, PSY 3191.

PSY 4998 Directed Research II (4 units)

Supervised completion of the senior thesis project, with an emphasis on data collection, statistical analysis, interpretation of research findings, and completion of the thesis manuscript in proper American Psychological Association format. Class structure includes lectures, class discussion, individual appointments, oral and poster presentations of thesis findings. NOTE: no incomplete grades are given for PSY 4998. Prerequisite: PSY 4997.

PSY 4999 Independent Study (1-3 units)

The privilege of independent study is possible for students who are prepared to undertake it based on student need or interest with approval of the Chair of the department, the instructor concerned, and the Dean of the School. The study must be in an area not covered by a regularly scheduled course. Course may be taken for 1-3 units. The maximum number of units that can be earned in one semester by independent study is 3; a total of up to six units of independent study may be applied to the degree.