

PSY 101: INTRODUCTION TO PSYCHOLOGY

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	ENGL 101.
District General Education:	D2. Behavioral Science
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

The course is an introduction to psychology as an empirical science involving a synthesis of theory and research within the domains of behavior, cognition and affect. Students are expected to work and participate using critical thinking skills, thoughtful analysis/synthesis of readings, presentations and discussions within the class environment. 54 lecture hours.

Course Objectives

- assess the the scope, research findings, and major societal, professional and theoretical issues found in the field of psychology.
- measure the importance of the scientific values of research methodologies and objective analyses applied during the process of investigating behavior, cognition and affect.
- value the personal empowerment derived through an understanding of our individual beliefs and actions as well as the beliefs and actions of others in an extremely diverse world.
- consider the crucial importance of preparation and involvement in further study of the multifaceted discipline of psychology.
- Recognize and appraise the significance of perceiving and judging others by virtue of race, ethnicity, religion and culture.

Major Course Content

1. Psychology as an Empirical Science/Research Methods and Statistics
2. Historical Foundations and Modern Perspectives
3. Neuroanatomy/Physiology and Behavior
4. States of Consciousness/Sleep and Sleep Disorders
5. Developmental Processes: Cognitive/Physical Change over Time
6. Sensation and Perception/Meaning and Ambiguity
7. Learning: Associative, Operant, Insight and Observational
8. Memory: Tasks/Stages/Kinds
9. Cognition and Intelligence
10. Emotion and Motivation

11. Health and Stress: Intervention/Prevention
12. Personality: The Essence of our Nature
13. Psychological Disorders and Therapies
14. Social Influence: Power and Persuasion

Suggested Reading Other Than Required Textbook

Professional journal articles.

Examples of Required Writing Assignments

RESEARCH PAPER: An eight-page, double-spaced typewritten research paper on a topic relevant to PSY 101 is required. It is about "researching" original peer-reviewed scientific research found ONLY in professional journal articles; you then distill the information, in your OWN words, following the American Psychological Association's (APA) format for writing a scientific, as opposed to a literary paper. The research paper is due no later than one week before the final exam.

Examples of Outside Assignments

Read chapter 1 Write a brief response to the following questions: 1 Define psychology. 2 What are pseudosciences? Give several examples. How can these in general negatively affect legitimate sciences? 3 List four founders of early schools of psychology and state how their ideologies primarily differed from one another's. 4 In what general settings do most modern psychologists work? 5 State five problems in society that could be of great interest to a psychologist from the biological, behavioral, cognitive, developmental, and social perspectives, respectively.

Instruction Type(s)

Lecture, Online Education Lecture

IGETC Area 4: Social and Behavioral Sciences

4I. Psychology