

# PSYC 1000: INTRODUCTION TO PSYCHOLOGY

## Citrus College Course Outline of Record

| Heading                       | Value  |
|-------------------------------|--|
| Effective Term:               | Fall 2025  |
| Credits:                      | 3  |
| Total Contact Hours:          | 54   |
| Lecture Hours :               | 54   |
| Lab Hours:                    | 0  |
| Hours Arranged:               | 0  |
| Outside of Class Hours:       | 108  |
| Total Student Learning Hours: | 162  |
| Strongly Recommended:         | Eligibility for college-level writing (C-ID ENGL 100) and reading (a course with an existing skill of ability to read a college level text). |
| 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

This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations. Formerly PSY 101. 54 lecture hours.

## Course Objectives

- Demonstrate fundamental knowledge and comprehension of major concepts, theoretical perspectives, historical and cultural contexts, and empirical findings within the broad discipline of psychology.
- Use a scientific approach (including critical and creative thinking) to understand individuals' mind and behavior within psychological, biological, sociocultural, and ethnocultural contexts while recognizing that biases filter experiences.
- Apply psychological theories, concepts, and values to individual, interpersonal, group, and societal issues to demonstrate awareness of self and others.
- Draw logical and objective conclusions about the mind and behavior from evidence to show how psychology evaluates, modifies, and supports its claims and counters unsubstantiated statements, opinions or beliefs.
- 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.

## Major Course Content

1. Cover at least two topics within each of the following major areas, addressing both theory and application:
  - a. BIOLOGICAL (e.g., Neuroscience, Sensation, Consciousness);
  - b. COGNITIVE (e.g., Cognition, Memory, Perception, Intelligence);
  - c. DEVELOPMENT (e.g., Learning, Lifespan Development, Language);

- d. SOCIAL AND PERSONALITY (e.g., Motivation, Emotion, Social, Personality, Sex/Gender/Sexuality);
  - e. MENTAL AND PHYSICAL HEALTH (e.g., Psychopathology, Health, Therapies)
2. Incorporate psychology's seven integrative themes throughout the course:
    - a. How psychological science relies on evidence and critical thinking, adapting as new data develop;
    - b. How psychology explains general principles that govern behavior while recognizing individual differences;
    - c. How psychological, biological, social, and cultural factors influence behavior and mental processes;
    - d. How psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society;
    - e. How our perceptions and biases filter our experiences of the world through an imperfect personal lens;
    - f. How applying psychological principles can change our lives, organizations, and communities in positive ways;
    - g. How ethical principles guide psychology research and practice.
  3. Emphasize and illustrate how scientific inquiry, research methodology, and evidence serve as the foundation for all content areas:
    - a. while recognizing limitations and problematic outcomes, biases, systemic injustice, and opportunities for on-going research; and
    - b. to counter unsubstantiated statements, opinions, or beliefs.
  4. Emphasize how sociocultural factors and diversity, not limited to historically dominant Western perspectives, influence content areas covered.

## 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