

# PSYC 1000H: INTRODUCTION TO PSYCHOLOGY - HONORS

## 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
District General Education:	D2. Behavioral Science
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

## 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. This is an honors course. Students are expected to work and participate at an honors level which includes demonstrating strong critical thinking skills through analysis of social scientific literature and original research in a seminar style class format. Student must be eligible for the Citrus College Honors Program or obtain a recommendation from an Honors instructor. Formerly PSY 101H. 54 lecture hours.

## Course Objectives

- Part 1: 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, Part 1: Sociocultural, and ethnocultural contexts while recognizing that biases filter experiences.
- Part 1: Apply psychological theories, concepts, and values to individual, interpersonal, group, and societal issues to demonstrate awareness of self and others.
- Part 1: 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.
- Part 2: 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

American Psychological Association Journals Recommended Books from famous Psychology Authors

## Examples of Required Writing Assignments

Group PowerPoints on psychology topics Short essays on various topics in psychology Case study evaluations from lecture  
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

Independent Field trips to: Psychiatric Hospitals Community Lectures from Psychology Experts Psychological Court Visits such as Department 95 Museum of Tolerance

## **Instruction Type(s)**

Lecture, Online Education Lecture

## **IGETC Area 4: Social and Behavioral Sciences**

4I. Psychology