

PSYC-C1000: INTRODUCTION TO PSYCHOLOGY

Effective Term

Fall 2025

CC Approval

11/01/2024

AS Approval

11/14/2024

BOT Approval

11/21/2024

COCI Approval

11/26/2024

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Psychology (Master's Degree)	

Subject Code

PSYC - Psychology

Course Number

C1000

Department

Psychology (PSYC)

Division

Social Sciences (SOCS)

Full Course Title

Introduction to Psychology

Short Title

Introduction to Psychology

CB03 TOP Code

2001.00 - Psychology, General

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Course is being updated to align it with the Common Course Numbering template for PSYC C1000. Textbooks have also been updated.

SECTION B - Course Description

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.

Catalog Course Description Part II

N/A

SECTION C - Conditions on Enrollment**Open Entry/Open Exit**

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**Advisory Prerequisite(s)**

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)

SECTION D - Course Standards**Is this course variable unit?**

No

Units

3.00000

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent
Online with Proctored Exams	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Describe the basic structure and functioning of the brain, nervous system, and sensory systems.
2.	Explain the central theoretical perspectives and research findings in psychology and apply this understanding to the major areas of study in the field.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate fundamental knowledge and comprehension of major concepts, theoretical perspectives, historical and cultural contexts, and empirical findings within the broad discipline of psychology.
2.	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.
3.	Apply psychological theories, concepts, and values to individual, interpersonal, group, and societal issues to demonstrate awareness of self and others.
4.	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.

Course Content

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

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Discussion	Example topics: 1. Discuss an example from your own life that demonstrates classical conditioning as it was studied by Ivan Pavlov. This example can involve a human or non-human animal learning by association in the manner that Pavlov investigated. 2. Discuss the basic ethical principles that guide the discipline of psychology. Come up with examples of how these ethical principles might be applied in specific research contexts.
Lecture	Example topics: 1. A lecture tracing the history of psychology from its conception to the modern era 2. A lecture focused on modern research in the areas of cognition, intelligence, and language development

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
Discussions
Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Other	Examples of potential methods of evaluation used to observe or measure students' achievement of course outcomes and objectives could include but are not limited to quizzes, exams, laboratory work, field journals, projects, research demonstrations, etc.
Exams/Tests	For example: 1. Midterm multiple-choice and short answer exams covering multiple chapters of the textbook 2. Essay tests covering the textbook and lecture material on subtopics covered in the course
Quizzes	For example: 1. Single-chapter weekly quizzes covering each chapter of the textbook 2. Pop quizzes on key concepts emphasized in the course
Essays/Papers	For example: 1. Research review papers 2. Critical thinking papers emphasizing analysis of topics where there may be some elements of disagreement among researchers in psychology

Assignments**Reading Assignments**

For example:

1. Textbook chapter readings
 - a) Chapters 5 & 6 of the Nolan & Hockenbury textbook covering the topics relating to learning and memory
 - b) Chapters 14 & 15 of the Nolan & Hockenbury textbook covering topics relating to clinical psychology
2. Additional academic articles, book excerpts, and webpage references of the instructor's choosing.

Writing Assignments

For example:

1. Critical analysis papers (3 to 8 papers)
 - a) Analyze the development of your own personality using one of the major theories of personality discussed in class or in the textbook.
 - b) Evaluate the research ethics involved in Zimbardo's Stanford Prison Study and Milgram's obedience studies. Is the knowledge gained from either (or both) of these studies worth the ethical compromises made by the researchers? Why or why not?
2. Essay examination questions.

Other Assignments

-

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Nolan, S & Hockenbury, S.

Title

Discovering Psychology

Edition/Version

9th

Publisher

Macmillan

Year

2022

Material Type

Textbook

Author

Myers, D. & DeWall, C

Title

Exploring Psychology

Edition/Version

12th

Publisher

Macmillan

Year

2022

Material Type

Open Educational Resource (OER)

Author

Speilmanm, Jenkins & Lovett

Title

Psychology

Edition/Version

2nd

Publisher

OpenStax

Material Type

Open Educational Resource (OER)

Author

Diener & Biswas-Diener (eds)

Title

Discover Psychology 2.0: A Brief Introductory Text

Publisher

Noba Project

ISBN #

<https://nobaproject.com/textbooks/discover-psychology-v2-a-brief-introductory-text>

Material Type

Textbook

Author

Weiten, Wayne

Title

Themes and Variations in Psychology

Edition/Version

11th

Publisher

Cengage

Year

2022

Rationale

Common Course Numbering Recommendation

ISBN #

9780357374825

Material Type

Textbook

Author

Feldman, Robert

Title

Understanding Psychology

Edition/Version

15th

Publisher

McGraw Hill

Year

2024

Rationale

Common Course Numbering Recommendation

ISBN #

9781260829464

Material Type

Textbook

Author

Grison, S. & Gozzaniga, M.

Title

Psychology in Your Life

Edition/Version

4th

Publisher

Norton

Year

2022

Rationale

Common Course Numbering Recommendation

ISBN #

9780393877526

Material Type

Textbook

Author

Kassin, S., Privitera, G. and Clayton, K.

Title

Essentials of Psychology

Edition/Version

1st

Publisher

Sage

Year

2021

Rationale

Common Course Numbering Recommendation

ISBN #

9781544348438

Material Type

Textbook

Author

Wade, C., Tavis, C., Sommers, S. and Shin, L.

Title

Psychology

Edition/Version

14th

Publisher

Pearson

Year

2023

Rationale

Common Course Numbering Recommendation

ISBN #

9780137988082

Material Type

Textbook

Author

Licht, D., Hull, M., and Ballantyne, C.

Title

Scientific American: Psychology

Edition/Version

3rd

Publisher

Worth Publishers

Year

2020

Rationale

Common Course Numbering Recommendation

ISBN #

9781319190767

Course Codes (Admin Only)**ASSIST Update**

No

CB00 State ID

CCC000297272

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No