

Psychology

Psychology is the social science discipline most concerned with studying the behavior, mental processes, growth and well-being of individuals. Psychological inquiry also examines the roles played by biological and sociocultural factors that affect behavior and mental processes. It is a broad discipline and profession, having both scientific and applied branches, with practical applications for personal growth and well-being.

The Psychology curriculum at Santa Barbara City College is designed to provide students with courses needed to prepare for transfer as a Psychology major, to offer courses which are a valuable part of general education, to provide support and ancillary skills for many professions that deal with humans, and to offer studies which are meant to be applied to practical everyday living experiences.

Students who complete the Psychology major enter a variety of career fields and/or graduate programs, including business administration, law, recreation, social work, education, counseling, clinical psychology, industrial/organizational psychology, neuroscience, forensic science, communications, health psychology, management, personnel, sports psychology, sales, advertising, marketing and many others. It is important to keep in mind that many of these professional careers require training beyond the undergraduate level. Students with such interests should discuss their plans with a counselor or department adviser as early as possible.

Program Student Learning Outcomes

1. *Theory and Content of Psychology:* Students will demonstrate comprehension of the major concepts, theoretical perspectives, empirical findings, and historical and contemporary trends in psychology.
2. *Research Methods in Psychology:* Students will demonstrate comprehension of scientifically-based research methods in psychology.
3. *Statistical Methods in Psychology:* Students will identify, understand and apply statistical analyses appropriate for specific research problems in psychology.
4. *Information Technology:* Students will demonstrate competence with information technology.

5. *Critical Thinking:* Students will use logic and empirical evidence to evaluate claims made about behavior.
6. *Communication:* Students will clearly express thoughts, ideas and arguments, using appropriate tone, focus, grammar and organization in their communications.

Faculty and Offices

Stanley Bursten, *Chair* (IDC-347, ext. 4713)
 Art Olguin (IDC-329B, ext. 2700)
 Raymond Launier (IDC-370, ext. 2239)
 Susan Mantyla (IDC-351, ext. 2483)

Degree Awarded

Associate in Arts Degree: Psychology

A.A. Degree: Psychology

Department Requirements (20-23 units)

Core Classes

PSY 100 — General Psychology <i>or</i>	
PSY 100H — General Psychology, Honors.....	3-4
PSY 150 — Statistics for Behavioral Sciences.....	4
PSY 200 — Research Methods and Experimental Design in Psychology	4
Social Science Electives (<i>either option A or B</i>).....	9

Option A (select 9 units):

PSY 110 — Introduction to Physiological Psychology.....	3
PSY 125 — Psychology of Human Sexuality	4
PSY 130 — Personality Dynamics and Effective Behavior	3
PSY 140 — Child Development	3
PSY 145 — Human Development.....	3
PSY 170 — Abnormal Psychology	4
PSY 175 — Social Psychology: Psychological Perspectives.....	3

Option B*Psychology Electives (6 units):*

PSY 110 — Introduction to Physiological Psychology	3
PSY 125 — Psychology of Human Sexuality	4
PSY 130 — Personality Dynamics and Effective Behavior.....	3
PSY 140 — Child Development	3
PSY 145 — Human Development.....	3
PSY 170 — Abnormal Psychology	4
PSY 175 — Social Psychology: Psychological Perspectives.....	3

And:*Social/Behavioral Sciences Electives (3 units):*

ANTH 101 — Physical Anthropology or	3
ANTH 103 — Introduction to Cultural Anthropology or	3
COMM 101 — Introduction to Communication or	3
PHIL 100 — Introduction to Philosophy or	3
PHIL 111 — Critical Thinking and Writing in Philosophy or	3
SOC 101 — Introduction to Sociology or	3
SOC 101H — Introduction to Sociology, Honors.....	3

College Requirements

For complete information, see “Graduation Requirements” in the *Catalog* Index.

Preparation for Transfer

Course requirements for transfer vary depending upon the college or university a student wishes to attend. Therefore, it is *most important* for a student to consult with his/her counselor and departmental adviser before planning an academic program for transfer. Information sheets for majors, outlining transfer requirements, are available in the Counseling Center.

Sample Program for Degree*First Semester*

PSY 100 or 100H or Elective

Second Semester

PSY 100 or 100H *plus* Elective

Third Semester

PSY 150 *plus* Elective

Fourth Semester

PSY 200 *plus* Elective

Association for Psychology Students

The Psychology Department sponsors a student organization, the Association for Psychology Students (A.P.S.), whose purpose is to encourage students' intellectual, social and professional development in psychology and to educate them on practical applications in the field. Any currently enrolled Santa Barbara City College student interested in advancing the goals of the organization is qualified to be a member. The group sponsors lectures, films, field trips, conferences and social activities aimed at advancing students' success in the field of psychology.

Internship Program

The Psychology Department has an internship program whereby students gain work experience in community settings and/or research laboratories while receiving academic credit. Satisfactory completion of specific job-oriented and educational learning objectives and class attendance are essential requirements of the program.

Tutorial Opportunities

Each semester, the department hires student tutors to assist other students in their psychology course work. Students who have strong academic performance and an interest in teaching are selected to serve as tutors.

Honors and Awards

The Psychology Department selects one student majoring in Psychology to be the Outstanding Student in Psychology for the year. Selection is made by the faculty based on a student's academic excellence and contributions to the college and/or community. The Outstanding Student in Psychology is honored at an annual Awards Banquet hosted by the college.

Course Descriptions

PSY 100 — General Psychology

(3) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Psychology is the study of behavior and mental processes and the factors that affect them. Survey of psychology as a science and as a foundation for further studies in psychology. Theories and research pertaining to the biological bases of behavior; human development, emotions, learning cognition, intelligence, motivation, personality, social influences on behavior, mental disorders and psychotherapy also covered. (*UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course)

PSY 100H — General Psychology, Honors

(4) F, S — CSU, UC*

Skills Advisories: MATH Eligibility for ENG 110 or ENG 110H or ENG 110GB; Proficiency In Math 104 or Math 107 or Math 111

Limitation on Enrollment: Acceptance into the Honors Program.

Survey of psychology as a science. Principles of behavior, maturation, emotions, intelligence, learning, thinking, motivation and personality are some of the many topics covered. This Honors class emphasizes the development of creative application and critical analyses of these behavioral principles. (*UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course)

PSY 100N — Supplemental Instruction in General Psychology

(0.5-1) F, S — CSU

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Supplemental instruction designed to develop greater understanding of principles of psychology, human behavior and mental processes.

PSY 105 — Applied Behavior Analysis

(2) F, S — CSU

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Basic concepts of behavior analysis, and application of these principles to various life domains (increasing physical activity, athletic performance, coaching, education, substance-dependence, psychotherapeutic treatment). Single-subject research methods, and social, ethical and professional issues relevant to applied behavior analysis.

PSY 106 — Positive Psychology

(3) F, S — CSU

Prerequisites: PSY 100 or PSY 100H.

Skills Advisories: Eligibility for ENG 110 or ENG 110H or ENG 110GB.

Scientific study of psychological strengths and optimal functioning, including (1) positive subjective states such as happiness, joy, satisfaction, and contentment; (2) positive individual traits such as courage, honesty, kindness, and wisdom; and (3) positive institutions such as healthy families, work environments and communities.

PSY 110 — Introduction to Physiological Psychology

(3) F, S — CSU, UC

Prerequisites: PSY 100 or PSY 100H.

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Elementary physiology of the nervous system. Physiological mechanisms underlying sensation, perception, emotion, arousal, motivation, learning and cortical specialization. Function of the endocrine system. Intended primarily for Psychology majors as part of the lower division pre-major pattern. Also useful for students in allied health fields.

PSY 115 — Psychology of Health and Effective Behavior

(3) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Issues in personal and social adjustment to prepare students for a lifelong understanding of themselves as integrated persons. Study of personality, personal development, psychological and physical aspects of stress and health, abnormal behavior, coping skills, therapy, interpersonal communication, intimacy, family relationships, gender issues, and effective functioning at work and as a parent.

PSY 120 — Introduction to Psychology**(3) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103.*

Introduces students to the general field of psychology. Examines basic principles of human behavior and how they may be applied effectively in daily living situations. (*UC Transfer Limit: PSY. 100, 100H and 120 combined: maximum credit, one course)

PSY 125 — Psychology of Human Sexuality**(4) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 110 or ENG 110H.**Course Advisories: PSY 100 or PSY 100H.*

Focuses on the major aspects of human sexuality: psychological perspectives, research findings, human sexual response cycles, gender differentiation, sexuality through the life course and diversity in human sexuality. In addition, communication and relationship dynamics; love, romance and dating patterns; birth control, pregnancy and parenthood; sexual dysfunction and treatment; and the issues of sexual abuse and harassment. (*UC Transfer Limit: PSY 125 and HE 111 combined: maximum credit, one course)

PSY 130 — Personality Dynamics and Effective Behavior**(3) F, S — CSU, UC***Skills Advisories: Eligibility for ENG 110 or ENG 110H.**Course Advisories: PSY 100 or PSY 100H.*

Personality theory, assessment and development, interpersonal communications, abnormal behavior, mental hygiene and psychotherapy. Study of psychological systems. Intended for either Psychology majors or as a useful elective for vocations dealing with people. Also includes mental health principles for personal growth.

PSY 135 — Psychology of Film**(3) F, S — CSU, UC***Corequisites: Prior to or concurrent enrollment PSY 100 or PSY 100H**Skills Advisories: Eligibility for ENG 110 or ENG 110H.*

Introduction to psychological theories and research on human behavior as expressed through the medium of film. Students view and analyze films with respect to psychological theories and research, and discuss how filmmakers achieve psychological reactions in their audience members. Topics include human personality and development of individual differences; motivation; learning; memory; sensation and perception; physical, emotional and social development; abnormal behavior; aggression; and interpersonal relationships.

PSY 140 — Child Development**(3) F, S — CSU, UC***Skills Advisories: Eligibility for ENG 100 and ENG 103.*

History and philosophy of care and development of the child from conception through adolescence, with emphasis on the nursery and elementary school-age child. Studies include children's developmental characteristics, records of children's growth, individual differences, personality development and signs of physical or emotional disturbance. Emphasis is on the healthy normally-developing child. Includes child observation and reporting.

PSY 145 — Human Development**(3) F, S — CSU, UC***Course Advisories: PSY 100 or PSY 100H or PSY 120 or PSY 140.**Skills Advisories: Eligibility for ENG 110 or ENG 110H.*

Examines the major issues, theories, research findings and methodological approaches on human development through the life span, from conception to death. Involves biological, psychological, sociological and cross-cultural perspectives. Includes developmental and allied research principles and methods related to the perennial question, "How is human nature best nurtured?"

PSY 150 — Statistics for the Behavioral Sciences

(4) F, S — CSU, UC*

Prerequisites: MATH 107 or MATH 111 with a "C" or better or qualifying score on SBCC placement exam.

Course Advisories: PSY 100 or PSY 100H.

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

General education course in statistics that is useful for all majors in the behavioral and life sciences. Introduces the principles and procedures of measurement, data base management, data analysis, probability, sampling theory and statistical inference. Covers Descriptive Statistics: measurement scales, frequency distributions, measures of central tendency, measures of variability, measures of linear relationships; and Inferential Statistics: logic of hypothesis testing, z-tests, independent-samples and dependent-samples t-tests. (*UC Transfer Limit: PSY 150 combined with MATH 117 or 117H: maximum credit, one course)

PSY 170 — Abnormal Psychology

(4) F, S — CSU, UC

Prerequisites: PSY 100 or PSY 100H.

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Introduction to assessment, diagnosis, treatment, research and prevention of mental disorders. Covers the major DSM disorders, including the phenomenology, etiology and treatment of anxiety, affective, dissociative, somatoform, psychophysiological, schizophrenic, sexual dysfunctions, paraphilias and gender identity disorder; substance-related; impulse-control; developmental, cognitive and personality disorders. Theories, therapies, research, legal and social issues are addressed.

PSY 175 — Social Psychology: Psychological Perspectives

(3) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Social psychology studies how our thoughts, feelings and behavior are influenced by the actual, imagined, or implied presence of others; the recognition that behavior is not simply the product of our individual personalities, but is influenced strongly by social situations. Overview of research and theory in social psychology, including social cognition; self-perception; attitude formation; group behavior; close relationships; aggressive behavior; helping behavior; and applied social psychology.

PSY 200 — Research Methods and Experimental Design in Psychology

(4) F, S — CSU, UC

Prerequisites: PSY 100 or PSY 100H and PSY 150 or MATH 117 or MATH 117H

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Psychology is based on the scientific method. Focuses on the logic of and empirical procedures used in experimental, quasi-experimental, correlational and contemporary research design and methods in the science of psychology. Covers ethical principles used to guide research; and the use, understanding and application of descriptive and inferential statistics in data analyses, via computer software programs. Students conduct library research, analyze research studies, participate in the design and execution of a research project and write a research report.

PSY 295 — Internship in Psychology

(1-4) F, S — CSU

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Limitation on Enrollment: Completion of two courses in applicable discipline at SBCC prior to enrolling in Internship course.

5-20 lab hours per week (plus weekly meeting with instructor).

Structured internship program whereby students gain work experience in clinical and community outreach programs and/or research laboratories.

**PSY 299 — Independent Study in Psychology
(1-4) F, S — CSU**

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Limitation on Enrollment: Six units of Psychology with a 3.0 or above GPA; minimum 12 units of course work completed at SBCC, with a GPA of at least 2.5.

Student works under guidance and direction of sponsoring faculty member on project consistent with interests and abilities. Minimal weekly meetings required. May be taken for one to four (4) units of credit. For complete information, see "Independent Study" in the *Catalog Index*. (*UC Transfer Limit: PSY 299 computed as Independent Study; see counselor)