

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.

The Psychology department at Santa Barbara City College offers an A.A. Degree in Psychology which provides students with the foundational knowledge in psychology theory, research and statistical methods and prepares them to make a successful transition into a Baccalaureate Degree in Psychology at any four-year institution.

In addition, the Psychology department offers an A.A.-T Degree in Psychology for Transfer. This degree will provide the foundational knowledge in Psychology to students who want to earn a Baccalaureate Degree in Psychology. This degree is in compliance with the Student Transfer Achievement Reform Act (Senate Bill 1440, now codified in *California Education Code* sections 66746-66749) and guarantees admission to a California State University (CSU) campus for any community college student who completes an "associate degree for transfer," a newly established

variation of the associate degrees traditionally offered at a California community college. Upon completion of the transfer associate degree, the student is eligible for transfer with junior standing into the California State University (CSU) system. Students will be given priority consideration when applying to a particular program that is similar to the student's community college area of emphasis. For the latest information about transfer degrees, visit www.sb1440.org.

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

Christina Kistler, *Chair* (BC-218, ext. 2571)

Stanley Bursten, (IDC-347, ext. 4713)

Art Olguin (ECOC-2, Room 4 ext. 2700)

Raymond Launier (IDC-370, ext. 2239)

Degree Awarded

Associate in Arts Degree: Psychology

Associate in Arts Degree (A.A.-T):
Psychology for Transfer

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

College Requirements

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

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

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.

Requirements for A.A.-T Degree— Psychology for Transfer

The Associate in Arts Degree in Psychology for Transfer provides students with the foundational knowledge in Psychology to make a successful transition into a Baccalaureate Degree in Psychology at any of the CSU campuses.

Degree Requirements: Complete 60 CSU transferable units including general education, major requirements and CSU-transferable electives as follows:

I. General Education: Complete one of the following patterns.

- Intersegmental General Education Transfer Curriculum “IGETC” for CSU(34-40 semester units)
- California State University General Education Breadth pattern (39 semester units)

II. Major: Complete 20-25 units as outlined below with a “C” or better in each course. Pass/no pass grading is not permitted in a course within a student’s major area

of study. The courses completed for the major may also be used to fulfill general education areas on the IGETC or the CSU GE Breadth.

Required Core Courses (11-12 units):

PSY 150 — Statistics for the Behavioral Sciences **or**.....4
 MATH 117 — Elementary Statistics **or**.....4
 MATH 117H — Elementary Statistics, Honors4
 PSY 100 — General Psychology **or**.....3
 PSY 100H — General Psychology, Honors.....4
 PSY 200 — Research Methods and Experimental Design in Psychology4

Electives List A: Select one course from the following (3-4 units):

BIOL 100 — Concepts of Biology **or**.....4
 BIOL 140 — Principles of Biology **or**.....3
 PSY 110 — Introduction to Physiological Psychology.....3

Electives List B: Select one course from the following (3 or more units):

Any course not taken in List A or

BMS 107 — Human Anatomy.....4
 COMM 121 — Interpersonal Communication **or**.....3
 COMM 121H — Interpersonal Communication, Honors ..3
 COMM 141 — Small Group Communication.....3
 ECE 120 — Child Growth and Development for Educators3
 PHIL 111 — Critical Thinking and Writing in Philosophy.....3
 PSY 140 — Child Development3
 PSY 145 — Human Development.....3
 SOC 101 — Introduction to Sociology **or**.....3
 SOC 101H — Introduction to Sociology, Honors.....3
 SOC 104 — Social Psychology3
 SOC 109 — Contemporary Social Problems3

Electives List C: Select one course from the following (3 or more units):

Any course not taken in List A or List B or

PSY 106 — Positive Psychology.....3
 PSY 115 — Psychology of Health and Effective Behavior ...3
 PSY 125 — Psychology of Human Sexuality3

PSY 130 — Personality Dynamics and Effective Behavior ..3
 PSY 135 — Psychology of Film.....3
 PSY 170 — Abnormal Psychology4
 PSY 175 — Social Psychology:
 Psychological Perspectives.....3
 BMS 100 — The Human Body4
 BMS 108 — Human Physiology4
 ZOOL 122 — Animal Diversity.....3
 BIOL 110 — Natural Science **or**.....3
 BIOL 110H — Natural Science, Honors.....4
 BIOL 112 — Evolution and Adaptation3
 ANTH 101 — Physical Anthropology.....3
 ANTH 103 — Cultural Anthropology.....3
 POLS 101 — American Government and Politics3
 POLS 131 — Comparative Politics.....3
 PHYS 101 — Conceptual Physics **or**.....3
 PHYS 101H — Conceptual Physics, Honors4
 PHYS 102 — Introductory Physics for Science Majors.....4
 PHYS 105 — General Physics4
 PHYS 110 — Introductory Physics.....4
 CHEM 101 — Introductory Chemistry4
 CHEM 104 — Fundamentals of General, Organic and Biological Chemistry4
 CHEM 155 — General Chemistry I5
 GEOG 101 — Physical Geography **or**3
 ERTH 141 — Physical Geography.....3
 GEOG 102 — Cultural Geography3
 ECON 108 — Fundamentals of Economics3
 EARTH 101 — Introductory Astronomy **or**.....3
 ERTH 101H — Introductory Astronomy, Honors4
 PHIL 100 — Introduction to Philosophy.....3
 PHIL 101 — Introduction to Ethics **or**.....3
 PHIL 101H — Introduction to Ethics, Honors4
 PHIL 200 — History of Philosophy: Ancient and Medieval...3
 PHIL 201 — History of Philosophy: Modern3
 PHIL 203 — History of Philosophy: Contemporary3
 PHIL 205 — Introduction to Logic.....3

III. CSU-Transferable Electives: Complete as many units as needed to reach a total of 60 CSU-transferable units (for a list of SBCC-transferable courses to the CSU, visit www.assist.org).

Additional Graduation Requirements for A.A.-T in Psychology:

- Maintain a cumulative CSU-transferable GPA of 2.0.
- Residency Requirements: Candidates for an Associate Degree are expected to complete 15 semester units in residence at SBCC. Candidates for an Associate Degree are also expected to complete at least 20% of the department (major) requirements in residence at SBCC.

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 coursework. 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) — CSU, UC*

*Skills Advisories: Eligibility for ENG 110 or 110H
Hours: 54 lecture*

Psychology is the study of behavior and mental processes. This survey of psychology as a science serves 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 are covered. (*UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course)

PSY 100H — General Psychology, Honors (4) — CSU, UC*

*Skills Advisories: Eligibility for ENG 110 or 100H or 110GB; Proficiency In MATH 104 or 107 or 111
Limitation on Enrollment: Acceptance into the Honors Program.
Hours: 72 lecture*

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) — CSU

*Skills Advisories: Eligibility for ENG 110 or 110H
Hours: 8-18 lecture*

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

PSY 105 — Applied Behavior Analysis

(2) — CSU

Skills Advisories: Eligibility for ENG 110 or 110H

Hours: 36 lecture

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) — CSU, UC

Prerequisites: PSY 100 or 100H

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

Hours: 54 lecture

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) — CSU, UC

Prerequisites: PSY 100 or 100H

Skills Advisories: Eligibility for ENG 110 or 110H

Hours: 54 lecture

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) — CSU, UC

Skills Advisories: Eligibility for ENG 110 or 110H

Hours: 54 lecture

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) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

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) — CSU, UC*

Skills Advisories: Eligibility for ENG 110 or 110H

Course Advisories: PSY 100 or 100H

Hours: 72 lecture

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) — CSU, UC

Skills Advisories: Eligibility for ENG 110 or 110H

Course Advisories: PSY 100 or 100H

Hours: 54 lecture

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) — CSU, UC***Corequisites: Prior to or concurrent enrollment PSY 100 or 100H**Skills Advisories: Eligibility for ENG 110 or 110H**Hours: 54 lecture*

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) — CSU, UC***Skills Advisories: Eligibility for ENG 100 and 103**Hours: 54 lecture*

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) — CSU, UC***Course Advisories: PSY 100 or 100H or 120 or 140**Skills Advisories: Eligibility for ENG 110 or 110H**Hours: 54 lecture*

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) — CSU, UC****Prerequisites: MATH 107 or 111 with a "C" or better or qualifying score on SBCC placement exam.**Course Advisories: PSY 100 or 100H**Skills Advisories: Eligibility for ENG 110 or 110H**Hours: 72 lecture*

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) — CSU, UC***Prerequisites: PSY 100 or 100H**Skills Advisories: Eligibility for ENG 110 or 110H**Hours: 72 lecture*

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 Perspective****(3) — CSU, UC***Skills Advisories: Eligibility for ENG 110 or 110H**Hours: 54 lecture*

Studies how our thoughts, feelings and behavior are influenced by others. It takes a scientific approach, emphasizing that behavior is strongly influenced by social situations. Topics covered are the self; social cognition; attitudes and prejudice; social influences of culture; persuasive techniques; groups; relationships; aggression; and pro-social actions.

PSY 200 — Research Methods and Experimental Design in Psychology

(4) — CSU, UC

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

Skills Advisories: Eligibility for ENG 110 or 110H

Hours: 108 (54 lecture, 54 lab)

The logic of and empirical procedures used in psychological research, with emphasis on experimental, quasi-experimental, and correlational research methods. Covers ethical principles used to guide research. Course includes practical applications of descriptive and inferential statistics. Students will analyze research studies, participate in designing and conducting a research project, and write an APA research report.

PSY 295 — Internship in Psychology

(1-4) — CSU

Skills Advisories: Eligibility for ENG 110 or 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).

Hours: 108-273 lab

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) — CSU

Skills Advisories: Eligibility for ENG 110 or 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.

Hours: 48-192 lab

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)