

College of San Mateo
Official Course Outline

1. **COURSE ID:** PSYC 100 **TITLE:** General Psychology
Semester Units/Hours: 3.0 units; a minimum of 48.0 lecture hours/semester
Method of Grading: Letter Grade Only
Recommended Preparation:
 Eligibility for ENGL 838 or 848.

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E5b. Social Science
CSU GE:
 CSU GE Area D: SOCIAL SCIENCES: DSI - Social Institutions
 CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E1
IGETC:
 IGETC Area 4: SOCIAL AND BEHAVIORAL SCIENCES: Social and Behavioral Sciences

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Survey of major topics, theories, and research methods of contemporary psychology. Covers personality, social behavior, memory, motivation, emotion, perception, learning, and biological basis of behavior.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 - A. Describe the historical, philosophical and scientific basics of the discipline of psychology;
 - B. Compare and contrast different explanations of human and animal behavior;
 - C. Critically evaluate claims and evidence in psychological research;
 - D. Describe biological aspects of human behavior;
 - E. Demonstrate knowledge of the scientific method and experimental analysis.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 - A. Describe the historical, philosophical and scientific basics of the discipline of psychology;
 - B. Compare and contrast different explanations of human and animal behavior;
 - C. Critically evaluate claims and evidence in psychological research;
 - D. Describe biological aspects of human behavior;
 - E. Demonstrate knowledge of the scientific method and experimental analysis.
 - F. Prepare the future psychology major or the non-major further coursework in psychology.

6. **COURSE CONTENT:**
Lecture Content:
 1. Psychology as a science
 - A. Terminology
 - B. Experimental method
 - C. Statistics
 2. History of psychology
 - A. From Aristotle to present
 3. Approaches to psychology
 - A. psychoanalytic, humanistic, behavioral and cognitive approaches
 - B. Heredity and environment
 4. The brain and the nervous system
 5. Perception
 - A. The sense organs
 - B. The nature of "reality"
 6. Learning
 - A. From behaviorism to cognitive psychology

7. Intelligence
 - A. Convergent and divergent thinking
 - B. Insight and creativity
8. Child development
 - A. From Freud to Piaget
9. Memory
 - A. Brain structures
 - B. Short and long term models
 - C. Theories of forgetting
 - D. Mnemonic devices
10. Emotions and motivation
11. Theories of personality
12. Social psychology
13. Attitudes and attitude change
 - A. Propaganda
 - B. Critical thinking
14. Ethology and sociobiology
15. Abnormal psychology
16. Systems of psychotherapy
17. Core Topics (to be included in all PSYC 100 courses)
 - A. Scientific method
 - B. The brain and nervous system
 - C. Sensation and perception
 - D. Learning
 - E. Emotion
 - F. Infancy and childhood
 - G. Memory
 - H. Intelligence
 - I. Theories of personality
 - J. Social psychology
 - K. Motivation
18. Additional Topics
 - A. Adolescence
 - B. Thinking and problem solving
 - C. Language
 - D. Abnormal behavior
 - E. Psychotherapy
 - F. Health issues in modern life
 - G. History of psychology
 - H. Psychology as a profession
 - I. States of consciousness
 - J. Evolution
 - K. Sociobiology
 - L. Behavior genetics

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Discussion

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Students are asked to review a published paper from a psychology journal.

Reading Assignments:

Weekly reading assignments from the assigned texts.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation

- B. Exams/Tests
- C. Oral Presentation
- D. Quizzes

10. **REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Neil R. Carlson et al.. *Psychology: The Science of Behavior*, 7th ed. Allyn&Bacon/Longman, 2009
- B. Lefton, Lester and Brannon, Linda. *Psychology*, ed. Allyn & Bacon, 2007
- C. Kosslyn, Stephen and Rosenberg, Robin. *Psychology in Context*, 4th ed. Allyn & Bacon, 2010
- D. Zimbardo/Johnson/Weber. *Psychology: Core Concepts*, 7th ed. Allyn & Bacon, 2011
- E. Gerrig, Richard and Zimbardo, Philip. *Psychology and Life*, 19th ed. Allyn & Bacon, 2009
- F. Coon, Dennis and Mitterer, John. *Psychology: A Journey*, 4th ed. Wadsworth Publishing, 2010

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Course Originator: James Clifford Jr