

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** PSYC 100    **TITLE:** General Psychology    **C-ID:** PSY 110  
**Units:** 3.0 units    **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours  
**Method of Grading:** Letter Grade Only  
**Recommended Preparation:**  
    Eligibility for ENGL 838 or ENGL 848 or ESL 400.
  
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, biological, and scientific bases 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.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  - A. Describe the historical, philosophical and scientific basis of the discipline of psychology;
  - B. Demonstrate knowledge of the scientific method and experimental analysis;
  - C. Critically evaluate claims and evidence in psychological research;
  - D. Identify careers in psychology;
  - E. Describe biological aspects of human behavior;
  - F. Compare and contrast different explanations of human and animal behavior;
  - G. Discuss sensory and perceptual processes;

- H. Explain the key features of theories and research on consciousness, learning, cognition, development, intelligence, motivation, emotion, stress, personality, and social psychology;
- I. Identify psychological disorders and key methods of treatment;
- J. 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. Coon, D. & Mitterer, J.. *Psychology: A journey*, 5th ed. Wadsworth/Cengage Publishing, 2014
- B. Zimbardo, P. & Johnson, R.. *Psychology: Core concepts*, 8th ed. Pearson, 2016
- C. Feist, G. & Rosenberg, E.. *Psychology: Perspectives and connections*, 4th ed. McGraw Hill, 2018
- D. Coon, D., Mitterer, J. & Martini, T.. *Psychology: Gateways to mind and behavior*, 15th ed. Cengage, 2018
- E. Wade, C. & Tavis, C.. *Psychology*, 12th ed. Pearson, 2017
- F. Wade, C, Tavis, C, Sommers, S. & Shin, L.. *Invitation to psychology*, 7th ed. Pearson, 2018
- G. Kalat, J.. *Introduction to psychology*, 11th ed. Wadsworth, 2016

**Origination Date:** October 2017

**Curriculum Committee Approval Date:** December 2017

**Effective Term:** Fall 2018

**Course Originator:** Michelle Mullane