

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; 96.0-108.0 Homework hours; 144.0-162.0 Total Student Learning hours
Method of Grading: Letter Grade Only
Recommended Preparation:
 Completion of or concurrent enrollment in ENGL 100 or ENGL 105.

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:
 1. Describe the historical, philosophical, biological, and scientific bases of the discipline of psychology;
 2. Compare and contrast different explanations of human and animal behavior;
 3. Critically evaluate claims and evidence in psychological research.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Demonstrate knowledge of the scientific method and experimental analysis;
 2. Describe the historical, philosophical and scientific basis of the discipline of psychology;
 3. Critically evaluate claims and evidence in psychological research;
 4. Describe biological aspects of human behavior;
 5. Compare and contrast different explanations of human and animal behavior;
 6. Discuss sensory and perceptual processes;
 7. Explain the key features of theories and research on consciousness, learning, cognition, development, intelligence, motivation, emotion, stress, personality, and social psychology;
 8. Identify psychological disorders and key methods of treatment;
 9. Demonstrate knowledge of fields and methods of psychology to support psychology majors as well as non-majors in 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.

Other Outside Assignments:

Other assignments may include, though are not limited to:

Literature reviews and experiential learning, incorporating analysis and application of course content.

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. Feist, G. & Rosenberg, E. *Psychology: Perspectives and connections*, 5th ed. McGraw Hill, 2022
- B. Coon, D., Mitterer, J. & Martini, T. *Psychology: Gateways to mind and behavior*, 16th ed. Cengage, 2022
- C. Wade, C, Tavris, C, Sommers, S. & Shin, L. *Invitation to psychology*, 8th ed. Pearson, 2022
- D. Wade, C. & Tavris, C. *Psychology*, 14th ed. Pearson, 2024
- E. King, L. *The science of psychology: An appreciative view*, 6th edition ed. McGraw Hill, 2022
- F. Kalat, J. *Introduction to psychology*, 12th ed. Wadsworth, 2022

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Course Originator: Michelle Mullane