**PSYCHOLOGY**

**Program Description**

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 AA 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 AA-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 (http://www.sb1440.org).

**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.

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**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.

**Programs of Study**

- Psychology, Associate in Arts for Transfer (AA-T) (https://catalog.sbcc.edu/academic-departments/psychology/psychology-aat)
- Psychology, Associate in Arts (AA) (https://catalog.sbcc.edu/academic-departments/psychology/psychology-aa)

**Credit Courses**

**Psychology (PSY)**

**PSY 100 General Psychology (3 Units)**

Skills Advisories: Eligibility for ENG 110 or ENG 110H.  Hours: 54 (54 lecture)

Psychology is the scientific study of behavior and mental processes. This survey course serves as a foundation for further studies in psychology. Theories and research pertaining to the biological basis of behavior, human development, perception, emotions, learning, cognition, consciousness, intelligence, motivation, personality, social influences on behavior, mental disorders and psychotherapy are covered.

**SBCC General Education: SBCCGE Area B**

Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 4I, CSU Transferable, UC Transferable

UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course.

C-ID: PSY 110.
PSY 100 General Psychology (4 Units)
Skills Advisories: Eligibility for ENG 110 or Math 104 or Math 107 or Math 111 or qualifying score on SBCC placement exam. Hours: 72 (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 class emphasizes the development of creative application and critical analyses of these behavioral principles.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D, CSUGE Area E, IGETC Area 4, CSU Transferable, UC Transferable
UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course.
C-ID: PSY 110.

PSY 105 Applied Behavior Analysis (2 Units)
Skills Advisories: Eligibility for ENG 110 or 110H. Hours: 36 (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.
Transfer Information: CSU Transferable

PSY 106 Positive Psychology (3 Units)
Prerequisites: PSY 100 or 100H.
Skills Advisories: Eligibility for ENG 110 or 110H. Hours: 54 (54 lecture)
Scientific study of psychological strengths and optimal functioning including (1) positive subjective states, such as happiness, satisfaction, love 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.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 4I, CSU Transferable, UC Transferable

PSY 110 Introduction to Physiological Psychology (3 Units)
Prerequisites: PSY 100 or PSY 100H.
Skills Advisories: Eligibility for ENG 110 or ENG 110H. Hours: 54 (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.
Transfer Information: CSUGE Area B2, IGETC Area 5B, CSU Transferable, UC Transferable
C-ID: PSY 150.

PSY 112 Introduction to Cognitive Psychology (3 Units)
Course Advisories: PSY 100 or PSY 100H.
Skills Advisories: Eligibility for ENG 110 or ENG 110H. Hours: 54 (54 lecture)
An introduction to the general concepts and experimental approaches in the study of cognitive psychology. Topics include mental processes such as pattern recognition, perception, memory, thinking, problem solving and comprehension of language. Also included is an overview of experimental procedures used to study human sensation, perception and cognition.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D, CSUGE Area E, IGETC Area 4, CSU Transferable, UC Transferable

PSY 115 Psychology Of Health And Effective Behavior (3 Units)
Skills Advisories: Eligibility for ENG 110 or 110H. Hours: 54 (54 lecture)
Issues in personal and social adjustment to prepare students for a life-long 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.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 4I, CSU Transferable, UC Transferable

PSY 120 Introduction To Psychology (3 Units)
Skills Advisories: Eligibility for ENG 110 or 110H. Hours: 54 (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.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D9, IGETC Area 4I, CSU Transferable, UC Transferable
UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course.

PSY 125 Psychology Of Human Sexuality (4 Units)
Course Advisories: PSY 100 or PSY 100H. Skills Advisories: Eligibility for ENG 110 or 110H. Hours: 72 (72 lecture)
Focuses on major aspects of human sexuality: psychological perspectives, research findings, human sexual response cycles, gender differentiation, sexuality through the life span, and diversity in human sexuality. Includes 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.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 4I, CSU Transferable, UC Transferable
UC Transfer Limit: PSY 125 and HE 111 combined; Maximum credit, one course.
C-ID: PSY 130

PSY 130 Personality Dynamics And Effective Behavior (3 Units)
Course Advisories: PSY 100 or PSY 100H. Skills Advisories: Eligibility for ENG 110 or 110H. Hours: 54 (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.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 4I, CSU Transferable, UC Transferable
PSY 135 Psychology of Film (3 Units)
Corequisites: PSY 100 or PSY 100H.
Skills Advisories: Eligibility for English 110 or English 110H.
Hours: 54 (54 lecture)
Introduction to human psychological behavior, as portrayed through the medium of film. Students view and analyze films 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.
SBCC General Education: SBCCGE Area B, SBCCGE Area C 
Transfer Information: CSUGE Area C2, CSUGE Area D7, CSUGE Area D9, IGETC Area 4G, IGETC Area 4I, CSU Transferable, UC Transferable

PSY 140 Child Development (3 Units)
Skills Advisories: Eligibility for ENG 98.
Hours: 54 (54 lecture)
History and philosophy of care and development of the child, from conception through adolescence, with emphasis on the preschool 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 placed on normal healthy development. Includes child observation and reports.
SBCC General Education: SBCCGE Area B 
Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 4I, CSU Transferable, UC Transferable

PSY 145 Human Development (3 Units)
Course Advisories: PSY 100 or 100H or PSY 120.
Skills Advisories: Eligibility for ENG 110 or 110H.
Hours: 54 (54 lecture)
This course provides an overview, from a psychological perspective, of human physical, cognitive, and social development, as well as developmental problems, and the biological and environmental influences on development, from conception through death. The course examines the theories, research findings, and methodological approaches to human development through the life span.
SBCC General Education: SBCCGE Area B 
Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 4I, CSU Transferable, UC Transferable 
C-ID: PSY 180.

PSY 150 Statistics for the Behavioral Sciences (4 Units)
Prerequisites: MATH 107 or Equivalent through placement by the Assessment Center using multiple measures.
Course Advisories: PSY 100 or PSY 100H.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 72 (72 lecture)
Principles and procedures of measurement, data analysis, probability, sampling theory and statistical significance. Covers basic descriptive statistics, including measures of linear relationships and standard scores. Covers the logic of hypothesis testing and inferential statistics up to analysis of variance, including a conceptual introduction to factorial designs. Students conduct analyses by hand and computer software.
SBCC General Education: SBCCGE Area D2, SBCCGE Area E1 
Transfer Information: CSUGE Area B4, IGETC Area 2A, CSU Transferable, UC Transferable 
UC Transfer Limit: PSY 150 combined with MATH 117 or 117H: maximum credit, one course. 
C-ID: MATH 110, SOCI 125.

PSY 170 Abnormal Psychology (3 Units)
Prerequisites: PSY 100 or PSY 100H.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 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.
SBCC General Education: SBCCGE Area B 
Transfer Information: CSUGE Area D9, IGETC Area 4I, CSU Transferable, UC Transferable 
C-ID: PSY 120.

PSY 175 Social Psychology: Psychological Perspective (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Social Psychology 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.
SBCC General Education: SBCCGE Area B 
Transfer Information: CSUGE Area D9, IGETC Area 4I, CSU Transferable, UC Transferable 
C-ID: PSY 170.

PSY 200 Research Methods and Experimental Design in Psychology (4 Units)
Prerequisites: PSY 100 or PSY 100H and PSY 150 or MATH 117 or MATH 117H.
Skills Advisories: Eligibility for ENG 110 or ENG 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. 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.
SBCC General Education: SBCCGE Area B 
Transfer Information: CSUGE Area D9, IGETC Area 4I, CSU Transferable, UC Transferable 
C-ID: PSY 205B.

PSY 295 Internship In Psychology (2-4 Units)
Limitations on Enrollment: Completion of two courses in Psychology at SBCC prior to enrolling in course.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 277 (4 lecture, 273 lab)
Five-20 lab hours per week (plus weekly meeting with instructor). Students gain work experience in clinical/community outreach programs and/or research laboratories.
Transfer Information: CSU Transferable

PSY 299 Independent Study in Psychology (1-4 Units)
Limitations 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.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 192 (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.
Transfer Information: CSU Transferable