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.

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

Credit Programs

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

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.
SBCG General Education: SBCCGE Area B
Transfer Information: CSUGE Area D9, CSUGE Area E, IGETC Area 41, CSU Transferable, UC Transferable
UC Transfer Limit: PSY 100, 100H and 120 combined: maximum credit, one course.
C-ID: PSY 110.
PSY 100H General Psychology, Honors (4 Units)
Limitations on Enrollment: Acceptance into the Honors Program.
Skills Advisories: Eligibility for ENG 110 or ENG 110H and 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 Honors class emphasizes the development of creative application and critical analyses of these behavioral principles.
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 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 107 Introduction to Physiological Psychology (3 Units)
Prerequisites: PSY 100 or PSY 100H.
Skills Advisories: Eligibility for ENG 110 or 110H.
Course Advisories: PSY 100 or PSY 100H.
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.
Transfer Information: CSU 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.
Course Advisories: PSY 100 or PSY 100H.
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 145 Human 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 150 Statistics for the Behavioral Sciences (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. 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.
SBCC General Education: SBCCGE Area B
Transfer Information: CSUGE Area D9, IGETC Area 4I, CSU Transferable, UC Transferable
C-ID: PSY 150.

PSY 170 Abnormal Psychology (4 Units)
Prerequisites: PSY 100 or PSY 100H.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 72 (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.
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. 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.
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

Noncredit Courses

Psychology (Noncredit)

PSY NC003 Nature and Self-Healing - Beginning: For Older Adults (0 Units)
Hours: 25 (10 lecture, 15 lab)
Older adults learn self-discovery, self-healing, and alternative healing techniques. Students learn how to incorporate nature as a harmonizing influence and partner in the self-healing process. Techniques taught include meditation, being open to change, diaphragmatic breathing, being "present," stretching techniques, and taking risks. Students develop self-esteem, confidence, and socialization skills. Students also learn health and wellness strategies for older adults through appropriate nutrition and stress management techniques. Participants should be able to walk one to two miles at a slow pace. Course restricted to 98 repetitions

PSY NC006 Continuing Adventures in Self-Esteem: For Older Adults (0 Units)
Hours: 20 (20 lecture)
Older adult students will learn stress-reducing tools to avoid burnout and explore practical new ways to integrate constructive communication skills into their lives. This class provides powerful personalized coaching and supportive feedback that can transform negative stress into positive action steps. Special emphasis will be given to developing individualized action plans for creating optimal change in students' lives. This intermediate class presents new material for students who complete the basic Adventures in Self-Esteem class. Course restricted to 98 repetitions

PSY NC007 Consciousness, Science, and the Nature of Being: For Older Adults (0 Units)
Hours: 20 (20 lecture)
This class focuses on current thought in the physical and social sciences, and in spirituality. Our understanding of ourselves and the world is growing with remarkable rapidity. Older adult students will develop their critical thinking skills as they consider whether there is an evolution of consciousness that underlies the great discoveries being made. To aid in this inquiry, the class exploits Internet resources and invites guest speakers.

PSY NC008 Life, Death, Afterlife: For Older Adults (0 Units)
Hours: 20 (20 lecture)
This class draws on scientific, psychological, and transpersonal perspectives to address the topic of life after death. Through the use of lectures, discussions, readings, and videos, older adults explore topics including the miracle of life, what survives, the three levels of our experience, being with dying loved ones and processing powerful emotions. Helps older adults come to terms with life, death and the afterlife. Course restricted to 98 repetitions

PSY NC009 Rock-Folk Music and the '60s Consciousness Movement: For Older Adults (0 Units)
Hours: 10 (10 lecture)
This class explores how '60s music is a reflection of the collective psyche, with timeless themes that reflect the world we live in today. Students exercise memory, practice effective communication skills, and develop self-awareness as they reminisce about life experiences. Topics include depth psychological and imaginal approaches, archetypal perspectives of musical lyrics, self-understanding through interactions with music, music as a reflection of cultural history, and the relevance of psychological trends of the '60s. Course restricted to 98 repetitions

PSY NC013 Ten Vital Tools for Creating the Miraculous: For Older Adults (0 Units)
Hours: 12 (12 lecture)
Teaches older adults how to make the leap from powerless to powerhouse in this dynamic, experiential course. Using the wisdom of the 'law of attraction,' students apply a variety of tools to realize personal goals and desires. Older adults learn to believe in themselves and develop an increased sense of control through the aging process. Course restricted to 98 repetitions

PSY NC014 Healing Yourself Whole - Staying Sane in a Crazy World: For Older Adults (0 Units)
Hours: 12 (12 lecture)
Older adult students learn to identify common emotional and behavioral problems, acquire insight into thinking processes, and practice psychological and behavioral tools to make desired changes a reality. Topics include neurolinguistic programming (NLP), healing the inner child, energy field therapy, and self-healing techniques. Skills include improving communication skills, dealing with stress, fears and depression, setting realistic goals, and making the most out of mistakes. Course restricted to 98 repetitions

PSY NC016 Body/Mind Awareness: For Older Adults (0 Units)
Hours: 12 (12 lecture)
Course explores the role of physical and cognitive creative stimulation in maintaining the health and well-being of older adults. Older adults achieve a greater sense of self-confidence, sense of control, and level of independence through stimulating activities. Students engage in activities that include reminiscing, moving to music, and other techniques to enhance acuity and health. Course restricted to 98 repetitions

PSY NC017 Healing Our World: For Older Adults (0 Units)
Hours: 20 (20 lecture)
Older adults learn to be a healing instrument of power and compassion using principles of nonduality, nonviolent peace-making, ecopsychology and cross-cultural wisdom. Class introduces many illustrious peacemakers: Gandhi, MLK, Peace Pilgrim, Dorothy Day, the Dalai Lama, Fellowship of Reconciliation. Examines the psychological dynamics underlying chronic social problems like the "war on terrorism," "war on drugs," world poverty, and environmental destruction and explore ways to contribute to solutions. Students develop confidence in the value of their own wisdom and experience. Course restricted to 98 repetitions

PSY NC020 The Psychology and Physiology of Positive Aging: For Older Adults (0 Units)
Hours: 12 (12 lecture)
In this class, older adult students learn how to define health and wellness as a body, mind, and spirit continuum. Topics include recognizing stress factors and symptoms, chronic inflammation, nutritional awareness, problem solving, and benefits of hypnosis and meditation in aging. Course restricted to 98 repetitions
PSY NC021 Adventures in Self Esteem: For Older Adults (0 Units)  
Hours: 20 (20 lecture)  
In this class, older adult students learn how to increase self-esteem and build more effective communication skills while regaining control and increasing their quality of life. They learn fifteen quick, practical tools for tapping into their creativity and potential and reducing stress. Students also learn constructive communication patterns that empower them to create the positive changes they want and need to be in charge of their lives. Course restricted to 98 repetitions

PSY NC023 Turning Points in Thought From Film: For Older Adults (0 Units)  
Hours: 30 (10 lecture, 20 lab)  
This class focuses on turning points in thought as they are revealed in movies. Older adults exercise mental acuity, critical thinking, and analytical skills to interpret storyline events using psychological lenses. Various psychological theories that apply to daily life are discussed through the deconstruction of cinematic narratives. Students practice interpreting and integrating their emotional and rational reactions through psychological lenses to gain understanding. Class develops self-expression and socialization skills while students apply findings to the triumphs and challenges of aging. Course restricted to 98 repetitions

PSY NC025 Compassionate Communication: For Older Adults (0 Units)  
Hours: 20 (20 lecture)  
Older adults learn to ask for what they want without fear, guilt or shame, and how to transform potential conflicts into compassionate dialogues. Students will improve communication skills to deepen connections with others. Following a simple process developed by Marshall Rosenberg, Ph.D., older adults will enhance rich long term relationships and heal painful ones. Older adults will improve communication and self-expression skills by speaking from the heart to address feelings and needs, rather than triggering analysis, diagnosis and criticism. Course restricted to 98 repetitions

PSY NC026 Behind Appearances-Integrating Psychology and Spirituality: For Older Adults (0 Units)  
Hours: 12 (12 lecture)  
Older adults learn to uncover personal psychological insights to decide what steps to take on life's journey. Through increased body consciousness and practice, students release inner wisdom and put it to use. In this class, students learn to activate the potential for wisdom, increase self-awareness, and improve decision-making skills. Course restricted to 98 repetitions

PSY NC028 Love Isn't Enough - Handling Conflict, Creating Romance: For Older Adults (0 Units)  
Hours: 12 (12 lecture)  
Using ideas from Harville Hendrix, John Gottman, and Andrew Christensen, older adults explore the nature of romantic attraction, why conflict seems inevitable, and what happens to passion in long term relationships. The class teaches specific skills for better communication, managing conflict safely, rekindling romance, understanding gender differences, and keeping a relationship together for the long run. Course restricted to 98 repetitions

PSY NC029 Reading and Writing Poetry for Personal Growth: For Older Adults (0 Units)  
Hours: 20 (20 lecture)  
Older adults discover ways of looking at poetry that help them look back over the events of their lives to see what still needs to be resolved. The reading of poems becomes a vehicle to see the meaning and purpose of their life. Students write their own poems in class and listen to one another's poems when ready to share. This helps them notice the similarities in the human experience and deal with future life issues in creative ways. Course restricted to 98 repetitions

PSY NC037 Transforming Anger: For Older Adults (0 Units)  
Hours: 12 (12 lecture)  
Older adults develop self-esteem and self-confidence as they learn to change patterns of anger with Nonviolent Communication, asking for what they want in a way that they and others can enjoy. Students learn that they are upset because: they are not getting what they want; they blame someone or something when not getting what they want; they are about to speak or act in such a way that will most probably guarantee that they will not get what they want. Course restricted to 98 repetitions

PSY NC038 Forgiveness - The Healing Journey: For Older Adults (0 Units)  
Hours: 20 (20 lecture)  
Older adults learn to heal hurt, anger, and resentment to improve mental, physical, and emotional health. Students learn how forgiveness can release old negative emotions and make room for new positive, constructive, energizing thoughts, feelings and actions. Topics include healing estranged relationships in family and business, forgiveness as the gift we give ourselves, the process of forgiveness, and gaining the freedom to be healthy and happy. Students also learn to distinguish between forgiving and reconciling Course restricted to 98 repetitions

PSY NC039 How Meditation Helps - Mindfulness in Everyday Life: For Older Adults (0 Units)  
Hours: 15 (15 lecture)  
Meditation is a practice that can help older adult students greet the challenges and joys of aging with greater courage, acceptance, and clarity. In this experiential course, students practice a range of meditation techniques that encourage health and well-being. Students learn how to focus their attention in the present moment, bring awareness to habitual patterns that no longer serve them, and allow their breath to strengthen their body and calm their mind. Beginners and experienced meditators welcome. Course restricted to 98 repetitions

PSY NC044 Tools for Healthy Living: For Older Adults (0 Units)  
Hours: 20 (20 lecture)  
Class asks older adults the question: When your life is truly the way you want it to be, what will it look like?” Students gain skills in using the powerful tools of Neuro-Linguistic Programming, self-hypnosis, Energy Work, and Choice Theory to manifest what they desire. Topics include health issues, relationships, financial matters and material possessions. Course restricted to 98 repetitions

PSY NC047 World of Interest: For Older Adults (0 Units)  
Hours: 12 (12 lecture)  
Older adults explore and discuss contemporary issues and events with other students, resulting in increased mental alertness and improved mood and attitude. The class explores mentally and emotionally stimulating topics related to international, national, state and local events. Course restricted to 98 repetitions
PSY NC060 Treasures from Sacred Traditions: For Older Adults (0 Units)
Hours: 20 (20 lecture)
This course teaches the secrets of various sacred traditions to help older adult participants incorporate any traditions that help them feel more alive, happy, peaceful, and loving. Students learn about the truths and methods developed by leaders of the Christian, Hindu, Buddhist, Taoist, Jewish, Sufi and Native American traditions. Class includes lectures, films, slides, readings, and sacred music. Course restricted to 98 repetitions

PSY NC061 Ten Ways to Find and Sustain a Lasting Loving Relationship: For Older Adults (0 Units)
Hours: 20 (20 lecture)
Older adults learn techniques to find, define, shape, and sustain a lasting relationship. Topics include overcoming the Cinderella myth, understanding the effects of cultural myths and the media, and finding lasting love online. Students will learn the questions to ask that indicate whether a potential partner is really ready for a lasting relationship. Course restricted to 98 repetitions

PSY NC064 Creatively Dealing with Life Changes: For Older Adults (0 Units)
Hours: 20 (20 lecture)
In this class, older adult students learn 18 practical tools that will enable them to resourcefully optimize this season of their life. Students can let go of the past to create the future they most want, transform unwanted events into exciting opportunities, and consciously create change before it happens. The most consistent thing in life is change, and students learn how to take charge of their lives by taking charge of life's transitions. Course restricted to 98 repetitions

PSY NC067 When Love Meets Fear: For Older Adults (0 Units)
Hours: 12 (12 lecture)
Human energy is inhibited by fear. In this class, older adults learn techniques to free themselves from the grip of fear so that it no longer stops or drives them. Students explore the origins and meanings of fears, guilt, phobia, and panic attacks. Class discusses how fears lower self-esteem and interfere with healthy relationships or authentic love. Topics include the origins and meanings of human fears of intimacy, abandonment, and closeness. Course restricted to 98 repetitions

PSY NC072 Honing the Intuitive Edge: For Older Adults (0 Units)
Hours: 20 (15 lecture, 5 lab)
Older adults learn that intuition, like a muscle, can be developed, expanded and strengthened to build rapport and make relationships more meaningful. Students experience the benefit of entering situations with the confidence and competence that comes from the senses being fully attuned. Older adults learn to see, hear, feel and know far more than was thought possible, thus building self esteem and self confidence. Course restricted to 98 repetitions

PSY NC073 Unlocking your Inner Potential: For Older Adults (0 Units)
Hours: 12 (12 lecture)
In this class, older adult students will learn effective ways to unlock inner resources and potential. Participants learn ten quick and powerful tools for enhancing quality of life by learning to accept themselves despite past mistakes and failures. Students learn to let go of the past, and through moving on with excitement and joy live fully present in the moment. Course restricted to 98 repetitions

PSY NC082 Travels and Explorations: For Older Adults (0 Units)
Hours: 12 (12 lecture)
This course allows older adults to virtually explore the history, culture, language, and cuisine of distant places without needing to leave the classroom. Older adults recall and share key memories evoked by discussions and presentations and so improve mental recall, retention of information, and self-expression. Students also develop an appreciation of the value of their role and contribution in the global community. Course restricted to 98 repetitions

PSY NC083 Mindfulness Meditation: Opening Your "I": For Older Adults (0 Units)
Hours: 20 (20 lecture)
Mindfulness meditation can be described as simply a change of perspective. In this class, rather than being narrowly preoccupied by their problems, older adults learn to widen their focus to acknowledge difficulties in a larger, more affirmative context. This liberating expansion of one's sense of self can be readily learned. Each class session will consist of clear instruction, actual practice and stimulating discussion. Appropriate for beginner and experienced older adults. Course restricted to 98 repetitions

PSY NC084 Creating Passion, Intimacy, and Lasting Romance: For Older Adults (0 Units)
Hours: 12 (12 lecture)
Intimacy and passion don't just happen—they are created. Especially in long-term relationships, it takes conscious attention and skill to keep the excitement and romance alive. In this course for couples and singles, older adults learn specific ideas and skills that they can use to increase their sense of pleasure and intimacy with their partner, and strategies to keep their relationship vibrant and growing. Course restricted to 98 repetitions

PSY NC088 Reclaiming Joy: Meeting Your Inner Child: For Older Adults (0 Units)
Hours: 20 (20 lecture)
The child of one's youth still lives within, affecting moods, decisions and behavior. If this Inner Child is nurtured, a world of positive possibilities, creativity and joy opens. In this class, older adults rediscover and get to know their own Inner Child. Students learn how to heal the wounds of childhood and forge a loving bond with this core aspect of personality. What awaits the older adults at the end of this journey can be the most powerful healing relationship of their lives. Course restricted to 98 repetitions

PSY NC094 How to Communicate Simply, Lovingly, and Effectively: For Older Adults (0 Units)
Hours: 6 (6 lecture)
Based on the therapeutic principles of Attitude Reconstruction, older adult students will learn how to communicate constructively and effectively. Topics covered include the Four Communication Rules, the Lucky 13 Communication Tips for talking with others, the "I" 5-Step to speak up about any difficult topic, and a model to resolve differences easily. Course restricted to 98 repetitions
PSY NC097 Nature and Self-Healing - Intermediate: For Older Adults (0 Units)
Hours: 25 (10 lecture, 15 lab)
Older adults learn advanced self-discovery, self-healing, and alternative healing techniques. Students learn how to incorporate nature as a harmonizing influence and partner in the self-healing process. Techniques taught include meditation, being open to change, diaphragmatic breathing, being "present", stretching techniques, and taking risks. Students develop self-esteem, confidence, and socialization skills. Students also learn health and wellness strategies for older adults through appropriate nutrition and stress management techniques. Participants should be able to walk two to three miles. Course restricted to 98 repetitions

PSY NC126 Growing Through Loss: For Older Adults (0 Units)
Hours: 20 (20 lecture)
Loss is inevitable—healing is optional. The greatest loss in life is what dies within us while we live. As we age, we experience loss in many ways: death, divorce, health, finances, and career, for example. Loss provides unparalleled opportunity for older adults to discover their inner strength and the hidden, untapped resources which empower them to live with new direction, hope and joy. This class provides older adults with an arena for effective emotional healing and a moderated support group to share grief work in a safe space. Course restricted to 98 repetitions

PSY NC144 Serenity in the Fast Lane - Disappearing Stress: For Older Adults (0 Units)
Hours: 12 (12 lecture)
Older adults learn why stress is unhealthy and how they can learn to relax even when they think they are too busy to do so. This class presents twenty simple, highly effective, and fast-acting techniques to help students quickly and easily reduce tension, rapidly ease or even clear away pain, achieve insight into personal problems, and significantly lower stress levels. Mature students will learn how these stress-reducing techniques will enhance and extend their lives and sense of peace. Course restricted to 98 repetitions

PSY NC182 Ten Ways to Be Happier Now: For Older Adults (0 Units)
Hours: 12 (12 lecture)
Older adults learn skills for becoming happier. Students realize that they have the power to change their own attitude. Students explore things they can do now to create more happiness in their mature life. Topics include: developing a sense of humor about oneself, dealing with life’s transitions, forming new friendships, attitude of gratitude, improving self-esteem, adapting to change, using nature as a guide to happiness, using music for happiness, forgiveness, getting your past out of your present. Course restricted to 98 repetitions