

## PSYCHOLOGY ASSOCIATE OF ARTS

The Psychology major leads to an Associate of Arts Degree in Psychology. Psychology is defined as the scientific study of human behavior (including thoughts and emotions). The many and varied courses and areas of study in the Psychology Program provide a deeper understanding of the complexities of one's own behavior; the behavior of family, friends, and co-workers; and the interactions among diverse people and groups. As with all programs, students who intend to transfer to a four-year institution should research the transfer institution's requirements and plan to complete the CSU GE Breadth pattern or IGETC GE pattern.

<b>Required Courses - Major:</b>		<b>Units</b>
PSY 205	Introductory Psychology	3
PSY 206	Human Sexuality	3
or PSY 220	Psychology of Gender	3
PSY 250	Research Methods for the Social Sciences	3
<b>Plus 9 additional units selected from the following courses not used above:</b>		<b>Units</b>
PSY 80	Effective Adult-Child Relationships	1
PSY 85	Flashing Back: Post-Traumatic Stress Disorder	1
PSY 90	The Psychology of Stress and Coping	1
PSY 190	Introduction to Counseling	3
PSY 206	Human Sexuality	3
PSY 208	The Psychology of Loss and Death	3
PSY 210	Life Span Developmental Psychology	3
PSY 212	Personality Theories	3
PSY 215	Psychology of Personal Growth	3
PSY 216	Social Psychology	3
PSY 218	Abnormal Psychology	3
PSY 220	Psychology of Gender	3
PSY 255	Introduction to Psychobiology	3
<b>Total Major Units</b>		<b>18</b>
<b>Total Degree Units</b>		<b>60</b>

### *Program Level Student Learning Outcomes:*

1. Develop the ability to recognize and appreciate individual uniqueness and human diversity.
2. Acquire an awareness of and an on-going curiosity about the full range of human behavior, including that outside of the mainstream.
3. Recognize that psychology is a science and apply correct scientific principles to the study of human behavior, the evaluation of media reports about psychological issues, and analyzing critically the complexities of human behavior.
4. Use psychological principles to enhance mental and physical health, personal growth, effectiveness of interpersonal communication and social interactions.
5. Distinguish among and describe the fundamental theoretical approaches to human behavior (i.e. psychoanalytic, behavioral, cognitive, and humanistic).
6. Understand various theories of stress, coping, and behavior change, and apply these theories to the self and to others.
7. Acquire a basic understanding of the intertwining of psychology with biology and physical health and illness.
8. Develop competence in the academic use of Internet resources, electronic databases and other digital sources of authoritative information.