

PSYCHOLOGY

Psychology is the scientific study of the mind (covert functions such as emotion & thought), and observable behaviors (overt functions). There are seven modern perspectives in Psychology: Behavioral, Bio-Psychological, Cognitive, Evolutionary, Humanistic, Psychodynamic, and Social-Cultural. Current use of these perspectives is eclectic, researching multiple influences on the individual and on societies. The ancient debate and current consideration of the influence of both nature and nurture on development and behavioral expression are translated for students of Psychology into a scientific approach, using empirical methods of systematic investigation and critical thinking.

Career opportunities for graduates with a Bachelor's Degree/Master's Degree in Psychology include the fields of: Social Work, Mental Health, Counseling, Case Managers, Corrections, Probation, Parole, Human Resources, Public Affairs, Research, and Teaching. COS offers an AA for Transfer Degree for students planning on transferring to a 4-year college or university to earn a Bachelor's Degree in Psychology.

In all cases, students should consult with a counselor for specific transfer requirements.

Contact Information

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Associate Degree

- Associate in Arts in Psychology for Transfer (AA-T) (<https://catalog.cos.edu/areas-study/psychology/associate-arts-psychology-transfer-aa-t/>)

For a complete list of courses and descriptions visit: COURSES (<https://catalog.cos.edu/course-descriptions/>)

PSY 001 General Psychology 3unit(s)

Hours: 3 Lecture/Discussion

This course is an introduction to the field of psychology through a study of the facts and principles involved in learning, development, motivation, personality, adjustment, and the physiological basis of behavior. The basic concepts presented include: biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders, therapeutic approaches, applied psychology, as well as the scientific methods. Particular emphasis is placed on those concepts that relate to an understanding of human behavior. (C-ID PSY110)

Prerequisites: ENGL 261 or equivalent college course with a minimum grade of C or eligibility for ENGL 001 as determined by COS Placement Procedures (<https://catalog.cos.edu/placement-procedures/>).

PSY 005 Social Psychology 3unit(s)

Hours: 3 Lecture/Discussion

This course considers individual human behavior in relation to the social environment. The power of the situation, other individuals, and the social group will be examined. Emphasized topics include: social cognition, person perception, cultural norms, gender roles, attitudes and attitude change, prejudice and stereotypes, aggression, interpersonal attraction, conformity and social influence, prosocial behavior, and group phenomena. (C-ID PSY170)

Prerequisites: PSY 001 or equivalent college course with a minimum grade of C.

PSY 010 Human Sexuality 3unit(s)

Hours: 3 Lecture/Discussion

A comprehensive introduction to the biological, psychological and social-cultural aspect of human sexuality, including thoughts, feelings and behaviors. Provides a solid basis of sexual anatomy and physiology, with an emphasis on how psychological, emotional and social-cultural factors may affect sexual expression and function. (C-ID PSY130)

Prerequisites: PSY 001 or equivalent college course with a minimum grade of C.

PSY 029 Research Methods 4unit(s)

Hours: 3 Lecture/Discussion Hours:
3 Lab

This course provides an overview of the methodologies used in experimental, quasi-experimental and non-experimental research in psychology. Students will learn how to design and conduct research, including formulating hypotheses, reviewing the literature, evaluating ethical issues, selecting methodologies, organizing data, applying statistics and writing reports. (C-ID PSY 205B)

Prerequisites: MATH 021 or SSCI 025 and PSY 001 or equivalent college course with a minimum grade of C.

PSY 034 Abnormal Psychology 3unit(s)

Hours: 3 Lecture/Discussion

This course is designed to present a broad general survey of the field of abnormal psychology. It utilizes the many theoretical views of psychopathology in human behavior in order to explore the nature and development of these deviations, with primary consideration given to neurotic and psychotic behavior. (C-ID PSY120)

Prerequisites: PSY 001 or equivalent college course with a minimum grade of C.

PSY 080 Introduction to Lifespan Psychology 3unit(s)

Hours: 3 Lecture/Discussion

Equivalent Course: CFS 080

This course provides an overview, from a psychological perspective, of human development from conception through death, including biological and environmental influences. Theories and research of physical, cognitive, personality, and social development are examined, as well as attention to developmental problems. (C-ID PSY180)

PSY 130 Introduction to Behavior Modification 3unit(s)

Hours: 3 Lecture/Discussion

Designed for teachers, paraprofessionals, and those pursuing a career in psychology. Students will develop skills in assessing behavior, developing target behaviors and implementing a behavior change program. This course combines both the theoretical and practical models for understanding human behavior.

Prerequisites: PSY 001 or equivalent college course with a minimum grade of C.

PSY 133 Personal and Social Growth 3unit(s)

Hours: 3 Lecture/Discussion

PSY 133 is a course for students to apply concepts of psychology to enhance self-understanding and improve interpersonal relations. Students will learn the relation of psychological concepts to physical and mental health. Finally, the students will consider the attainment of educational, vocational and relationship goals. (C-ID PSY115)

Psychology

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