

Applied Psychology

School of Guidance and Counseling

Dean: Dr. Gwen Vendley

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Curriculum

The applied psychology curriculum is designed to enhance students' academic success and personal development. The emphasis of all courses is on teaching processes and skills which students can apply in all facets of their lives. These include self-evaluation, decision making, goal setting and planning, personal awareness, interpersonal communication, and effective self-management.

Major

The Applied Psychology Program is not a degree-granting program. Students should consult the Counseling faculty for assistance in planning a major.

Courses

Applied Psychology

APSY 1: Academic Planning

1.5 Units

1.5 hours lecture

This course is designed to prepare students for a successful college and transfer experience. Topics include opportunities and requirements for vocational programs and associate degrees as well as for transfer to four-year colleges and universities. Students develop an academic plan based on individual educational goals. College survival skills and issues will be discussed, including college expectations, student motivations, study skills, time management, college resources, and academic policies. Students will also learn strategies for choosing a major. The overall objective of the course is to help students identify and overcome obstacles to academic success. Formerly APSY 100. NR

APSY 101: Academic Skills and College Success

1.5 Units

1.5 hours lecture

This course is designed to assist students in developing effective study skills necessary to reach their educational goals. Topics include the following: various learning theories, principles of memory, motivation, effective note-taking, textbook study strategies, time management, and test-taking strategies. Students will use all of the college's resources to access their educational goals and apply skills for managing test anxiety. NR

APSY 103: Introduction to Assertion

1.5 Units

1.5 hours lecture

This course will introduce the theoretical principles underlying assertive behavior and the application of these principles to academic, career, and personal realms. The course will cover the distinctions among assertive, aggressive, and non-assertive behaviors and the etiology and consequences of these behavioral styles. Included will be discussions of psychological constructs as they apply to assertion and self-esteem, success, problem resolution, positive relationships, and health. R-E-1

APSY 104: Managing Stress and Test Anxiety

1.5 Units

1.5 hours lecture

This course examines the effects of stress and test anxiety on academic performance, physical health, and psychological well-being. The course investigates theories of stress and anxiety and discusses practical strategies for managing stress and test anxiety. NR

APSY 150: Helping Relationships

1.5 Units

1.5 hours lecture

Students planning to enter a helping profession will have the opportunity to acquire basic listening, communication and intervention skills that will be central to their professional roles. Helping profession occupations include but are not limited to working as teachers, counselors, psychologists, nurses, doctors, medical personnel, caregivers, firefighters, and law enforcement personnel. Students spend significant time examining their role as a helper and applying the skills that they acquire to their own lives and relationships. NR

Applied Psychology (Job Seeking)

APSY 102: Career Exploration

1.5 Units

1.5 hours lecture

This course uses a variety of instruments to assess the student's interests, aptitudes, values, and personality in order to discover potential career paths. Activities are centered on taking and interpreting tests and on evaluating and matching test results to a career choice, an academic major, and continued personal growth and development. NR

APSY 140: Academic and Career Exploration

3 Units

3 hours lecture

This course is designed to provide students with the information and skills necessary to make informed decisions about their academic and career plans. Topics include degree and transfer requirements; success strategies; college resources; interest, personality, and skill assessments; decision making; goal setting; and major and career research. Students will establish academic and career goals and complete a comprehensive educational plan. NR

APSY 160: Career Exploration and Development

3 Units

3 hours lecture

The objectives of this course are to teach individuals the process and methods of making career decisions, marketing themselves to employers, and managing their work life in an ever-changing employment market. The course content includes self-assessment; identifying, researching, and evaluating career options; job search, resume writing, and interviewing; and managing ongoing career change and transition. NR

APSY 174A: Job-Search Strategies

.5 Unit

.5 hours lecture

This course focuses on how to organize and conduct a job search. Topics include defining current job targets, developing contacts, using employment information resources, developing record-keeping and time-planning systems, and initiating contact with prospective employers. This course is also listed as Management 174A; credit will be given in either area, but not both. NR

APSY 174B: Resume Writing**.5 Unit***.5 hours lecture*

This course is a comprehensive introduction to the resume writing process. Topics include clarifying a specific job target, selecting the most effective resume format, identifying relevant qualifications and experience, developing marketing language skills, preparing cover letters, electronic resume scanning and distribution, and resume software packages. This course is also listed as Management 174B; credit will be given in either area, but not both. NR

APSY 174C: Interviewing Techniques**.5 Unit***.5 hours lecture*

This course is designed to develop the interviewing skills of job hunters at all levels. The course emphasizes interview preparation and practice, and focuses specifically on these topics: assessing strengths and positioning weaknesses; competing and arranging for interviews; investigating the employer, position, and field; typical interview structures and purposes; formulating a positive interview mindset; interview content and questions; establishing rapport and managing difficult interviewers and questions; unusual interview situations; debriefing; and interview follow-up. This course is also listed as Management 174C; credit will be given in either area, but not both. NR