

# PSYCHOLOGY

School of Social and Behavioral Sciences

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## Curriculum

Psychology courses at Irvine Valley College provide academic instruction in basic psychological concepts, theories, terminology and research methods, and promote students' life skills, personal growth and interpersonal effectiveness.

## Major

Students majoring in psychology at the lower-division level focus on understanding human personality and behavior, cognition, and emotions, as well as researching psychological issues of current concern. The critical insight that psychology requires makes this major especially appropriate for those considering careers in any of the helping professions, teaching, or behavioral research; or for those seeking a widely applicable liberal arts background.

## Psi Beta: National Honor Society in Psychology

The mission of the Psi Beta Honor Society is the professional development of psychology students in two-year colleges through the recognition and promotion of excellence in scholarship, leadership, research, and community service. Psi Beta members experience educational enrichment through service activities, participation in professional psychological conferences, and competition for national awards.

To qualify for membership in Psi Beta, students must have completed at least one college psychology course with a grade of "B" or higher, have completed 12 semester units at the college level, and have a cumulative grade point average of 3.0 or higher. After paying a one-time-only fee, membership is for life. For more information about Psi Beta, students may email ktucker@ivc.edu or jrudmann@ivc.edu or call (949) 451-5447.

## Career Options

Because psychology seeks to understand many aspects of the individual (e.g., biological, motivational, cognitive, perceptual, attitudinal, developmental, personality, social influences, among others), it has many subdivisions or areas of specialization. Thus, the field of psychology offers many career choices and much flexibility.

In addition to interesting, challenging, and financially stable jobs, graduates in psychology spend a majority of their time understanding and/or helping others in many different settings. For example, graduates in psychology (especially those with graduate degrees) work in such settings as the following:

- Business and Industry
  - Market Research Analyst
  - Customer Service Director
  - Advertising Manager
  - Human Resources Administrator
  - Labor Relations Specialist
  - Nursing Home Administrator
  - Personnel Manager
  - Public Relations Manager
  - Sales Representative
- Computer Applications
- Correctional institutions
  - Probation/Parole Officer
- Counseling and Psychology
  - Admissions Counselor
  - Career Counselor
  - Guidance Counselor
  - Marriage Counselor
  - Psychiatrist
  - Psychologist
  - Rehabilitation Counselor
  - Substance Abuse Counselor
  - Youth Counselor
- Education
- Health
  - Gerontologist
  - Hospital Administrator
  - Mental Health Worker
  - Speech Pathologist

- Law
- Medicine
- Military or Other Governmental Work
- Pharmaceuticals
- Public Relations
- Research
- Social Work
  - Child Welfare Worker
  - Community Services Agency Director
  - Social Worker
- Sports

Some choose to work in more than one of these areas over their career, and most psychologists (those with an earned doctorate degree) earn above the median salary in the United States. No matter which area or setting a psychology graduate chooses, the field will always provide opportunities to understand and help others—the hallmark of the career in psychology.

## Associate Degree Associate in Arts Degree in Psychology

Students must complete a minimum of 60 units of credit, including the courses in the major ("Major Requirements") and general education requirements (pages 43-49), with an overall GPA of 2.0 or better, and a grade of "A," "B," "C," or "P" in all courses to be counted toward the major. A minimum of 12 units must be completed at Irvine Valley College. See pages 34-35 for further information.

## Transfer Preparation

Courses that fulfill major requirements for an associate degree at Irvine Valley College may not be the same as those required for completing the major at a transfer institution offering a bachelor's degree. Students who plan to transfer to a four-year college or university should schedule an appointment with an IVC counselor to develop a plan of study before beginning their program. It may be helpful to meet with the department faculty at IVC.

ASSOCIATE IN ARTS DEGREE  
Major Requirements: Psychology

Complete the following courses:		Units
<b>PSYC 1</b>	Introduction to Psychology	3
<b>PSYC 2</b>	Research Methods in Psychology	3
<b>PSYC 10</b>	Statistical Methods in the Behavioral Sciences	3

Choose one course in each of the following categories:

**CATEGORY A—**

<b>PSYC 3</b>	Physiological Psychology	3
<b>PSYC 7</b>	Developmental Psychology: Childhood and Adolescence	3
<b>PSYC 106</b>	Developmental Psychology: Lifespan	3

**CATEGORY B—**

<b>PSYC 32</b>	Psychology of Personality	3
<b>PSYC 37</b>	Abnormal Behavior	3
<b>PSYC 110</b>	Psychology of Reasoning and Problem Solving	3
<b>PSYC 133</b>	Psychology of Adjustment	3

**CATEGORY C—**

<b>PSYC 5</b>	Psychological Aspects of Human Sexuality	3
<b>PSYC 20</b>	Psychology of Gender	3
<b>PSYC 30</b>	Social Psychology	3

**TOTAL UNITS: 18**

**Recommended electives:**

ANTH 2; BIO 5, 12; CHEM 1A; CS 30; MATH 9; PHIL 1; PSYC 160; SOC 1

**PSYC 7: DEVELOPMENTAL  
PSYCHOLOGY: CHILDHOOD  
AND ADOLESCENCE**

**3 Units**

**3 hours lecture**

**Transfers: CSU, UC**

*Recommended Preparation: PSYC 1*

This course presents a study of human development from conception through adolescence within cultural and family contexts. It examines physical, cognitive and psychosocial development, both typical and atypical. It introduces students to the theories, research, and applications that constitute the field of child development by examining both traditional approaches and recent innovations. Students have the opportunity for observational study and direct classroom experience with children. The course is of particular interest to students preparing for a career working with children. Psychology 7 is also listed as Human Development 7; credit given in either area, not both. The course meets Title 22 licensing requirements for childcare providers. NR

**PSYC 10: STATISTICAL METHODS IN  
THE BEHAVIORAL SCIENCES**

**3 Units**

**3 hours lecture**

**Transfers: CSU, UC credit proviso (see UC course list)**

**Prerequisite: MATH 253**

This course presents the statistical concepts and methods most widely used in behavioral and social science research. Students study the principles of descriptive and inferential statistics, concentrating on the correct analysis of data relating to practical behavioral problems, and the assumptions underlying statistical inferences. The course is recommended as the second course in the psychology major sequence following completion of the introductory course (Psychology 1) and is intended to build an adequate foundation for the study of research methods (Psychology 2). NR

**PSYC 20: THE PSYCHOLOGY  
OF GENDER**

**3 Units**

**3 hours lecture**

**Transfers: CSU, UC credit pending**

This course is an introduction to the psychology of gender. The course explores gender distinctions and gender roles and their influences on women and men individually and collectively. The emphasis is on methods used by psychologists to study gender differences and how scientific and cultural assumptions about the sexes are reflected in psychological research. Special attention will be paid to the issues that affect women and men in their personal, professional and political relationships. NR

## COURSES

**PSYC 1: INTRODUCTION TO  
PSYCHOLOGY**

**3 Units**

**3 hours lecture**

**Transfers: CSU, UC**

This course is an introduction to the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology. NR

**PSYC 2: RESEARCH METHODS IN  
PSYCHOLOGY**

**3 Units**

**2.5 hours lecture, 1.5 hours lab**

**Transfers: CSU, UC**

**Prerequisite: Prior completion of or concurrent enrollment in PSYC 10 or MATH 10**

*Recommended Preparation: PSYC 1*

This course introduces students to psychological research methods and critical analysis techniques that may be applied to diverse research studies and issues. The course is recommended as the third course in the psychology major sequence following completion of the introductory course (Psychology 1) and the statistical methods in the behavioral sciences course (Psychology 10). NR

**PSYC 3: PHYSIOLOGICAL  
PSYCHOLOGY**

**3 Units**

**3 hours lecture**

**Transfers: CSU, UC**

*Recommended Preparation: PSYC 1*

This course is an introduction to the interaction of physiology and behavior. Students will examine the role of neuroanatomy, endocrinology in human behavior, emotions, and cognition. The course is recommended for students majoring in psychology to better understand the importance of physiological perspective of experience and behavior. NR

**PSYC 5: PSYCHOLOGICAL ASPECTS  
OF HUMAN SEXUALITY**

**3 Units**

**3 hours lecture**

**Transfers: CSU, UC**

*Recommended Preparation: PSYC 1*

This course focuses on biopsychosocial aspects of human sexuality from childhood to old age. This course will examine male and female sexual anatomy, the reproductive process, atypical sexual behaviors, as well as sexual disorders and sexually transmitted infections and their prevention and treatment. NR

**PSYC 30: SOCIAL PSYCHOLOGY****3 Units****3 hours lecture****Transfers: CSU, UC***Recommended Preparation: PSYC 1.*

This course is a survey of the major theories, concepts, and empirical research findings in social psychology. The course examines the relationship between the individual and group, and engages such topics as social beliefs and judgments, social influence, conformity, persuasion, prejudice, aggression, and altruism. Psychology 30 is also listed as Sociology 30; credit will be given in either area, not both. NR

**PSYC 32: PSYCHOLOGY OF PERSONALITY****3 Units****3 hours lecture****Transfers: CSU, UC***Recommended Preparation: PSYC 1*

This course examines major topics in the field of personality, including theoretical approaches, research methods, and assessment measures. The course discusses the role of biology, environment, and culture on learning, health, and motivation in personality development. It also explores the philosophies and historical contributions of key figures to the study of personality. NR

**PSYC 37: ABNORMAL BEHAVIOR****3 Units****3 hours lecture****Transfers: CSU, UC***Recommended Preparation: PSYC 1*

This course provides an introduction to the major maladaptive patterns of human behavior. The course explores historical and current perspectives in the diagnosis, treatment, and prevention of mental disorders including those related to anxiety, mood, personality, and schizophrenia. NR

**PSYC 106: DEVELOPMENTAL PSYCHOLOGY: LIFESPAN****3 Units****3 hours lecture****Transfers: CSU***Recommended Preparation: PSYC 1 or SOC 1*

This course examines the biosocial, cognitive, and psychosocial developments that occur across the human lifespan from conception to death. The course provides an overview of various theories of development, empirical findings, and other issues relating to particular stages in the human life cycle. NR

**PSYC 110: PSYCHOLOGY OF REASONING AND PROBLEM SOLVING****3 Units****3 hours lecture****Transfers: CSU***Recommended Preparation: WR 1*

This course studies the nature of critical thinking, and models and strategies of reasoning and problem solving. Topics include common fallacies of reasoning, self-regulation in the thinking process, and the application of critical thinking to complex issues of everyday life. NR

**PSYC 133: PSYCHOLOGY OF ADJUSTMENT****3 Units****3 hours lecture****Transfers: CSU**

This introductory course in adjustment and relationships explores cognitive and behavioral approaches to the understanding of human functioning (e.g., personality development, interpersonal relationships, and self-motivation). Students apply course concepts to commonly faced problems and the management of their own behavior. NR

**PSYC 150: DATA ANALYSIS IN PSYCHOLOGY****1 Unit****.5 hour lecture, 1.5 hours lab****Transfers: CSU***Recommended Preparation: Successful completion of or concurrent enrollment in PSYC 10 or MATH 10*

This course introduces the analysis and interpretation of psychological data using statistical software such as SPSS and a standard spreadsheet application. The course covers how to enter data, produce tables and graphs, obtain descriptive statistics, conduct hypothesis tests, evaluate results, and write a statistical outcome that conforms to the guidelines and publication standards of the American Psychological Association (APA). The course is designed for psychology majors and/or students who have completed or are currently enrolled in Math 10 or Psychology 10. NR

**PSYC 160: PSYCHOLOGY AS A MAJOR AND A PROFESSION****1.5 Unit****1.5 hours lecture****Transfers: CSU***Recommended Preparation: PSYC 1*

This course introduces students to the profession of psychology, focusing particularly on the types of psychologists and the activities performed by these individuals. The course is designed especially for students at the sophomore level or above who have completed the introductory psychology course and are seeking further information before deciding upon psychology as a potential major or career. NR