

## **What is Psychology?**

Psychology is the science concerned with behavior, both human and nonhuman—animal, and is only about 125 years old. It is a broad discipline, essentially spanning subject matter from biology to sociology. Psychology studies the intersection of two critical relationships: one between brain function and behavior, and one between the environment and behavior. As a science, psychology follows scientific methods, using careful observation, experimentation, and analysis.

Psychology is the study of mental processes, cognition, and behavior. Psychologists are concerned with how the brain and nervous system function, how perception evolves from sensation, how we learn and know, and what it is that motivates us. Psychology covers the total life span to learn more about how individuals function in family, community, and society. Psychologists want to learn what can go wrong in development, how it can be changed, and how to resolve organizational, personal, interpersonal, and family conflict. It is a dynamic field in which new knowledge leads to new understandings that grow out of a base in research. It is both a theoretical and applied science.

## **If I major in Psychology, what kind of job can I get?**

Career opportunities in psychology continue to grow for employment in health care especially outpatient mental health and substance abuse treatment clinics. Numerous job opportunities are in schools, public and private social service agencies, and management consulting services. Graduates in Psychology can expect to find a wide range of positions in personnel management, psychiatric aides, probation officers, mental health workers, drug abuse counselors, and researcher assistants. Advanced degrees lead to opportunities for basic research, licensing as clinical psychologists or marriage and family therapist, and as college and university faculty. Psychologists also work as consultants in government and industry.

## **If I receive an AA degree in Psychology, can I transfer to a four-year college?**

Yes! Cañada College offers everything you need to finish an AA degree in psychology as well as to transfer to a four-year college or university.

## **List and describe the courses offered at Cañada.**

### **PSYC 100 GENERAL PSYCHOLOGY**

Description: Introductory psychology course designed to examine principles of learning, theories of personality, uses for tests and measurements, behavioral

disorders, mental health theories, developmental aspects of individuals, and social psychology. Students study experimental designs, research data, and their social implications.

#### PSYC 106 PSYCHOLOGY OF ETHNIC MINORITY GROUPS

Description: Broad overview of the variables which influence the psychological development, adjustment, coping strategies, and mental health of ethnic minority groups in the United States. Economic, educational, political, and legal issues are analyzed for their psychological impact on these groups. Special attention is given to Americans of African, Asian, Hispanic, and Native American descent, although other ethnic minority groups are included also. Psychological research studies and clinical illustrations make up a portion of the course. (Fulfills Associate degree Ethnic Studies requirement).

#### PSYC 200 DEVELOPMENTAL PSYCHOLOGY

Description: Overview of psychological development from birth through old age. The physical, cognitive, and social changes throughout the life-span are examined. Particular emphasis is placed on research studies that illustrate principles of developmental psychology.

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PSYC 300 SOCIAL PSYCHOLOGY Description: This course is an overview of the interaction among groups. Self-concept, attitude formation and change, interpersonal attraction, aggression, group dynamics and leadership, impression formation, and other related topics are studied also.

#### PSYC 340 PSYCHOLOGY OF HUMAN SEXUALITY

Description: This course is a broad overview of the psychological aspects of human sexuality influencing sexual identity and behavior and their implications. Also includes relevant research, sexual malfunction, therapeutic approaches, and personal attitudes and values. Students write brief papers to apply concepts to their own experiences. Transfer: CSU: DSI & E1, UC. (IGETC: 4)

#### PSYC 410 ABNORMAL PSYCHOLOGY

Description: Elaboration on the study of abnormal behavior and personality introduced in previous courses. Topics include neuroses, psychoses and other psychological problems, along with their etiology, dynamics, principal symptoms, and treatments. The relationship between theory of personality and psychotherapy is explored.

**List the requirements for your major**

	Associate in Arts—Psychology	
	Core Course	7
	PSYC 100 GENERAL PSYCHOLOGY	3
	MATH 200 ELEMENTARY PROBABILITIES STATISTICS	4
	Selective Course: Minimum	
11		
	PSYC 106 PSYCHOLOGY OF PREJUDICE AND DISCRIMINATION	3
	PSYC 110 MARRIAGE AND RELATIONSHIP CHOICES	3
	PSYC 200 DEVELOPMENTAL PSYCHOLOGY	3
	PSYC 201 CHILD DEVELOPMENT	3
	PSYC 202 ADOLESCENT BEHAVIOR	3
	PSYC 300 SOCIAL PSYCHOLOGY	3
	PSYC 340 PSYCHOLOGY OF HUMAN SEXUALITY	3
	PSYC 410 ABNORMAL PSYCHOLOGY	3
	BIOL 110 PRINCIPLES OF BIOLOGY	4
	Associates Degree Unit requirements Total	
18		

**Include any links that may be useful to students in your field**

My Faculty Page: <http://www.smccd.net/accounts/saterfield>  
 American Psychological Association: <http://www.apa.org>