

# PSYCHOLOGY (PSYCH)

---

## PSYCH 1 (C-ID PSY 110) 3 units

### Introduction to Psychology 54 hours lecture

Recommended Preparation: ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S.

Grading: letter grade or pass/no pass.

This course is an introduction to the scientific study of behavior and mental processes. It will cover critical thinking and the scientific method, biopsychology, sensation and perception, consciousness and thinking, lifespan development, learning and memory, emotion and stress, psychological disorders and therapy, personality, and social psychology. Transferable to both UC and CSU; see counselor for limitations

## PSYCH 1H (C-ID PSY 110) 3 units

### Honors Introduction to Psychology 54 hours lecture

Prerequisite: Qualification for the Honors Program.

Recommended Preparation: ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S.

Grading: letter grade or pass/no pass.

This course is an introduction to the scientific study of behavior and mental processes. It will cover critical thinking and the scientific method, biopsychology, sensation and perception, consciousness and thinking, lifespan development, learning and memory, emotion and stress, psychological disorders and therapy, personality, and social psychology. Transferable to both UC and CSU; see counselor for limitations

## PSYCH 2 (C-ID PSY 205B) 4 units

### Research Methods for Psychology 54 hours lecture, 54 hours laboratory

Prerequisite: PSYCH 1 and STAT 1 or STAT 1H or MATH 21B.

Grading: letter grade or pass/no pass.

The course provides a basic understanding of the scientific method, research designs, and statistical tests used in psychological investigation. Students perform a literature review, design an original research study, collect and analyze data, and write an APA-style research report.

Transferable to both UC and CSU; see counselor for limitations

## PSYCH 4 3 units

### Psychology of Adjustment 54 hours lecture

Grading: letter grade or pass/no pass.

This course will focus on the application of psychological principles to everyday life, emphasizing how to cope with life's challenges and demands. It will take a broad approach to understanding how clinicians, scientists, and practitioners study and apply psychology. We will consider many different topics including stress, work, family, friends, the self, disorders, and therapy.

Transferable to CSU Only

## PSYCH 6 (C-ID PSY 150) 3 units

### Physiological Foundations of Psychology 54 hours lecture

Prerequisite: PSYCH 1.

Grading: letter grade.

This course is an introduction to physiological aspects of human behavior including the central and peripheral nervous system and the endocrine system. It explores the physiological basis for cognition, consciousness, movement, motivation, learning, sensation, perception, memory, sex drive, addiction and psychopathology. This is an essential course for psychology majors, and health professionals would find this course very useful.

Transferable to both UC and CSU; see counselor for limitations

## PSYCH 10 (C-ID PSY 130) 3 units

### Human Sexuality 54 hours lecture

Recommended Preparation: Qualification for ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S through the LBCC placement process.

Grading: letter grade or pass/no pass.

This course provides a comprehensive overview to human sexuality from multiple perspectives including psychological, sociological, cultural, biological, and historical perspectives. Students will examine knowledge, sexual attitudes, values and behaviors within the context of society and their own personal lives. Individual value systems, sexual development and interpersonal relationships will be evaluated. Current sexual norms and various aspects of interpersonal and individual sexual adjustment will be explored. This course is not open for credit to students registered in or with credit in HLED 10.

Transferable to both UC and CSU; see counselor for limitations

## PSYCH 11 (C-ID PSY 170) 3 units

### Social Psychology 54 hours lecture

Grading: letter grade or pass/no pass.

This course is designed to explore how an individual's behavior, thoughts and feelings are influenced by the presence, characteristics and actions of others. A variety of topics will be addressed, including attitudes, persuasion, stereotypes, group processes, conformity and interpersonal attraction.

Transferable to both UC and CSU; see counselor for limitations

## PSYCH 11H 3 units

### Honors Social Psychology 54 hours lecture

Prerequisite: Qualification for the Honors Program.

Grading: letter grade or pass/no pass.

This course is designed to explore how an individual's behavior, thoughts and feelings are influenced by the presence, characteristics and actions of others. A variety of topics will be addressed, including attitudes, persuasion, stereotypes, group processes, conformity and interpersonal attraction.

Transferable to both UC and CSU; see counselor for limitations

**PSYCH 12 3 units**

**African American Psychology**

**54 hours lecture**

Grading: letter grade.

This course is an introduction to the psychological issues related to the African American experience in the United States. The relationship between the African American experience and social perception, social cognition, and identity and attitude formation is emphasized. Individual cognitive styles, personality development, and family structures of African Americans will also be examined. This course is not open to students registered in or with credit in ETHST 12.

Transferable to both UC and CSU; see counselor for limitations

**PSYCH 14 3 units**

**Abnormal Psychology**

**54 hours lecture**

Recommended Preparation: PSYCH 1.

Grading: letter grade or pass/no pass.

This class surveys abnormal behaviors, including anxiety disorders, trauma and stressor related disorders, depressive and bipolar related disorders, schizophrenia spectrum and other psychotic disorders, substance-related and addictive disorders, gender dysphoria and sexual dysfunctions, feeding and eating disorders, sleep disorders, neurodevelopmental disorders and disorders that begin in childhood, neurocognitive disorders and disorders related to aging, personality disorders, ways of determining abnormality, causes and treatment of disorders.

Transferable to both UC and CSU; see counselor for limitations

**PSYCH 33 3 units**

**Psychology of Personality**

**54 hours lecture**

Prerequisite: PSYCH 1.

Grading: letter grade or pass/no pass.

This course focuses on historical and contemporary approaches to assessing and understanding personality similarities and differences among people. How the scientific method is used to study personality will be discussed. Social and cultural influences on personality development will be considered. The extent to which personality factors predict the behaviors, feelings, and thoughts of individuals will be examined.

Transferable to both UC and CSU; see counselor for limitations

**PSYCH 39 1 units**

**Orientation for Trauma Studies**

**18 hours lecture**

Grading: letter grade.

Orientation for Trauma Studies is required for all students enrolled in Introduction to Trauma Studies. This course orients and prepares students to study psychological trauma. Students will learn the definition of trauma, the different types of trauma, and the impact trauma has on individuals, families, and communities. The course will introduce the role of narratives and storytelling in healing trauma. The course will also expose students to methods to mitigate and regulate emotional activation when triggered by trauma, including breath work, meditation, and grounding techniques. Students examine the topics of resilience, posttraumatic growth, and posttraumatic wisdom.

Transferable to CSU Only

**PSYCH 40 3 units**

**Introduction to Trauma Studies**

**54 hours lecture**

Corequisite: PSYCH 39.

Recommended Preparation: PSYCH 1, PSYCH 1H, or PSYCH 14; and ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S.

Grading: letter grade or pass/no pass.

This course is a comprehensive introduction to trauma studies, emphasizing different types and categories of trauma, prevailing theoretical perspectives, and the cause, treatment, and prevention of trauma and stressor-related disorders. Students will examine the impact of Adverse Childhood Experiences (ACEs) on psychological disorders, including PTSD, addiction, depression, and anxiety, and learn about the biological consequences of traumatic and stressful experiences on the brain, nervous system, and physical body. The course will examine the role of culture and how stress and trauma affect disproportionately impacted groups. It will explore practical ways to respond to trauma and the protective factors that promote resilience, post-traumatic growth, and wisdom.

Transferable to CSU Only

**PSYCH 41 3 units**

**Trauma-Informed Care and Frontline Work**

**54 hours lecture**

Corequisite: PSYCH 39.

Recommended Preparation: PSYCH 1, PSYCH 1H, or PSYCH 14; and ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S.

Grading: letter grade or pass/no pass.

This course introduces students to a comprehensive understanding of trauma and the fundamental principles of the trauma-informed approach. Students examine how trauma-informed strategies address the needs of individuals with trauma histories within organizational settings. The course assesses ways frontline workers can mitigate re-traumatization risks for clients within organizational contexts. Students will examine the strategies that help reduce burnout, compassion fatigue, and vicarious trauma among workers. Students will develop trauma-informed approaches customized for specific cultural backgrounds, promoting inclusivity and accessibility. They will construct strategies that address the intersectionality of a person's identity in the context of trauma-informed care.

Transferable to CSU Only