

# Psychology

Psychology is the study of people through an examination of their thoughts, emotions, and behavior.

MiraCosta's Psychology program has a biological and physiological emphasis. Students are introduced to the science of psychology, including systematic research and analysis. They learn how to follow the principles of the scientific method and how to write using American Psychological Association (APA) style.

The psychology discipline provides the tools to gather data efficiently and skillfully and to examine the nature of human behavior. Students may take courses to prepare for a psychology major or to fulfill general education requirements.

## Academic and Career Pathway

Social and Behavioral Sciences (<https://www.miracosta.edu/academics/degree-and-certificate-programs/social-and-behavioral-sciences/>)

## Contact Information

**Chair:** Steve Eso  
**Dean:** Michael Fino  
<https://www.miracosta.edu/academics/degree-and-certificate-programs/social-and-behavioral-sciences/psychology/index.html>  
[\(https://www.miracosta.edu/academics/degree-and-certificate-programs/social-and-behavioral-sciences/psychology/\)](https://www.miracosta.edu/academics/degree-and-certificate-programs/social-and-behavioral-sciences/psychology/)

**Department:** Psychology  
**Office:** Building OC4800,  
 760.795.6809

## Full-Time Faculty

Danielle Barnett  
 Steve Eso  
 Lisa Fast

Robert Kelley  
 Sarah Kirk

## Associate Degrees

### Associate in Arts Degree Psychology

The Psychology program offers lower-division preparation for students who want to pursue a bachelor's degree. The primary focus of the program is to prepare students for transfer to four-year psychology programs. With a bachelor's degree, career options include business, state and local government agencies, and health care. A graduate degree is required for counseling, marriage and family therapy, clinical social work, school psychology, clinical psychology.

**Note:** Many CSUs and UCs have unique admissions and preparation-for-the-major requirements that are specific to their institutions. Psychology transfer students should also consider the Liberal Arts: Social and Behavioral Sciences degree (<https://catalog.miracosta.edu/disciplines/liberalartssocialandbehavioralsciences/>). For further information and assistance, students should consult the ASSIST

website (<https://www.assist.org/>), the individual university catalog, and a MiraCosta College counselor.

### Program Student Learning Outcome

Upon completion of this program, the student will be able to develop a study on a psychological topic, which includes a literature review, forming a hypothesis, creating a research design appropriate to the hypothesis, consideration of ethical issues, choosing appropriate statistics for data analysis, and summarizing research findings, using APA style.

### Course Requirements

Required courses:

PSYC C1000	Introduction to Psychology	3
or PSYC C1000H	Introduction to Psychology (Honors)	
PSYC 104	Statistics for Behavioral Science	4
or PSYC 104H	Statistics for Behavioral Science (Honors)	
PSYC 205	Research Methods in Psychology	3
List A (select two courses)		6
PSYC 100	Psychology of Personal Growth	
PSYC 103	Social Psychology	
or SOC 103	Social Psychology	
PSYC 114	Abnormal Psychology	
PSYC 115	Human Sexuality	
PSYC 121	Human Development	
PSYC 145	Psychology/Sociology of the Family	
or SOC 145	Psychology/Sociology of the Family	
PSYC 170	Psychology of Aging: Adult Development and Aging	
PSYC 211	Learning and Behavior Modification	
PSYC 260	Physiological Psychology	
List B (select one course)		3-4
Any course in List A not already used.		
BIO 110	Introductory Biology: Preparation for Pre-Health Professions (Lecture/Lab)	
BIO 111	Introductory Biology: Preparation for Pre-Health Professions (Lecture)	
BIO 220	Human Physiology	
ENGL C1000	Academic Reading and Writing	
ENGL C1001	Critical Thinking and Writing	
ENGL C1001H	Critical Thinking and Writing (Honors)	
GERO 101	Introduction to Aging	
SOC 101	Introduction to Sociology	
SOC 101H	Introduction to Sociology (Honors)	

**Total Units** **19-20**

### Associate in Arts Degree Psychology for Transfer

Students completing this associate degree will have completed lower-division major preparation requirements for a psychology degree, an emphasis or option within a psychology degree, or a degree considered similar to psychology at a participating California State University (CSU) campus.

Following transfer to a participating CSU campus, students will be required to complete no more than 60 units to

obtain a bachelor’s degree; however, some CSU campuses accepting this degree may require additional lower-division major preparation. This degree may not be appropriate preparation for students transferring to a non-participating CSU campus or to a university or college that is not part of the CSU system. Students should consult with a MiraCosta counselor for further information regarding the most efficient pathway to transfer as a psychology major and to determine which CSU campuses are participating in this program.

Graduation Requirements

- ▶ Complete a minimum of 60 CSU-transferable semester units.
- ▶ Complete all courses in the major with a "C" or "P" or better.
- ▶ Complete the Cal-GETC (<https://catalog.miracosta.edu/degreecertificatetransferinfo/generaleducationplans/planc/>) general education pattern.
- ▶ Obtain a minimum CSU-transferable grade point average of 2.0.
- ▶ Complete a minimum of 12 semester units in residence at MiraCosta College.

Program Student Learning Outcome

Upon completion of this program, the student will be able to develop a study on a psychological topic, which includes a literature review, forming a hypothesis, creating a research design appropriate to the hypothesis, consideration of ethical issues, choosing appropriate statistics for data analysis, and summarizing research findings, using APA style.

Course Requirements

Required Core: (10 units)

PSYC C1000	Introduction to Psychology *	3
or PSYC C1000H	Introduction to Psychology (Honors)	
PSYC 104	Statistics for Behavioral Science *	4
or PSYC 104H	Statistics for Behavioral Science (Honors)	
PSYC 205	Research Methods in Psychology	3
List A: 3-4 units. Select one course.		3-4
BIO 110	Introductory Biology: Preparation for Pre-Health Professions (Lecture/Lab) *	
or BIO 111	Introductory Biology: Preparation for Pre-Health Professions (Lecture)	
PSYC 260	Physiological Psychology *	
List B: 3 units. Select one course.		3
Any List A course not selected above.		
CHLD 113	Child and Adolescent Growth and Development *	
PSYC 100	Psychology of Personal Growth *	
PSYC 121	Human Development *	
List C: 3 units. Select one course.		3
Any List A or B course not selected above.		
PSYC 103	Social Psychology *	
or SOC 103	Social Psychology	
PSYC 114	Abnormal Psychology *	
PSYC 115	Human Sexuality *	
PSYC 125	Psychology of Women *	
PSYC 145	Psychology/Sociology of the Family	

or SOC 145	Psychology/Sociology of the Family
PSYC 170	Psychology of Aging: Adult Development and Aging *
Total Units	19-20

\* Course satisfies a general education (GE) requirement on the Cal-GETC pattern. (Note: Every course listed with the exception of PSYC 205 satisfies a GE requirement.) To ensure this degree is completed with no more than 60 units, students should select courses that will also satisfy a general education requirement.

**NOTE:** Students are strongly advised to select courses that meet lower-division major preparation requirements at their transfer university and to complete the History, Constitution, and American Ideals requirement prior to transfer.

Associate in Arts Degree  
Human Development

Human development is the study of people’s lives from conception to death. The Human Development program offers lower-division preparation for students who want to pursue a bachelor’s degree. The primary focus of the program is to prepare students for transfer to four-year human development programs.

With a bachelor’s degree, career options include working with people from all ages, ethnic, cultural, and/or socioeconomic backgrounds in areas such as health, education, community and state (public and private) agencies, business, and religious and secular organizations.

**Note:** Many CSUs and UCs have unique admissions and preparation-for-the-major requirements that are specific to their institutions. For greater flexibility to meet preparation-for-major, human development transfer students should also consider the Liberal Arts with an Area of Emphasis in Social and Behavioral Sciences degree (<https://catalog.miracosta.edu/disciplines/liberalartssocialandbehavioralsciences/>). For further information and assistance, students should consult the ASSIST website (<https://www.assist.org/>), the individual university catalog, and a MiraCosta College counselor.

Graduation Requirements

- ▶ Complete a minimum of 60 degree-applicable units of credit (including major and general education courses).
- ▶ Complete all courses required in the major with a "C" or "P" or better.
- ▶ Complete a general education pattern of courses (see Associate Degrees (<https://catalog.miracosta.edu/degreecertificatetransferinfo/requirements/>)).
- ▶ Obtain a minimum grade point average of 2.0.
- ▶ Complete a minimum of 12 units in residence at MiraCosta College.

### Program Student Learning Outcome

Upon completion of this program, the student will be able to apply knowledge of developmental theories, norms, and cultural influences to demonstrate a critical understanding of a person's development.

### Course Requirements

Required courses:		
ANTH 102	Cultural Anthropology	3
ENGL C1000	Academic Reading and Writing	4
PSYC 121	Human Development	3
Choose the course sequence listed in Psychology or Sociology:		10
Psychology		
PSYC C1000	Introduction to Psychology	
or PSYC C1000H	Introduction to Psychology (Honors)	
PSYC 104	Statistics for Behavioral Science	
or PSYC 104H	Statistics for Behavioral Science (Honors)	
PSYC 205	Research Methods in Psychology	
Sociology		
SOC 101	Introduction to Sociology	
or SOC 101H	Introduction to Sociology (Honors)	
SOC 125	Introduction to Statistics in Sociology	
SOC 205	Introduction to Research Methods in Sociology	
<b>Total Units</b>		<b>20</b>

## Certificates

### Certificate of Proficiency

#### Research Fundamentals

This certificate emphasizes the skills needed to interpret research data and conduct basic research in accordance with the procedures and methods of behavioral science. The certificate is designed for individuals interested in learning research skills and for those who need assistance in improving these skills for their work.

### Program Student Learning Outcome

Upon completion of this program, the student will be able to construct a testable hypothesis and examine it using appropriate research methodologies.

### Course Requirements

Required courses:		
LIBR 101	Introduction to Library Research	1
PSYC 104	Statistics for Behavioral Science	4
or PSYC 104H	Statistics for Behavioral Science (Honors)	
or SOC 125	Introduction to Statistics in Sociology	
Select three units from the following:		3
ADM 100	Introduction to the Administration of Justice	
PSYC C1000	Introduction to Psychology	
or PSYC C1000H	Introduction to Psychology (Honors)	
SOC 101	Introduction to Sociology	
or SOC 101H	Introduction to Sociology (Honors)	
Select three elective units from the following:		3
LIBR 201	Media & Information Literacy	
or LIBR 201H	Media & Information Literacy (Honors)	
PSYC 205	Research Methods in Psychology	
SOC 205	Introduction to Research Methods in Sociology	
<b>Total Units</b>		<b>11</b>

### Certificate of Proficiency

#### Volunteer Services

This certificate offers students core courses in behavioral science combined with at least one behavioral science course that offers service learning. The academic courses provide a fundamental understanding of human behavior. A course that includes service learning requires volunteering in the community combined with written reflection on the volunteer experience. This certificate emphasizes working directly with people in need within the service-learning tradition, and it integrates academics with practice.

This certificate can enrich the service of experienced volunteers, guide those interested in volunteering for the first time and transfer students interested in teaching and social service agency work, and provide early experience in public service.

Students need to contact the Service Learning Office (<https://www.miracosta.edu/student-services/service-learning/>) for information about instructors in behavioral science who offer service learning. In addition, students must provide verification of their volunteer participation through the Service Learning Office to earn the certificate.

Program Student Learning Outcome

Upon completion of this program, the student will be able to explain the importance of volunteering in the community from a behavioral sciences perspective.

Course Requirements

Required courses:		
SOC 101	Introduction to Sociology	3
or SOC 101H	Introduction to Sociology (Honors)	
SOC 102	Contemporary Social Problems	3
Select at least 5 elective units from the following:		5
CHLD 210	Child, Family, and Community	
PSYC/SOC 103	Social Psychology	
PSYC/SOC 145	Psychology/Sociology of the Family	
Total Units		11

Courses

PSYC C1000: Introduction to Psychology

Units: 3  
Prerequisites: None  
Enrollment Limitation: Not open to students with prior credit in PSYC 101, PSYC 101H, or PSYC C1000H.  
Acceptable for Credit: CSU, UC  
Lecture 3 hours.  
Course Typically Offered: Fall, Spring, and Summer

This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations. Topics include the biological basis of behavior, perception, cognition, consciousness, learning, memory, emotion, motivation, development, personality, social psychology, and psychological disorders. The course also explores therapeutic approaches and the use of applied psychology in contemporary society. UC CREDIT LIMITATION: Credit for PSYC C1000 or PSYC C1000H. (Formerly PSYC 101.) C-ID PSY-110.

PSYC C1000H: Introduction to Psychology (Honors)

Units: 3  
Prerequisites: None  
Enrollment Limitation: Not open to students with prior credit in PSYC 101, PSYC 101H, or PSYC C1000.  
Acceptable for Credit: CSU, UC  
Lecture 3 hours.  
Course Typically Offered: Fall

This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations. This is an honors course. Topics include the biological basis of behavior, perception, cognition, consciousness, learning, memory, emotion, motivation, development, personality, social psychology, and psychological disorders. The course also explores therapeutic approaches and the use of applied psychology in contemporary society. As an honors course, it provides an enhanced experience for students through advanced course work and reading materials, enriched analysis and discussion of psychological topics, special attention to science in psychology, and refinement of critical thinking skills. UC CREDIT LIMITATION: Credit for PSYC C1000 or PSYC C1000H. (Formerly PSYC 101H). C-ID PSY-110.

PSYC 100: Psychology of Personal Growth

Units: 3  
Prerequisites: None  
Acceptable for Credit: CSU, UC  
Lecture 3 hours.  
Course Typically Offered: Fall, Spring, and Summer

This course introduces the principles of human behavior with a combined emphasis on the scientific method, personal growth, and the application of psychology to everyday life. Topics include adjustment, personality, friendship and intimate relationships, human sexuality, the self, psychological disorders and psychotherapy, and health psychology. The course emphasizes the scientific basis of psychological knowledge and the application of such knowledge to achieve personal growth. UC CREDIT LIMITATION: No credit if taken after PSYC C1000 or PSYC C1000H. C-ID PSY-115.

PSYC 103: Social Psychology

Units: 3  
Prerequisites: None  
Enrollment Limitation: Not open to students with prior credit in SOC 103.  
Acceptable for Credit: CSU, UC  
Lecture 3 hours.  
Course Typically Offered: Fall, Spring

Social psychology examines the influence that society, contexts, groups, and others have on individuals. This course emphasizes the sociological and psychological factors in socialization, self-concept, interpersonal relationships, and group dynamics. The course pays special attention to social cognition, attitudes, social influence, language, and cross-cultural differences in social psychology. C-ID PSY-170.

**PSYC 104: Statistics for Behavioral Science**

Units: 4

Prerequisites: Knowledge, skills, and abilities at the beginning algebra level as determined by the math placement process.  
Enrollment Limitation: Not open to students with prior credit in PSYC 104H.

Acceptable for Credit: CSU, UC

Lecture 4 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces statistical methods for analyzing data in the behavioral sciences. Topics include basic research design; descriptive statistics, probability and sampling distributions; statistical inference and power; linear correlation and regression; t-test and one-way analysis of variance; chi-square. Students use appropriate technology (e.g., calculators and SPSS) to analyze real-world data and report results using American Psychological Association style. UC CREDIT LIMITATION: Credit for BTEC 180, BUS 204, PSYC 104/PSYC 104H, SOC 125, or STAT C1000/STAT C1000E/STAT C1000H. Some CSU campuses may also impose this credit limitation. C-ID SOCI-125.

**PSYC 104H: Statistics for Behavioral Science (Honors)**

Units: 4

Prerequisites: Knowledge, skills, and abilities at the beginning algebra level as determined by the math placement process.  
Enrollment Limitation: Not open to students with prior credit in PSYC 104.

Acceptable for Credit: CSU, UC

Lecture 4 hours.

Course Typically Offered: Spring even years

This course introduces statistical methods for analyzing data in the behavioral sciences. As an honors course, it offers an enriched experience for students through a pro-seminar format and more in-depth coverage of course topics. Topics include research design; descriptive statistics, probability, and sampling distributions; statistical inference and advanced power analysis; linear correlation and regression; t-test and one-way analysis of variance; chi-square. Students use appropriate technology (e.g., calculators and SPSS) to analyze real-world data and report results using American Psychological Association style. UC CREDIT LIMITATION: Credit for BTEC 180, BUS 204, PSYC 104/PSYC 104H, SOC 125, or STAT C1000/STAT C1000E/STAT C1000H. Some CSU campuses may also impose this credit limitation. C-ID SOCI-125.

**PSYC 114: Abnormal Psychology**

Units: 3

Prerequisites: None

Advisory: PSYC 100, PSYC C1000, or PSYC C1000H.

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course introduces psychological disorders and their diagnosis, causes, and treatments. Topics include anxiety, mood, personality, eating, sexual, gender identity, psychotic, and substance-related disorders. Students examine the causes and treatments of disorders based on scientific research. C-ID PSY-120.

**PSYC 115: Human Sexuality**

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course examines human sexuality from three perspectives—the biological, the psychological, and the social—and is applicable to students of all majors. The biological topics include sexual anatomy, the sexual response cycle, sexual behaviors, sexual dysfunctions, pregnancy, birth control, and prenatal development. The psychological topics include attraction, communication, intimacy, and love. The social topics include gender, the law, morality, sexual educational, and ethical issues. C-ID PSY-130

**PSYC 121: Human Development**

Units: 3

Prerequisites: None

Enrollment Limitation: not open to students with prior credit in PSYC 121H.

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course examines the psychological and physical development of the individual from conception through childhood, adolescence, and maturity. It covers major theories of intellectual, physical, emotional, and social development and explores cultural differences in development. The course emphasizes the interdependence of various periods of the individual's life and considers scientific methods, behavioral disorders, death, and spirituality. UC CREDIT LIMITATION: Credit for CHLD 112, CHLD 113, or PSYC 121. C-ID PSY-180.

**PSYC 125: Psychology of Women**

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Spring odd years

This course examines psychological and feminist theories of women's development across the lifespan. It includes biological and cultural factors that shape and define women's daily experience. Students study the influences of sexism, socialization, sexuality, personal relationships, health, education, employment, aging, and violence against women in relationship to their impact on women's self-concept, attitudes, relationships, achievements, and overall well-being. The course also explores cross-cultural assessment of gender and the current state of women's rights within the world.



**PSYC 145: Psychology/Sociology of the Family**

Units: 3

Prerequisites: None

Enrollment Limitation: Not open to students with prior credit in SOC 145.

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course examines the family as a social institution and applies sociological and psychological theories and concepts to couples, intimate relationships, marriage, and families. These theories and concepts provide frameworks for examining love, sexuality, and commitment and for identifying problems and adjustments for couples and family relationships. The course also studies changing models of the family, historical perspectives, cross-cultural comparisons, and the influences of changes in contemporary society affecting family life. Topics include partner selection, becoming parents, communication, family and work, family crises, divorce, aging, and issues linked to social class and living in a diverse society. C-ID SOC-130.

**PSYC 170: Psychology of Aging: Adult Development and Aging**

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Spring even years

This course explores normal and abnormal characteristics of aging on physical, cognitive, personality, and mental health processes as they occur in late adulthood. Topics include marriage, family and friends, intergenerational issues, and intimacy and sexuality. It probes late-adult transitions, such as retirement and widowhood, and end-of-life issues.

**PSYC 205: Research Methods in Psychology**

Units: 3

Prerequisites: PSYC C1000 or PSYC C1000H; and PSYC 104 or PSYC 104H; and ENGL C1000.

Enrollment Limitation: Concurrent enrollment in PSYC 104 or PSYC 104H for students with MATH 103 or STAT C1000 credit.

Acceptable for Credit: CSU, UC

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course emphasizes an appreciation of the scientific method, the development of research skills, knowledge of research ethics, and the evaluation of scientific research. It focuses on research design, experimental procedures, descriptive methods, instrumentation, and the collection, analysis, interpretation, and reporting of research data. Students conduct library research, design and implement research projects using appropriate methodologies and controls, analyze and interpret data using the SPSS statistical computer program, and write research reports using the APA format. In laboratory sessions, students conduct experimental and non-experimental research in a variety of areas of psychology. Students with STAT C1000 may take PSYC 104 or PSYC 104H concurrently with Research Methods. C-ID PSY-200.

**PSYC 211: Learning and Behavior Modification**

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Spring

This course surveys the principles of learning and the research applications of behavior modification. Topics include the historical origins of learning theory; classical and operant conditioning; cognitive aspects of complex learning tasks; and biological factors in learning. The course also covers the principles of behavior modification, including reinforcement and punishment, schedules of reinforcement, and applications of behavior modification in an educational environment.

**PSYC 260: Physiological Psychology**

Units: 3

Prerequisites: PSYC C1000 or PSYC C1000H.

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course introduces the biological basis of behavior. Students gain an appreciation of how the human brain creates a perception of the physical world, develop the ability to critically evaluate research in biological psychology, and understand the biological mechanisms that underlie psychological phenomena. Topics include research in biological psychology, anatomy of the nervous system, development of the nervous system, neurons and action potential, communication at the synapse, effects of psychoactive drugs, sensory systems, motivation and emotion, sleep/wake cycles, learning and memory, lateralization and language, and the biological basis of psychopathology. C-ID PSY-150.

**PSYC 292: Internship Studies**

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Instructor, dept chair, and Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course provides students the opportunity to apply the theories and techniques of their discipline in an internship position in a professional setting under the instruction of a faculty-mentor and site supervisor. It introduces students to aspects of the roles and responsibilities of professionals employed in the field of study. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.

**PSYC 296: Topics in Psychology**

Units: 1-3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Lecture 2 hours.

Lecture 3 hours.

Course Typically Offered: To be arranged

This course gives students an opportunity to study topics in Psychology that are not included in regular course offerings. Each Topics course is announced, described, and given its own title and 296 number designation in the class schedule.

**PSYC 299: Occupational Work Experience Education**

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course is intended for students who are employed in a job directly related to their major or career area of interest. It allows such students the opportunity to apply the theories and skills of their discipline to their position and to undertake new responsibilities and learn new skills at work. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.