

**POSC 197 Political Science Topics (.5-4)**

Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture, laboratory, or lecture/laboratory may be scheduled by the department. Refer to Class Schedule.

**Note:** May be taken 4 times

**Transfer acceptability:** CSU; UC – Credit determined by UC upon review of course syllabus.

Topics in Political Science. See Class Schedule for specific topic offered. Course title will designate subject covered.

**POSC 295 Directed Study in Political Science (1,2,3)**

3, 6, or 9 hours laboratory

**Prerequisite:** Approval of project or research by department chairperson

**Note:** May be taken 4 times

**Transfer acceptability:** CSU; UC – Credit determined by UC upon review of course syllabus.

Independent study designed for advanced students who have demonstrated a proficiency in political science subjects and have the initiative to work independently on projects or research that does not fit into the context of regularly scheduled classes. Students will work under the personal supervision of an instructor.

**Psychology (PSYC)**

Contact the Behavioral Sciences Department for further information, (760) 744-1150, ext. 2329. For transfer information, consult a Palomar College counselor.

Associate in Arts degree requirements, Certificate of Achievement requirements, and Certificate of Proficiency requirements are listed in Section 6 (green pages) of the catalog.

**PROGRAM OF STUDY**

**Alcohol and Other Drug Studies**

Provides the student with the academic training and hands on experience for entry-level employment in delivery of alcohol and other drug treatment services in agency settings and serves as a preparation for California state examinations as a certified addictions treatment counselor by CAADE and as a certified alcoholism and drug abuse counselor by CAADAC.

**A.A. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT\***

| <b>Program Requirements</b>   | <b>Units</b>   |
|---|----------------|
| PSYC 100 Introduction to Psychology   | 3              |
| PSYC/SOC/<br>AODS 150 Introduction to Chemical Dependency                   | 3              |
| PSYC/SOC/<br>AODS 155 The Physiology and Pharmacology of Psychoactive Drugs | 3              |
| PSYC/SOC/<br>AODS 160 Prevention, Intervention, and Education               | 3              |
| PSYC 225 Psychology of Abnormal Behavior                                    | 3              |
| PSYC/SOC/<br>AODS 250 Group Leadership and Process                          | 3              |
| PSYC/SOC/<br>AODS 255 Treatment Modalities, Law and Ethics                  | 3              |
| PSYC/SOC/<br>AODS 260 Chemical Dependency Family Counseling                 | 3              |
| PSYC/SOC/<br>AODS 299 Directed Field Experience II                          | 6              |
| <b>Group One (Select 3 units)</b>   |                |
| SOC 100 Introduction to Sociology   | 3              |
| SOC 110 Social Problems   | 3              |
| <b>Group Two (Select 4-5 units)</b>   |                |
| PSYC/SOC/<br>AODS 140 Introduction to Psychological and Social Services     | 3              |
| PSYC/SOC/<br>AODS 298 Directed Field Experience I                           | 5              |
| <b>TOTAL UNITS</b>  | <b>37 - 38</b> |

\*Alcohol and Other Drug Studies A.A. Degree Major or Certificate of Achievement pending approval by the California Community Colleges System Office at the time of catalog publication.

Alcohol and Other Drug Studies is also listed in Alcohol and Other Drug Studies and in Sociology.

**Psychological and Social Services**

Provides the student with the academic training and hands on experience for entry-level employment in human services and serves as preparation for upper division course work.

**A.A. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT**

| <b>Program Requirements</b>   | <b>Units</b> |
|---|--------------|
| COUN 100 Introduction to Basic Counseling Skills                    | 3            |
| PSYC 100 Introduction to Psychology                                 | 3            |
| PSYC/SOC/<br>AODS 140 Intro to Psychological and Social Services    | 4            |
| PSYC 225 Psychology of Abnormal Behavior                            | 3            |
| PSYC 235 Learning/Behavior Modification                             | 3            |
| PSYC/SOC/<br>AODS 298 Directed Field Experience I                   | 5            |
| SOC 100 Introduction to Sociology                                   | 3            |
| SOC 110 Social Problems   | 3            |
| <b>Electives (Select 3 units)</b>                                   |              |
| PSYC/SOC 105 Marriage, Family and Intimate Relationships            | 3            |
| PSYC 110 Developmental Psychology – Child/Adult                     | 3            |
| PSYC 115 Psychology of Personal Growth                              | 3            |
| PSYC/SOC 120 Social Psychology                                      | 3            |
| PSYC/SOC 145 Psychology and Sociology of Aging                      | 3            |
| PSYC/SOC/<br>AODS 155 Physiology/Pharmacology of Psychoactive Drugs | 3            |
| <b>TOTAL UNITS</b>  | <b>30</b>    |

Completion of additional psychology or sociology courses in alcohol/drug studies prepares students for eligibility to take California state examinations to become certified addictions treatment specialists by CAADE and certified alcoholism and drug abuse counselors by CAADAC.

**Alcohol/Drug Courses Required for Eligibility for State Examinations**

|   |   |
|---|---|
| PSYC 100 Introduction to Psychology                                 | 3 |
| PSYC 225 Psychology of Abnormal Behavior                            | 3 |
| SOC 100 Introduction Sociology                                      | 3 |
| PSYC/SOC/<br>AODS 140 Intro to Psychological and Social Services    | 4 |
| PSYC/SOC/<br>AODS 150 Intro to Chemical Dependency                  | 3 |
| PSYC/SOC/<br>AODS 155 Physiology/Pharmacology of Psychoactive Drugs | 3 |
| PSYC/SOC/<br>AODS 160 Prevention, Intervention, and Education       | 3 |
| PSYC/SOC/<br>AODS 250 Group Leadership and Process                  | 3 |
| PSYC/SOC/<br>AODS 255 Treatment Modalities, Law and Ethics          | 3 |
| PSYC/SOC/<br>AODS 260 Chemical Dependency Family Counseling         | 3 |
| PSYC/SOC/<br>AODS 298 Directed Field Experience I                   | 5 |
| PSYC/SOC/<br>AODS 299 Directed Field Experience II                  | 6 |

Psychological and Social Services A.A. Degree or Certificate of Achievement is also listed in Sociology.

## COURSE OFFERINGS

**PSYC 100 Introduction to Psychology (3)**  
3 hours lecture**Transfer acceptability:** CSU; UC; CAN PSY 2

A general introduction to the principles of human and animal behavior. Topics covered include history of psychology, research thinking, intelligence, lifespan development, gender and human sexuality, motivation and emotion, health psychology, personality, psychological disorders, therapy, social psychology, and other related topics (e.g., industrial/organizational psychology, sports psychology, environmental psychology, forensic psychology). Emphasis is placed upon the relationship between general principles of psychology and their practical applications.

**PSYC 105 Marriage, Family, and Intimate Relationships (3)**  
3 hours lecture**Note:** Cross listed as SOC 105**Transfer acceptability:** CSU, UC

A study of the psychology and sociology of the family and intimate relationships. Emphasizes factors that enhance interpersonal relationships. Topics include love, marital choice, communication, conflict, and changing models of the family. Examines cross-cultural and historical factors that impact the family as a social institution and the impact of gender, race and ethnicity, social class, age, and sexual orientation on family organization.

**PSYC 110 Developmental Psychology – Child Through Adult (3)**  
3 hours lecture**Transfer acceptability:** CSU; UC

A chronological study of human growth and development throughout the lifespan. Heredity and environmental determinants of behavior and developmental research methods are emphasized. The importance of social experience in the family, school, peer groups, and society are examined.

**PSYC 115 The Psychology of Personal Growth and Development (3)**  
3 hours lecture**Transfer acceptability:** CSU

Emphasis on self understanding through the study of the individual and relationships which contribute to unique personal development; application of the fundamental concepts of psychology which aid in examining one's own personal environment and the interaction with that environment.

**PSYC 120 Social Psychology (3)**  
3 hours lecture**Note:** Cross listed as SOC 120**Transfer acceptability:** CSU; UC

Explores relationships between the behavior of individuals and the structure of society. Emphasizes the importance of language, roles, and the concepts of the self in the socialization process.

**PSYC 125 Human Sexuality (3)**  
3 hours lecture**Note:** Cross listed as SOC 125**Transfer acceptability:** CSU; UC

Survey of topics pertinent to an understanding of the development of human sexuality. Emphasis on biological, psychological, and cultural determinants of sexual behavior. Current sex norms and various aspects of interpersonal and individual sexual adjustment.

**PSYC 130 Psychology of Women (3)**  
3 hours lecture**Transfer acceptability:** CSU; UC

A psychological exploration of the ways that race, ethnicity, class, sexual orientation, and age modify women's experience. To be included are such areas as communication, mental health, sex-role socialization, body image, family, and sexuality issues. Course content will be relevant to both females and males.

**PSYC 140 Introduction to Psychological and Social Services (4)**  
3 hours lecture-3 hours laboratory**Note:** Cross listed as SOC 140/AODS 140**Transfer acceptability:** CSU

An overview of the theoretical basis of counseling skills, including social work, psychodynamic, behavioral, and client-centered approaches. The roles of psychologists, sociologists, social workers, family therapists, and therapeutic support providers are compared and contrasted, and the issues they deal with are described. This course provides students with an opportunity to observe actual practices of human services providers working as interdisciplinary team members in an agency setting. Through cooperative efforts of provider agencies, the instructor, and the student, the skills utilized for entry level employment are observed, practiced, and evaluated under supervision.

**PSYC 145 Psychology and Sociology of Aging (3)**  
3 hours lecture**Note:** Cross listed as SOC 145**Transfer acceptability:** CSU

A multi disciplinary approach to the field of gerontology; historical, demographic, psychological, and sociological aspects of aging.

**PSYC 150 Introduction to Chemical Dependency (3)**  
3 hours lecture**Note:** Cross listed as SOC 150/AODS 150**Transfer acceptability:** CSU

This basic course will provide a historical perspective on alcohol and other psychoactive drug abuse and its impact on the community. An interdisciplinary approach will be used. Topics will include definitions, sociocultural factors related to use and/or abuse, identification of issues and models of dependency and recovery, and analysis of the effectiveness of policies and programs.

**PSYC 155 The Physiology and Pharmacology of Psychoactive Drugs (3)**  
3 hours lecture**Note:** Cross listed as SOC 155/AODS 155**Transfer acceptability:** CSU

This course will examine how psychoactive drugs affect the nervous system. Ways of classifying drugs will be identified including the processes of physical and psychological dependence, tolerance, withdrawal, and genetic predispositions. Temporary and long-term affective, behavioral, cognitive, biological, and social consequences of psychoactive drug use will be explored, including disorders such as Korsakoff's syndrome and other nutritional deficiencies.

**PSYC 160 Prevention, Intervention, and Education (3)**  
3 hours lecture**Note:** Cross listed as SOC 160/AODS 160**Transfer acceptability:** CSU

This course will review historical and contemporary approaches for chemical dependency, including prevention, intervention, and education. It will analyze the progression of substance abuse and chemical dependency disorders and will evaluate types of prevention, education, and intervention strategies.

**PSYC 197 Special Topics in Contemporary Psychology (1,1.5,2,3)**  
1, 1½, 2, or 3 hours lecture**Note:** May be taken 2 times**Transfer acceptability:** CSU; UC – Credit determined by UC upon review of course syllabus.

Current topics of special interest to psychology students will be debated and discussed in a seminar format. Issues in such areas as social psychology, perception and learning, personality, and others will be analyzed from theoretical and methodological perspectives. Content will change from semester to semester.

**PSYC 205 Statistics for the Behavioral Sciences (3)**  
3 hours lecture**Prerequisite:** A minimum grade of 'C' in MATH 56 or 60 or eligibility determined through the math placement process**Note:** Cross listed as SOC 205**Transfer acceptability:** CSU; UC - PSYC/SOC 205, MATH 120, and BIOL 215 combined: maximum credit, one course; CAN PSY 6

Quantitative methods as applied to behavioral science data. Frequency distribu-

tions, measure of central tendency, variability, theory of error, measures of significance, correlation, regression, and an introduction to analysis of variance. Also included is an introduction to the use of computers in statistics.

**PSYC 205L Data Analysis in Psychology and Sociology (1)**

3 hours laboratory

**Corequisite:** PSYC/SOC 205

**Note:** Cross listed as SOC 205L

**Transfer acceptability:** CSU; UC

Use of the computer as a tool for calculating statistics and exploring data in Psychology and Sociology.

**PSYC 210 Physiological Psychology (4)**

3 hours lecture-3 hours laboratory

**Prerequisite:** PSYC 100

**Transfer acceptability:** CSU; UC; CAN PSY 10

An examination of the biological basis of behavior. Topics to be covered include neuroanatomy, neurophysiology, psychoactive drug use and addiction, endocrinology, encephalic evolution, learning and memory, sexual behavior, sleep processes and neuropsychological disorders. Laboratory includes neuroanatomical dissection.

**PSYC 225 Psychology of Abnormal Behavior (3)**

3 hours lecture

**Prerequisite:** PSYC 100

**Transfer acceptability:** CSU; UC

Identification and description of the various types of psychological abnormalities, deficiencies, and disorders which may interfere with a human individual's ability to cope with the demands of the surroundings. All of the major psychiatric categories will be covered as well as the types of personality problems which lead to domestic, social, and economic inadequacies, and in some instances, to difficulties with the law.

**PSYC 230 Research Methods in Psychology (4)**

3 hours lecture-3 hours laboratory

**Prerequisite:** PSYC 100, PSYC/SOC 205, ENG 100

**Transfer acceptability:** CSU; UC

Introduction to psychological research methods with emphasis on the use of the scientific method in psychological research. The laboratory is designed to complement the lectures and allow each student to design and conduct psychological research.

**PSYC 235 Principles of Learning and Behavior Modification (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

The basic principles and research in classical conditioning, operant conditioning, cognitive learning processes, the impact of biochemical processes on learning, and application of behavior modification techniques for changing behavior.

**PSYC 250 Group Leadership and Process (3)**

3 hours lecture

**Note:** Cross listed as AODS 250/SOC 250

**Transfer acceptability:** CSU

An introduction to the dynamics of group interaction, with emphasis upon the individual's firsthand experience as the group studies itself under supervision. Problems of communication, effective emotional responses, and personal growth will be highlighted. The emphasis will be upon group process as a means of changing behavior.

**PSYC 255 Treatment Modalities, Law and Ethics (3)**

3 hours lecture

**Note:** Cross listed as AODS 255/SOC 255

**Transfer acceptability:** CSU

This course reviews the principles and practices of addiction treatment including screening, intake, orientation, assessment, treatment planning, counseling, case management, crisis intervention, education of clients and their families, referral, report and record keeping, and consultation. Legal and ethical standards of practice for addictions counselors will be reviewed and included in this body of knowledge, skills, and attitudes.

**PSYC 260 Chemical Dependency Family Counseling (3)**

3 hours lecture

**Note:** Cross listed as AODS 260/SOC 260

**Transfer acceptability:** CSU

This course is designed to explore methods of assisting family members and others to understand and to cope with the alcohol and drug abuse of alcoholics and addicts. Several family therapy modalities will be explored. The approach will be experiential in format and students will participate in exercises that lead to the development of these skills.

**PSYC 296 Special Problems in Psychology (1,2,3)**

1, 2, or 3 hours lecture

**Note:** May be taken 4 times

**Transfer acceptability:** CSU; UC – Credit determined by UC upon review of course syllabus.

An individualized or group project in psychology of any nature approved by, and under the personal supervision of, the instructor.

**PSYC 298 Directed Field Experience I (5)**

3 hours lecture-6 hours laboratory

**Note:** Cross listed as AODS 298/SOC 298

**Transfer acceptability:** CSU

Principles of interpersonal conflict dynamics and approaches for conflict resolution are analyzed. Non-directive, directive and behavior modification skills that are used to increase motivation for positive behavioral change are compared and evaluated. Field placement provides students with an opportunity to observe human services providers dealing with conflict in agency settings using structured and informal conflict resolution approaches. Interns are also provided with opportunities to practice conflict resolution techniques and skills for increasing motivation for positive change.

**PSYC 299 Directed Field Experience II (6)**

3 hours lecture-9 hours laboratory

**Note:** Cross listed as AODS 299/SOC 299

**Transfer acceptability:** CSU

This course emphasizes advanced concepts in chemical dependency. The functions and consequences of denial and ambivalence are explored in depth, and students refine their skills for the 12 core functions of effective clinical practice. They prepare for the oral California certifying examinations and for entry level positions as alcohol and drug counselors. Students practice these skills in class and under the supervision of agency personnel.

## Public Administration (PA)

Contact the Economics, History and Political Science Department for further information, (760) 744-1150 ext. 2412

Associate in Arts degree requirements, Certificate of Achievement requirements, and Certificate of Proficiency requirements are listed in Section 6 (green pages) of the catalog.

### PROGRAM OF STUDY

#### Public Administration

This certificate program is designed for transfer into San Diego State University's program leading to a degree in Public Administration.

Assists in improving skills to take management positions and/or meet professional growth requirements in local government. Transfer students should consult the four year college or university catalog for specific requirements or see a Palomar College counselor.

In order to earn a certificate, students must achieve a minimum grade of 'C' in each of the certificate program courses.