

# PSYCHOLOGY (PSYC)

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## PSYC-C1000

### Introduction to Psychology

3 UNITS

Recommended Preparation: Eligibility for college-level writing (C-ID ENGL 100) and reading (a course with an existing skill of ability to read a college level text)

3.0 hours lecture

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.

Introduction to the facts and theories which seek to explain and understand human thought and behavior including such topics as personality, psychotherapy, learning, memory, interpersonal relationships, adjustment and biological influences. Formerly PSY 120. Not open to students with credit in PSY 120. (C-ID PSY 110) (CSU/UC) (AA/AS-4, Cal-GETC-4)

## Common Course Numbering

PSYC-C1000 Introduction to Psychology is part of Common Course Numbering. For more information, please visit the Grossmont-Cuyamaca Common Course Numbering Webpage (<https://www.gcccd.edu/ccn/>).