

# PSYCHOLOGY (PSYC)

---

## PSYC-C1000

### Introduction to Psychology

**3 UNITS**

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. Formally PSY 120 this course is not open to students who have already received credit for Psychology 120. This course introduces key facts and theories to enhance the understanding of human behavior through the mind. It provides a general overview of psychology's research methods and major research findings. Topics covered include physiology, learning, memory, perception, cognitive processes, consciousness, development, motivation and emotion, personality, abnormal behavior, therapy, and social psychology.

## 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/>).