

Sample Academic Plan: Psychology – Psychology FOCUS AA-T Degree

Catalog: 2024-25

GE Pattern: Sierra College

Full Time, Total Units: 61

Earn degrees:

1. AA-T Psychology for Transfer
2. AS Psychology
3. AS Ethnic Studies: Social and Behavioral Sciences

NOTE: *This is only a sample academic plan. Please see a counselor to create an academic plan that is customized to meet your needs. This academic plan is not a guarantee of course availability or financial aid applicability. For counseling appointments, call (916) 660-7400.*

FIRST SEMESTER (Units: 15)

First 8-week session

- PSYC C1000: Introduction to Psychology (previously PSYC 0100: General Principles of Psychology)
- ENGL C1000: Academic Reading and Writing (previously ENGL 0001A: College Reading, Writing and Research)
- SKDV 0010: How to be a Successful Online Student

Second 8-week session

- KIN 0062: Fundamentals of Yoga
- ETHN 0011: Intro to Ethnic Studies
- ARHI 0101: Art Appreciation

SECOND SEMESTER (Units: 15)

First 8-week session

- PSYC 0142: Intro Psychological Statistics
- ENGL C1001: Critical Thinking and Writing (previously ENGL 0001C: Critical Thinking and Writing across the Curriculum)

Second 8-week session

- PSYC 0200: Introduction to Research Methods in Psychology (previously PSYC 105 Research and Methods in Psychology)
- HIST 0027: Women in American History
- HDEV 0001: Human Development - Lifespan

THIRD SEMESTER (Units: 16)

First 8-week session

- PSYC 0140: Introduction to Biopsychology
- PSYC 0140L: Biopsychology Laboratory
- COMM C1000: Introduction to Public Speaking (previously COMM 0001: Fundamentals of Public Speaking)

Second 8-week session

- HIST 0017B: History of the U.S. since 1865
- PSYC 0103: Social Psychology
- ESS 0001: Intro to Environmental Sciences and Sustain

FOURTH SEMESTER (Units: 15)

First 8-week session

- PSYC 0106: Psychology of Adjustment
- PSYC 0107: Abnormal Psychology
- SOC 0002: Social Problems

Second 8-week session

- ADMJ 0050: Intro to Administration Justice
- PSYC 0130: Human Sexuality