

First-Year Course Recommendations - Psychology

Full-time students typically choose a combination of these courses - totaling 12-16 units per semester.

	Course	Course Title	Course Advice	Units	Semester	
					1st	2nd
Major	PSY 100	Introduction to Psychology	This is a great beginning course taking an initial look at many of the topics typically covered in greater detail at four year colleges. It also counts as a Social Science for general education. Note: it has a Skills Advisory of eligibility for ENGL 110 so we highly recommend you wait to take this course until you are ready to take ENGL 110..	3		
General Education	English	See: Which English Courses Do I Need?	English is a foundational skill necessary for success in all college courses. Note: most SBCC courses have Skills Advisories of Eligibility for ENGL 110 . Take whichever level of English you are eligible to take.	3-5		
	Math	See: Understanding Your Math Course Placements	Math is a foundational skill that can be harder the longer you wait to take it. We recommend getting started on it now. You will need one college level math course for admission to the California public universities. Some Psychology majors require Math 117 – Elementary Statistics for the major. UCSB also requires calculus – Math 130 .	3-5		
	Arts and Humanities	See: IGETC Area 3A & 3B; SBCC GE Pattern Area C	Look for courses with Skills Advisories which match your placement levels and that seem interesting to you. Note: History courses can count in this area.	3		
	Social Sciences	See: IGETC Area 4; SBCC GE Pattern Area B	Many Psychology courses (including PSY 100) count in this area, but if you plan to transfer you will also need at least one course from another Social Science subject (such as: Anthropology, Early Childhood Education, Sociology, etc.). Look for courses with Skills Advisories which match your placement levels and that seem interesting to you.	3		
	Science	See: IGETC Area 5A, 5B, & 5C SBCC GE Pattern Area A	UC and CSU campuses require two science courses – one from each of two different areas but only one of them is required to have a lab component. Underlined courses on IGETC are the ones with the labs.	3-4		
Electives	PD 100	College Success	PD 100 is designed to teach study skills for academic success in college. It introduces resources available at SBCC and allows students to explore major and transfer goals. PD 110 is designed to help students explore major and career options while also gaining interview, communication, and resume writing skills. Note: both courses transfer to UC's and CSU's but UC's only count units for one (so we recommend you only take one).	3		
	PD 110	Career Planning				
	PE	Physical Education Activities	You can transfer up to 4 units of PE activity courses to the UC system and more to CSU campuses. They can be a great way to manage stress and maintain physical health. Many of these courses are graded.	1		
	Any course of interest		Taking courses you are interested in can be one of the best ways to explore major and career options. SBCC offers many incredible courses in areas outside of major and general education that are still desired by the UC and CSU systems.	1-5		