

# PSYCHOLOGY - ASSOCIATE OF ARTS OREGON TRANSFER (AAOT)

## Description

Psychology is a broad discipline that considers properties of the brain and seeks to understand humans as individuals and in groups. The Associate of Arts Oregon Transfer with a focus in psychology includes courses that are commonly required for this major and meets lower-division general education requirements at all Oregon public universities.

## Statewide General Education Student Learning Outcomes

Please see the [General Education page](#) for statewide general education student learning outcomes.

## Entrance Requirements

While this degree has no formal entrance requirements, individual courses may have prerequisites which must be met before enrollment.

## Course Requirements

Course	Title	Credits
<b>General Education/Foundational</b>		
<u>Health:</u>		
Choose 3 credits <sup>1</sup>		3
<u>Mathematics:</u>		
Choose one course		4
Recommend: MTH 105Z or MTH 111Z. <sup>2</sup>		
<u>Oral Communication:</u>		
Choose one course		3-4
<u>Writing:</u>		
WR 121Z	Composition I	4
WR 122Z	Composition II	4
or WR 227Z	Technical Writing	
<b>General Education/Discipline Studies</b>		
<u>Cultural Literacy:</u>		
One course from the following categories must be designated as cultural literacy on the Discipline Studies list (credits count once).		
<u>Arts and Letters:</u>		
Choose three courses from at least two prefixes		9-12
<u>Social Science:</u>		
Choose four courses from at least two prefixes		12-16
Recommend: PSY 201Z, PSY 202Z		
<u>Science/Math/Computer Science:</u>		
Choose four courses from at least two prefixes including at least three laboratory courses in biological and/or physical science		12-20
<b>Electives</b>		
Choose any course numbered 100 or above that brings the total credits to 90 quarter hours. This may include up to 12 credits of Career and Technical Education courses designated by COCC as acceptable.		39

Recommend: PSY 212 or HD 110

**Total Credits**

**90-106**

<sup>1</sup> HHPA activity courses (1 credit each) are not to be duplicated.

<sup>2</sup> Please consult with advisor prior to determine appropriate placement based on planned pathways.

## Advising Notes

For specific advice about how coursework and extracurricular activities relate to transfer to four-year colleges and universities, please meet with a psychology advisor who will help navigate schools' frequently changing requirements and expectations. It can often feel complex and confusing, and schools have different specialties. Psychology advisors are here to help. As part of meeting with a psychology advisor, please consult websites and degree requirements for prospective schools.\* Here are Oregon schools' psychology pages:

- [Eastern Oregon University](#)
- [Oregon State University](#)
- [Oregon State University - Cascades](#)
- [Oregon Health Sciences University](#)
- [Oregon Institute of Technology](#)
- [Portland State University](#)
- [Southern Oregon University](#)
- [University of Oregon](#)
- [Western Oregon University](#)

In general, the College does not have a language requirement, but most Oregon public colleges and universities do. Two years of the same world language earned at the high school level or two quarters of the same world language at the undergraduate level is required for admittance.

**Bachelor of Science (BS) versus Bachelor of Arts (BA) in Psychology:** Students pursuing a BA after transfer should consider completing three terms of a 200-level language course.\* The 100-level language courses will count as electives. The 200-level language courses will partially fulfill the arts and letters requirement for the AAOT. Students pursuing a BS after transfer should consider taking more math and science courses. In general, two 100-level or higher math courses beyond the foundational mathematics requirement fulfills the BS. These will also partially fulfill the science/math/computer science discipline studies requirement. Language beyond entrance requirements is often not required for a BS degree.

Psychology is also a gateway to many other fields of study and careers. Meet with an advisor to discuss these connections.

**Laboratory science class recommendations:** Although students may take whichever science sequence they prefer, it is recommended to take BI 101 General Biology: Cells & Genes, BI 103 General Biology: Ecology, or BI 231 Human Anatomy and Physiology I through BI 233 Human Anatomy and Physiology III due to these courses relevance to upper-division psychology courses.

PSY 204 Research Methods: Design and Analysis, PSY 213 Introduction to Physiological Psychology, and PSY 227 Animal Behavior fulfill the science lab requirement if a sequence is not essential.

Consult with an advisor prior to selection of your lab courses to determine which options are best for your chosen pathway.

**Additional classes and electives:** Students are advised to consider the following psychology courses as electives to gain further insight into the field and to help them determine what area of psychology they may be interested in pursuing. In addition to being electives, some courses satisfy specific degree requirements:

Science/math/computer science AAOT lab course requirements: PSY 204 Research Methods: Design and Analysis, PSY 213 Introduction to Physiological Psychology, and PSY 227 Animal Behavior.

Social science AAOT requirements: PSY 210 Introduction to Cognitive Psychology, PSY 215 Developmental Psychology, PSY 216 Social Psychology, PSY 219 Abnormal Psychology, PSY 228 Positive Psychology, PSY 233 Psychology of Violence & Aggression.

More electives: PSY 250 Readings in Psychology, PSY 261 Indonesian Field Study I: Preparation to Study Abroad, PSY 262 Indonesian Field Study II: Global Health: Field Training and Research, PSY 263 Indonesian Field Study III: Communicating Indonesian Field Experience, and any other potential special topics PSY courses that are offered.

Math and statistics: Psychology students will be required to take statistics when they transfer. Although MTH 111Z Precalculus I: Functions is sufficient for the math requirement, advisors recommend MTH 105Z Math in Society and then taking one or both of STAT 243Z Elementary Statistics I and MTH 244 Introduction to Probability and Statistics 2 to finish the science requirement and to allow students to be exposed to statistics beforehand. However, for some colleges and universities, these classes do not fulfill the BS math requirements. Please make sure to reference four-year college and university requirements to see current expectations. PSY 204 Research Methods: Design and Analysis is also a good preparation for upper-division statistics required for a psychology BA or BS.

Clinical or counseling psychology: Students considering clinical or counseling psychology might consider the following electives: EMT 195 Crisis Intervention for the Emergency Medical Provider, ED 265 Children at Risk, BH 161 Ethics for Helping Professionals, BH 162 Effective Helping Skills I, BH 206 Group Counseling Skills for Helping Professionals, BH 209 Introduction to Psychological Trauma: Theory and Practice, BH 224 Psychopharmacology, BH 260 Counseling Theories, and BH 262 Motivational Interviewing: Helping Skills II. BH 224 Psychopharmacology will meet a non-lab science/math/computer science requirement. BH 206 Group Counseling Skills for Helping Professionals and BH 208 Multicultural Issues for Helpers will partially complete the social science requirement.

\* Please note that individual institutions may have additional requirements or will change the category that a course satisfies if the AAOT is not completed or is transferred to an out-of-state college or university. For admission into a particular program, courses may be added. Students who plan to transfer should contact the institution they plan to attend to ensure they have fulfilled the specific requirements for their program.

## Performance Standards

- Academic Requirements:
  - Students must have a 2.0 cumulative GPA to earn a COCC certificate or degree.
- Options for additional standards:
  - All courses in the program must be completed with a grade of C or higher.

## Sample Plan

First Term		Credits
Discipline Studies Arts & Letters		3-4
Elective (recommend PSY 212 or HD 110)		2
Mathematics:		4
Recommend MTH 105Z or MTH 111Z <sup>1</sup>		
Oral Communication:		3-4
WR 121Z	Composition I	4
<b>Credits</b>		<b>16-18</b>
Second Term		
Discipline Studies Arts & Letters		3-4
Discipline Studies Social Science (recommend PSY 201Z)		4
Elective		1
Health (3 credits with HHP or HHPA prefix)		3
WR 122Z or WR 227Z	Composition II or Technical Writing	4
<b>Credits</b>		<b>15-16</b>
Third Term		
Discipline Studies Arts & Letters		3-4
Discipline Studies Science/Math/Computer Science		3-5
Discipline Studies Social Science (recommend PSY 202Z)		4
Elective		4
Elective		4
<b>Credits</b>		<b>18-21</b>
Fourth Term		
Discipline Studies Science/Math/Computer Science		3-5
Discipline Studies Social Science		3-4
Elective		2
Elective		4
<b>Credits</b>		<b>12-15</b>
Fifth Term		
Discipline Studies Science/Math/Computer Science		3-5
Discipline Studies Social Science		3-4
Elective		4
Elective		4
<b>Credits</b>		<b>14-17</b>
Sixth Term		
Discipline Studies Science/Math/Computer Science		3-5
Elective		4
Elective		4
Elective		4
<b>Credits</b>		<b>15-17</b>
<b>Total Credits</b>		<b>90-104</b>

<sup>1</sup> Mathematics: Please consult with advisor prior to selection.