

**PSYC 15 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: PSYC 15                      Title: INTRO TO PSYCH CONSCIOUS  
 Full Title: Introduction to Psychology of Consciousness  
 Last Reviewed: 12/9/2019

| Units   | Course Hours per Week |                   | Nbr of Weeks |      | Course Hours Total |       |
|---------|-----------------------|-------------------|--------------|------|--------------------|-------|
| Maximum | 3.00                  | Lecture Scheduled | 3.00         | 17.5 | Lecture Scheduled  | 52.50 |
| Minimum | 3.00                  | Lab Scheduled     | 0            | 6    | Lab Scheduled      | 0     |
|         |                       | Contact DHR       | 0            |      | Contact DHR        | 0     |
|         |                       | Contact Total     | 3.00         |      | Contact Total      | 52.50 |
|         |                       | Non-contact DHR   | 0            |      | Non-contact DHR    | 0     |

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PSYCH 15

**Catalog Description:**

This course examines how subjective experiences arise from objective brain processes, the basic neuroscience and neuropathology of consciousness, altered states of consciousness, mystical experiences and dreams, and the effects of drugs and meditation. It also explores the nature of self, the possibility of artificial consciousness in machines, and the question of whether animals are conscious.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course examines how subjective experiences arise from objective brain processes, the basic neuroscience and neuropathology of consciousness, altered states of consciousness, mystical experiences and dreams, and the effects of drugs and meditation. It also explores the nature of self, the possibility of artificial consciousness in machines, and the

question of whether animals are conscious. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                      |                      |                                |            |           |
|----------------------|----------------------|--------------------------------|------------|-----------|
| <b>AS Degree:</b>    | <b>Area</b>          |                                | Effective: | Inactive: |
|                      | D                    | Social and Behavioral Sciences | Fall 2021  |           |
| <b>CSU GE:</b>       | <b>Transfer Area</b> |                                | Effective: | Inactive: |
|                      | D                    | Social Science                 | Fall 2021  |           |
|                      | D9                   | Psychology                     |            |           |
| <b>IGETC:</b>        | <b>Transfer Area</b> |                                | Effective: | Inactive: |
|                      | 4                    | Social and Behavioral Science  | Fall 2021  |           |
|                      | 4I                   | Psychology                     |            |           |
| <b>CSU Transfer:</b> | Transferable         | Effective:                     | Fall 2021  | Inactive: |
| <b>UC Transfer:</b>  | Transferable         | Effective:                     | Fall 2021  | Inactive: |

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Discuss basic scientific theories, concepts, and research findings related to consciousness.
2. Demonstrate an understanding of research methods in consciousness and the ability to critically evaluate research in this area.

**Objectives:**

At the conclusion of this course, the student should be able to:

1. Summarize the problem and challenges of consciousness as a science
2. Discuss neuroscience and the neural correlates of consciousness
3. Explain why science might be mistaken about the mind
4. Identify apparent differences between conscious and unconscious
5. Explain theories of attention, free will, and self and other
6. Understand the evolution of consciousness in animals and machines
7. Evaluate altered states from meditation to drugs and dreaming

**Topics and Scope:**

- I. Consciousness: The Grand Illusion
  - A. Evidence for consciousness
  - B. Decoding the puzzle of human consciousness
- II. Consciousness and the Brain

- A. Neuroscience and the correlates of consciousness
  - B. The ‘theatre’ of the mind
  - C. The unity of consciousness
- III. Body, Mind, and World
- A. Attention
  - B. Conscious and unconscious
  - C. Agency and free will
- IV. Evolution
- A. Evolution and animal minds
  - B. The function of consciousness
  - C. The evolution of machines
- V. Artificial Consciousness
- A. Minds and machines
  - B. Machines and consciousness
- VI. Borderlands
- A. Unconscious processing
  - B. Reality and imagination
  - C. The paranormal
- VII. Altered States of Consciousness
- A. Drugs and altered states
  - B. Sleep, dreams, and hypnotic states
  - C. Exceptional human experiences
- VIII. First-Person Approaches
- A. The view from within
  - B. Meditation and mindfulness
- IX. Self and Other
- A. Egos, bundles, and multiple selves
  - B. Positive beliefs
  - C. Theories of self
- X. Waking Up
- A. Mindfulness and well-being
  - B. Imaginative minds

**Assignment:**

1. Reading of approximately 35-50 pages per week
2. Writing assignment that may include research, experiential, response, or project for a minimum of 1,250 words.
3. Formal testing: quizzes, exams, and a final
4. Oral presentation and/or group project may be assigned

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

|  |
|--|
| Research, experiential, response, or project paper |
|--|

|                     |
|---------------------|
| Writing<br>30 - 60% |
|---------------------|

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes, Exams, and a Final

Exams  
40 - 60%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Oral presentation and/or group project

Other Category  
0 - 10%

**Representative Textbooks and Materials:**

Consciousness: An Introduction, Blackmore, Susan and Emily Troscianko, 3rd Edition, Routledge. 2018.

The Consciousness Instinct: Unraveling the Mystery of How the Brain Makes the Mind, Gazzaniga Michael S. 1st Edition, Farrar, Straus and Giroux Books. 2018.

Theories of Consciousness: An Introduction and Assessment, Seager, William. 2nd Edition, Routledge. 2016.