

## Course Outline for PSYC 21

### INTRODUCTION TO CROSS-CULTURAL PSYCHOLOGY

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

PSYC 21 — INTRODUCTION TO CROSS-CULTURAL PSYCHOLOGY — 3.00 units

This course is an introduction to cross-cultural identities, which focuses on the way culture influences human behavior and shapes mental processes. We will study a variety of ethnic, social, and cultural group developmental norms and the extent of influence these norms may have on an individual. This course seeks to strengthen diversity awareness and knowledge by bringing awareness to the importance of engaging in difficult discussions. This course will review a broad range of theories and research findings regarding cultural influences on human behavior and cognitive process. Topics covered include development of an individual worldview, identity development, stereotypes, prejudice, discrimination, racism, sexism, heterosexism, ableism, ageism, immigration & acculturation, privilege, oppression and cross-cultural issues in psychological literature.

3.00 Units Lecture

#### **Strongly Recommended**

PSYC 1 - General Psychology  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Psychology

	<b>MIN</b>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	54.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

##### A. PSYC1

1. describe the role of heredity and environment on behavior
2. explain how biological and environmental factors contribute to developmental differences
3. discuss the situational influences on behavior
4. describe psychological differences and similarities between groups based on gender, sexuality, social, or cultural grouping
5. apply concepts and theories to personal development

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Describe skills that enhance cross-cultural communication, interactions, and relationship
- B. Compare and contrast the effects of prejudice, stereotyping, and discriminatory attitudes and behaviors upon majority and minority groups
- C. Describe stressors related to acculturation to a new society
- D. Explain how culture affects the conceptualization of mental health, symptomology and help seeking behaviors
- E. Analyze psychological issues related to individual and institutionalized ethnocentrism, stereotyping, and prejudice
- F. Compare and contrast research biases in the study of individuals from diverse populations
- G. Appraise one's own ethnic/cultural origins and one's biases towards certain groups

#### V. CONTENT:

- A. Introduction to Cross-Cultural Psychology
  1. What is Cross-Cultural Psychology?
  2. Cross-Cultural/Multicultural Theory
- B. Cross-Cultural Research Methods
  1. Cross-Cultural Issues in Research & Testing
  2. Quantitative & Qualitative Methods in Cross-Cultural Research
  3. Cross-Cultural Psychological Testing

- C. Language and Communication
  - 1. Exploring the impact of communication patterns and rules on individuals from a psychological perspective
    - a. Understanding Metacognition
    - b. The Fundamental Attribution Error
    - c. Evaluating Biases in Communication & the impact this has on individuals interactions with a larger society
- D. Worldviews
  - 1. Understanding importance of Cultural Competence
  - 2. Exploring Individualistic & Collectivistic Cultural Perspectives on an individual's development of a worldview.
  - 3. Impact of External vs. Internal Locus of Control
  - 4. Exploration of Values on the development of an Individual's worldview and the impact this has on shaping behavior
- E. Identity Development
  - 1. Racial/Cultural Identity Development (R/CID Model)
  - 2. White Racial Identity Development
  - 3. Implications of Identity Development on Shaping Behavior & Mental Processes
- F. Privilege
  - 1. Understanding Power & Privilege and its impact on both individuals as well as an individual's behavior within a group
  - 2. Acknowledging one's privilege & how it shapes cultural norms.
- G. Stereotypes, Prejudice, Discrimination & Racism
  - 1. Stereotype Threat and its impact on human behavior
  - 2. Exploring the impact of microaggressions on an individual's identity development
  - 3. Institutional stereotypes, Prejudice, Discrimination & Racism and their influence on individual and societal norms
- H. Oppression and Marginalization
  - 1. In-Group/Out-Group
  - 2. Psychological-ideological Threats of Marginalization
  - 3. Internalized Oppression
- I. Sexism/Heterosexism/Heteronormativity
  - 1. Defining Sexism, Heterosexism & Heteronormativity
  - 2. Exploring Gender Oppression
  - 3. Exploring Sexual Orientation & the impact of the coming out process on identity development
  - 4. Transgender Identity
- J. Immigration and Acculturation
  - 1. Defining Acculturation
  - 2. How does Acculturative Stress and related Stressors impact thoughts and behaviors
- K. Ageism and Ableism
  - 1. Defining Ageism & Ableism
  - 2. Models of Disability that impact perception of individuals with disabilities
- L. Culture and Mental Health
  - 1. Culture & Help-Seeking Behaviors
  - 2. Culture & Diagnosis
  - 3. Culture & Treatment

#### VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Lecture** -
- C. **Written exercises and case studies** -
- D. Exams
- E. Collaborative Group Work
- F. **Classroom Activity** -
- G. **Guest Lecturers** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Lecture
  - 1. An introduction to Cross-Cultural Psychology
  - 2. Define Cross-Cultural Psychology
  - 3. Explore Cross-Cultural/Multicultural Theory
  - 4. Overview of the role of diverse identities in Psychology today
  - 5. Review & Discuss: *Guidelines on multicultural education, training, research, practice, and organizational change for psychologists*. American Psychological Association. (2003).
- B. Reading
  - 1. Prior to class students will read:
    - a. *Guidelines on multicultural education, training, research, practice, and organizational change for psychologists*. American Psychological Association. (2003).
    - b. Introduction chapter(s) introducing cross-cultural psychology and Multicultural Theory
- C. Discussion
  - 1. Each week students will provide two questions from the readings before each class period for discussion. Each week those students will be responsible for facilitating a class discussion on their selected questions.

#### VIII. EVALUATION:

- A. **Methods**
  - 1. Exams/Tests
  - 2. Papers
  - 3. Class Participation
  - 4. Other:
    - a. Co-Facilitation of Classroom Discussion
- B. **Frequency**
  - 1. 2 Exams/Test
  - 2. 3 Reflection Papers
  - 3. Weekly Attendance and Active Participation in lecture and group discussions
  - 4. Co-Facilitation of 1 Classroom Discussion

#### IX. TYPICAL TEXTS:

- 1. Mio, Jeffery , Lori Barker, and Melanie Rodriguez. *Multicultural Psychology: Understanding Our Diverse Communities*. 4th ed., Oxford University Press, 2015.
- 2. Anderson, Sharon, and Valerie Middleton. *Explorations in Diversity: Examining Privilege and Oppression in a Multicultural Society*. 2nd ed., Cengage Learning, 2011.
- 3. Sue, Derald, and David Sue. *Counseling the Culturally Diverse: Theory and Practice*. 7th ed., John Wiley & Sons P&T, 2016.
- 4. Adams, Maurianne, Warren Blumenfeld, Carmelita Castaneda, Heather Hackman, Madeline Peters, and Ximena Zuniga. *Readings*

- for Diversity and Social Justice*. 3rd ed., Routledge, 2013.
5. Matsumoto, David , and Linda Juang. *Culture and Psychology*. 6th ed., Cengage Learning, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS: