

## **Chapter 1: The world of psychology**

What is Psychology?

What Psychologists do; the main types of psychology; Careers in Psychology; Psychology in your life.

Psychology is the Past

Why study the History of Psychology? Key Figures

Approaches to Psychology Today

Psychology across cultures; what about the future?

## **Chapter 2: Research in Psychology**

The Scientific Method

What are Paradigms? Where do Theories Come From? How are Theories used? Scientific Attitudes and Values; Bias in Research

Designing Research

What is a hypothesis? Selecting Participants; Variables; Which kind of Study?

Gathering Data

Self-Reporting Methods; Behavioral Methods; Psychological Measurement

Processing Data

The Correlational Approach; Graphs and Statistical Analysis

Ethical Issues

Risk/Benefit Assessment; Ethical Concerns

## **Chapter 3: Psychology and the Brain**

Overview of the Nervous System

Nerve Cells

How Nerve Cells communicate; the importance of Neurotransmitters

The Peripheral Nervous System

Autonomic Nervous System; Somatic Nervous System

The Central Nervous System

Spinal Cord; the Brain: Command Central

The Endocrine System

## **Chapter 4: Sensation**

Sensory System

Absolute Thresholds; how we perceive

Vision and Light

What is Light? How the Eye responds to light; how do we see color? Color blindness

Hearing and Sound

What is sound? Characteristics of Sound; how sound waves are converted in the Ear; what happens in deafness?

Smell and Taste

How do we Taste Food? How do we smell Odors?

Touch, Pressure, Temperature, and Pain

Why do we have to feel pain? How does the Body alleviate Pain?

## **Chapter 5: Perception**

What is perception?

Psychological Factors Influencing Perception; the Psychophysical Approach

Perceptual Constancies

Perceptual Organization

The Constructionist View; The Gestalt Psychologists; Figure and Ground; Limitations of the Gestalt Approach; Bodily Depth Cues; Pictorial Depth Cues

Perception of Motion

In the Eye; In the Brain

Illusions

## **Chapter 6: Consciousness**

What is Consciousness?

Types of Conscious Experience; Early Ideas about Consciousness

Levels of Consciousness

Consciousness and Chronobiology

Circadian Rhythms; Changes in Circadian Rhythms

Altered States of Consciousness

Sleep

Why we Sleep; Stages of Sleep and brain Waves; Sleep disorders

Dreaming

Why we dream: What do dreams mean?

Hypnosis

Hypnosis and Memory; Age regression under hypnosis

Current Theories of Consciousness

## **Chapter 7: Learning**

The Study of Learning

What is learning? Aristotle's Laws of Association; Ivan Pavlov and His Dogs; Applications of Classical Conditioning

Operant Conditioning

Thorndike and Trial-and-Error Learning; Skinner's Research; Schedules of Reinforcement; The Biology of Conditioning; More than Conditioning

Cognitive Theories of Learning

Social or Observational Learning

Processes on Observational Learning: Violence in the Media

Current Approaches to Learning

## **Chapter 8 Memory**

What is Memory

Stages of Memory

Sensory Input and Sensory Memory; Short-Term Memory; Long Term Memory

Memory Retrieval

Recall and Recognition; Tip of the Tongue; Curing Memory

Forgetting

Reasons for Forgetting; Amnesia; the Biology of Memory

Memory and Learning

## **Chapter 9: Thought and Language**

What is thinking?

The Biological Basis of Thought; the Psychological Basis of Thought

Structures of Thinking

What are concepts? What are propositions? What is mental imagery?

Processes in Thinking

What is reasoning? What is Problem Solving? What is Decision Making?

Language and Thought

Which comes first? Elements of Language; Meaning and Understanding: How is language acquired? Language and Concepts, What must a language do? Bilingualism and Culture; Language Influences Thought; Language in Animals

Current Research in Thinking

## **Chapter 10: Intelligence**

What is Intelligence?

The origins of Intelligence testing; the grandfathers of testing; IQ Testing Takes hold in America

Questions about testing

What makes a good test? What do test scores mean? Are IQ test culturally biased?

Heredity and Environment

Effects of Heredity; Effects of Environment; Twin Studies; Recent Research

Approaches to understanding Intelligence

One general Intelligence; Multiple Intelligences

The Diversity of Mental Ability

Giftedness; Creativity; Mental Retardation

## **Chapter 11: Motivation and Emotion**

What is Motivation?

The components of Motivation; Primary and Secondary needs; Processes that affect motivation; homeostasis Motivates Behavior

Theories of Motivation

Cognitive Theories of Motivation

Physiological Motivation

Psychological Motivation

Achievement Motivation; Extrinsic and intrinsic Motivation; Cultural Factors in Motivation

What is Emotion?

Types of Emotion; The value of emotion; Physiological aspects of emotion; theories of emotion; Cognition and Emotion; The necessity of Emotions; Expression of Emotion; Social Stereotypes and Emotion

## **Chapter 12: Childhood**

Developmental Psychology: The Study of Change

Life Begins

Prenatal Development: The newborn

Attachment and Temperament

Emotional Bond: The Roots of Personality

Physical Development

Cognitive Development

Approaches to understanding: Jean Piaget, Acquiring Language; Isolation

Social and Emotional Development

Child's play; becoming a moral person; the Psychological theory of development

The Fabric of Family

Parenting Style; Divorce; Death in the family; Effects of Poverty; Child abuse and Neglect; Resilience

### **Chapter 13: Adolescence**

What is Adolescence?

Two phases of Adolescence; A time of Change; A Time of Challenge

Biological Changes

The Growth Spurt; Puberty; Differences b/w boys and girls

Cognitive Changes

Piaget on Adolescence; Moral reasoning; connecting the study of Morality and Adolescence

Social Development

The Family; the Peer Group; School: Gender and Sexuality

Psychological Challenges

Identify and the self; the role of Self Esteem

Challenges and Crises

Substance abuse; delinquent behavior; eating disorders; teenage Pregnancy; Suicide; Heading off Crises

## **Chapter 14: Adulthood and Aging**

What is an Adult?

Individual Differences; Periods of Adulthood

Early Adulthood

Intimacy vs. Isolation; Works; Marriage; Physical Changes in Early Adulthood; Cognitive Changes in Early Adulthood; Developmental Tasks of Early Adulthood

Middle Adulthood

Generativity vs. Stagnation; Midlife Crisis; Physical Changes in Middle Adulthood; Cognitive changes in Middle Adulthood; The Sandwich Generation; Developmental Tasks of Middle Adulthood;

Late Adulthood

Physical Changes in Late Adulthood; What Causes Aging? Cognitive Changes in Late Adulthood; Developmental Tasks of Late Adulthood; Research in Aging; Death and Dying

## **Chapter 15: Stress and Health**

What is Stress?

Stress involves Change; Types of Stressors; Physiological Responses to Stress; Psychological Responses to Stress; Cognitive Effects of Stress; Factors that Influence Stress; What's your stress Level? Conflict

Coping with Stress

The Psychology of Health

What is PNI? A new approach to Health; Stress and the Immune System; The relationship of Stress and Illness; The chemistry of Stress; Behaviors that support health; Unhealthy Behaviors

Health Management

## **Chapter 16: Personality**

What is Personality?

Psychology and Personality; How Personality is Studied; Theories of Personality

The Psychoanalytic Approach

Id, ego, and the Superego; Defense Mechanisms; Neo-Freudians; Evaluation of Psychoanalysis

The Trait Approach

Trait Theorists; Evaluating the Trait Approach

The Behavioral Approach

The Humanistic Approach

The Sociocultural Approach

Older Theories; Personality Traits

## **Chapter 17: Psychological Assessment**

Psychological Tests

History of Assessment; Uses of Assessments; Types of Assessments; Ethical Concerns; The Results of Testing; Arguments for testing; States and Traits; Testing the test; Standardization

Objective Tests

The Minnesota multiphasic Personality Inventory (MMP); The California Psychological inventory (CPI); The 16 Personality Factor Test (16PF); The NEO Five-Factor Inventory (NEO-FFI)

Projective Tests

Can Projective tests be objective? The Thematic Apperception Test (TAT); Limits of Projective Testing

Who Uses Which Test?

Aptitude and Achievement Tests; Vocational Interest Tests; Taking Tests

## **Chapter 18: Social Psychology: Cognition**

What is Social Psychology?

The Self; Social interaction and the Role of Others in Self-Concept

Developing Self-Concept



Who Am I? Self-Schemas; Reference Groups; Social Comparisons; the Social Identity

How Others Perceive Us

The Function of Schemas; First Impressions; the Effects of First Impressions; Self-Fulfilling Prophecies

Attribution Theory

How we make attributions; other factors in Attribution; Attribution Bias

Attitudes

How Attitudes Change; Using Social Schemas to develop Attitudes; Interpersonal Attraction.

## **Chapter 19: Social Psychology: Behavior**

Society and Group Influences

What is a group? Norms

Conformity

Why do we conform; Why do we choose not to conform; When are you most likely to conform?

Cooperation and Competition

What incentives do we have to cooperate? What incentives do we have to be competitive?  
Social Dilemmas; Movements toward social responsibility

Group Dynamics

Making decisions; Group Roles; Group Leadership; Leadership styles

Authority and Obedience

Why do we Obey Authority? Personality Characteristics

Helping Behavior

Why do we help? Why don't we help?

Aggression and Violence

Frustrations and Aggression; Generalized Arousal; Group Violence; Environmental influences;  
The Freudian View of Aggression; The Evolutionary View of Aggression; Biological explanations of  
Aggression; Learning and cultural explanations of Aggression

## **Chapter 20: Abnormal Psychology**

What are Psychological Disorders?

Identifying abnormal behavior; Perspectives on Mental Illness; Combining biological and psychological Perspectives; Cultural Differences in looking at Mental Illness

Classifying Mental Illness

Anxiety Disorders

Phobic Disorder; Generalized Anxiety Disorder; Panic Disorder; Post-Traumatic Stress Disorder; Obsessive-Compulsive Disorder

Somatoform Disorders

Conversion Disorder; Hypochondriasis

Dissociative Disorders

Amnesia; Dissociative Fugue; Dissociative Identity Disorder

Affective Disorders

Dysthymic Disorder; Major Depression; Bipolar Disorder

Psychotic Disorders

Schizophrenia; Delusional Disorder

Personality Disorders

Antisocial Personality Disorder; Borderline Personality Disorder

Disorders of Childhood

Attention-Deficit hyperactivity Disorder; Autistic Disorder

## **Chapter 21: Therapies for Mental Health**

What is Therapy?

How Therapists Differ; Group vs. Individual Therapy

Changing Attitudes towards Mental Health

Psychoanalytic Therapy

Psychodynamic Therapy; Uses and Limitations of Psychoanalysis

Behavioral Therapy

Cognitive-Behavioral Therapy

Thoughts, Feelings, and Behavior; Cognitive Restructuring; Rational-Emotive Therapy; Uses of Cognitive-Behavioral Therapy

Humanistic Therapies

Person-Centered Therapy; Gestalt Therapy; Brain, Mind, Body Therapy; Comparison of Therapies

Biomedical Therapies

Types of Biomedical Interventions; Electroconvulsive Therapy (ECT); Does Therapy Work?

The Ethics of Therapy

**Research Topics:** Include but not limited to the following List—

Internet Addiction

Naturalistic Research

Relief from Depression

Pheromones

The Visual Cliff Experiment

Sleep Deprivation

John Watson and “little Albert”

Evidence for STM-LTM

Depth of Processing

Evidence for Hierarchical storage

Artificial Intelligence

Human Pheromones

Emotion and Decision Making

Paying Attention to ADHD

Lorenz and Imprinting

What happens to “Bad Girls”?

Adulthood and Moral Development

Stress, Health, and Humor

Can personality Change?

Reliability and the Myers-Briggs Type indicator

Unconscious Prejudice

Would you conform?

Groups and individual Performance

Prisoners and Guards

Autism and the Sally-Anne Test

Cognitive-Behavioral Therapy and Depression

**Sidebar:** Interesting Facts/Articles

Psychologists at Work

Physiology and Behavior

The Lessons of Phineas Gage

Hemispheres and Handedness

Managing Pain

Bottom-up and Top-down Processing

Movement in Film

Hypnosis and Market Research

Tips for improving your Memory

Intelligence and Mozart

Examining your Motivation

TV as Teacher

Quiz your Cognition

Cultures and Attitudes Towards Aging

Protecting the Positive Self

Unconscious Prejudice

Handling Peer Pressure

The Prisoner's Dilemma

Mental Illness in the Past

A Few Phobias

Schizophrenia across Cultures

Substance Abuse

**Critical Thinking Topics:** Including but not limited to the following list—

Is Psychology a Science?

Should Animals be used in Research?

Who's winning the Nature vs. Nurture Debate?

What does Sensory Deprivation Prove?

Do some people have ESP?

Why do we Dream?

Should Operant Conditioning be used to Control Behavior?

Can an eyewitness's Memory be trusted?

How can other people influence your thinking?

Should IQ Tests be used by society?

Do all people have higher-level needs?

Can Violence be stopped?

What can we do about Juvenile Delinquency?

Should we try to extend the Average life span?

How should people cope with stress?

What is the role of free will in personality?

Should MMPI Test Results be used in Diagnosis?

Do we know why we do things?

Was Milgram's Research Ethical?

Should the Insanity Defense be allowed?

Is Society Becoming too reliant on Drugs?

Resources:

Textbook: David Myers 11 th Edition

Websites:

[www.aboutpsych.com](http://www.aboutpsych.com)

[www.psyblog.com](http://www.psyblog.com)

<http://www.psychology.org/links/Resources/Teaching/>

<http://www.intropsychresources.com/>

[www.thepsychfiles.com](http://www.thepsychfiles.com)