# **Table of Contents**

- Introduction to Psychology
  - Introduction
  - Outline and Objectives
  - O What is Psychology?
  - History of Psychology
  - Contemporary Psychology
  - Careers in Psychology
  - Discussion Question 1: Your Goals and Objectives
  - Introduction to Psychology Quiz
- Psychological Research
  - Introduction
  - Outline and Objectives
  - O Why is Research Important?
  - o Approaches to Research
  - Analyzing Findings
  - Ethics
  - Written Assignment 1: Designing a Study
  - o Discussion Question 2: How Real is Reality Programming?
  - Psychological Research Quiz
- Biopsychology
  - Introduction
  - Outline and Objectives
  - Human Genetics
  - o Cells of the Nervous System
  - o Parts of the Nervous System
  - The Brain and Spinal Cord
  - The Endocrine System
  - Discussion Question 3: Managing Stress
  - Biopsychology Quiz

### States of Consciousness

- Introduction
- Outline and Objectives
- O What is Consciousness?
- Sleep and Why We Sleep
- Stages of Sleep
- Sleep Problems and Disorders
- Substance Use and Abuse
- Other States of Consciousness
- Discussion Question 4: Why is Marijuana Use Illegal?
- States of Consciousness Quiz

# Sensation and Perception

- Introduction
- Outline and Objectives
- Sensation versus Perception
- Waves and Wavelengths
- Vision
- Hearing
- The Other Senses
- o Gestalt Principles of Perception
- o Written Assignment 2: Medical Advancements
- o Discussion Question 5: Your Sleep Habits
- Sensation and Perception Quiz

### Learn

- Introduction
- Outline and Objectives
- o What is Learning?
- Classical Conditioning
- Operant Conditioning
- Observational Learning (Modeling)
- o Discussion Question 6: Learning
- Learning Quiz

# • Thinking and Intelligence

- Introduction
- Outline and Objectives
- O What is Cognition?
- o Language
- Problem Solving
- O What are Intelligence and Creativity?
- Measures of Intelligence
- The Source of Intelligence
- o Discussion Question 7: Cultural Intelligence and Communication
- Thinking and Intelligence Quiz

### Memory

- Introduction
- Outline and Objectives
- How Memory Functions
- o Parts of the Brain Involved with Memory
- Problems with Memory
- Ways to Enhance Memory
- Discussion Question 8: Effective Studying
- Memory Quiz

### Midterm

- o Midterm Exam
- Lifespan Development
  - Introduction
  - Outline and Objectives
  - O What is Lifespan Development?
  - Lifespan Theories
  - Stages of Development
  - Death and Dying
  - Discussion Question 9: Assimilation and Accommodation

# Lifespan Development Quiz

#### Emotion and Motivation

- Introduction
- Outline and Objectives
- Motivation
- Hunger and Eating
- Sexual Behavior
- Emotion
- o Discussion Question 10: Physiological Arousal and Emotional States
- o Emotion and Motivation Quiz

# Personality

- Introduction
- Outline and Objectives
- o What is Personality?
- Freud and the Psychodynamic Perspective
- Neo-Freudians: Adler, Erikson, Jung, and Horney
- Learning Approaches
- Humanistic Approaches
- Biological Approaches
- Trait Theorists
- Cultural Understandings of Personality
- Personality Assessment
- o Written Assignment 3: Real Self vs. Ideal Self
- o Discussion Question 11: Cultural Influences on Personality
- Personality Quiz

# Social Psychology

- Introduction
- Outline and Objectives
- o 1 What is Social Psychology?
- o 2. Self-Presentation
- o 3. Attitudes and Persuasion
- o 4. Conformity, Compliance, and Obedience
- o 5. Prejudice and Discrimination
- o 6. Aggression

- o 7. Prosocial Behavior
- Discussion Question 12: Blaming a Scapegoat
- Social Psychology Quiz

### Industrial-Organizational Psychology

- Introduction
- Outline and Objectives
- O What is Industrial and Organizational Psychology?
- Industrial Psychology: Selecting and Evaluating Employees
- o Organizational Psychology: The Social Dimension of Work
- Human Factors, Psychology, and Workplace Design
- Discussion Question 13: Knowledge, Skills, and Abilities
- o Industrial-Organizational Psychology Quiz

# • Stress, Lifestyle, and Health

- Introduction
- Outline and Objectives
- o What is Stress?
- Stressors
- Stress and Illness
- Regulation of Stress
- The Pursuit of Happiness
- Written Assignment 4: Stress and Social Media
- Discussion Question 14: Threatening or Challenging?
- o Stress, Lifestyle, and Health Quiz

# Psychological Disorders

- Introduction
- Outline and Objectives
- 1. What are Psychological Disorders
- o 2. Diagnosing and Classifying Psychological Disorders
- 3. Perspectives on Psychological Disorders
- 4. Anxiety Disorders
- 5. Obsessive-Compulsive and Related Disorders
- 6. Posttraumatic Stress Disorders
- 7. Mood Disorders

- o 8. Schizophrenia
- o 9. Dissociative Disorders
- o 10. Personality Disorders
- o 11. Disorders in Childhood
- o Discussion Question 15: Changing Your Thinking Style
- Psychological Disorders Quiz

# • Therapy and Treatment

- Introduction
- Outline and Objectives
- o Mental Health Treatment: Past and Present
- Types of Treatment
- Treatment Modalities
- o Substance-Related and Addictive Disorders: A Special Case
- o The Sociocultural Model and Therapy Utilization
- Written Assignment 5: Therapy Treatment
- o Discussion Question 16: Treatment for Psychological Disorders
- Therapy and Treatment Quiz

# Final Exam

o Final Exam