

Psychology | Table of Contents

Chapter 1: Introduction to Psychology

1.1. What Is Psychology?

- What is Psychology?
- Understand the etymology of the word "psychology"
- Define psychology
- Understand the merits of an education in psychology

1.2. History of Psychology

- Understand the importance of Wundt and James in the development of psychology
- Appreciate Freud's influence on psychology
 - Describe basic tenets of Freud's theory
 - Examine methodology of Freud's psychoanalysis
- Understand the basic tenets of Gestalt psychology
 - Understand real-world application of Gestalt's theories today
 - Understand the basic tenets of Gestalt psychology
- Appreciate the important role that behaviorism played in psychology's history
 - Appreciate the important role that behaviorism played in psychology's history
 - Describe the role and function Skinner played in further developing the science of behaviorism
- Outline the main differences between Structuralism, Freudian, and Gestalt principles and Behaviorism
 - Outline the main differences between Structuralism, Freudian, and Gestalt principles and Behaviorism
- Describe how behaviorism helped to established psychology as a science
 - Describe how behaviorism helped to established psychology as a science
- Understand basic tenets of humanism
 - Understand basic tenets of humanism
 - Understand how "client-centered therapy" differed from other forms of therapy
- Understand how the cognitive revolution shifted psychology's focus back to the mind
 - Describe the "cognitive revolution"
 - Understand how the cognitive revolution shifted psychology's focus back to the mind

1.3. Contemporary Psychology

- Appreciate the diversity of interests and foci within psychology
 - Describe the American Psychological Association (APA)
 - Describe the Association for Psychological Science (APS)
 - Appreciate the diversity of interests and foci within psychology
 - Understand basic interests and applications in each of the described areas of psychology
 - Define identified areas of psychology
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- Describe applications of identified areas of psychology
- Describe basic interests of identified areas of psychology
- Summarize basic interests and applications of identified areas of psychology
- Demonstrate familiarity with some of the major concepts or important figures in each of the described areas of psychology
 - Describe major concepts
 - Define concepts/figures
 - Describe the scope of major concepts in each of the areas of psychology

1.4. Careers in Psychology

- Understand educational requirements for careers in academic settings
 - Understand educational requirements for careers in academic settings
- Understand the demands of a career in an academic setting
 - Describe demands of career in academic settings
 - Examine importance of training leading to an academic career
- Understand career options outside of academic settings
 - Understand career options outside of academic settings

Chapter 2: Psychological Research

2.1. Why Is Research Important?

- Explain how scientific research addresses questions about behavior
 - Explain how scientific research addresses questions about behavior
- Discuss how scientific research guides public policy
 - Discuss how scientific research guides public policy
- Appreciate how scientific research can be important in making personal decisions
 - Describe how scientific research can be important in making personal decisions
 - Examine ways in which scientific research can be used in making personal decisions

2.2 Approaches to Research

- Describe the different research methods used by psychologists
 - Describe the different research methods used by psychologists
 - Discuss the strengths and weaknesses of case studies, naturalistic observation, surveys, and archival research
 - Identify the strengths and weaknesses of case studies, naturalistic observation, surveys, and archival research
 - Discuss strengths and weaknesses of case studies, naturalistic observation, surveys, and archival research
 - Compare longitudinal and cross-sectional approaches to research
 - Describe benefits of research methodology
 - Apply the approach of longitudinal and cross-sectional approaches to research
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2.3. Analyzing Findings

- Explain what a correlation coefficient tells us about the relationship between variables
 - Explain correlation coefficient
 - Examine correlation coefficient
- Recognize that correlation does not indicate a cause-and-effect relationship between variables
 - Recognize that correlation does not indicate a cause-and-effect relationship between variables
- Discuss our tendency to look for relationships between variables that do not really exist
 - Define types of bias
 - Discuss our tendency to look for relationships between variables
- Explain random sampling and assignment of participants into experimental and control groups
 - Define sampling and assignment
 - Describe sampling and assignment
- Discuss how experimenter or participant bias could affect the results of an experiment
 - Define key terms related to bias
 - Examine ways experimenter or participant bias could affect the results of an experiment
- Identify independent and dependent variables
 - Define independent and dependent variables
 - Examine the relationship between independent and dependent variables

2.4. Ethics

- Discuss how research involving human subjects is regulated
 - Define key terms related to regulation of human research
 - Describe how human research is regulated
- Summarize the processes of informed consent and debriefing
 - Summarize the processes of informed consent and debriefing
 - Examine issues that arise with informed consent
- Explain how research involving animal subjects is regulated
 - Define role of IACUC
 - Examine duty of IACUC in regulating animal research

Chapter 3: Biopsychology

3.1. Human Genetics

- Explain the basic principles of the theory of evolution by natural selection
 - Explain the basic principles of the theory of evolution by natural selection
 - Examine the interaction of evolutionary psychology and behavioral genetics
 - Describe the differences between genotype and phenotype
 - Define key terms related to genotype and phenotype
 - Describe the differences between genotype and phenotype
 - Discuss how gene-environment interactions are critical for expression of physical and psychological characteristics
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- Discuss how gene-environment interactions are critical for expression of physical and psychological characteristics

3.2. Cells of the Nervous System

- Identify the basic parts of a neuron
 - Identify the basic parts of a neuron
 - Examine the various parts and roles of a neuron
- Describe how neurons communicate with each other
 - Describe how neurons communicate with each other
 - Define key terms related to neuronal communication
- Explain how drugs act as agonists or antagonists for a given neurotransmitter system
 - Describe neurotransmitter system impacted by drugs
 - Explain how drugs act as agonists or antagonists for a given neurotransmitter system

3.3. Parts of the Nervous System

- Describe the difference between the central and peripheral nervous systems
 - Define key terms related to CNS and PNS
 - Describe the difference between the central and peripheral nervous systems
- Explain the difference between the somatic and autonomic nervous systems
 - Define key terms related to SNS and ANS
 - Explain the difference between the somatic and autonomic nervous systems
- Differentiate between the sympathetic and parasympathetic divisions of the autonomic nervous system
 - Define/describe key terms related to sympathetic and parasympathetic divisions of the ANS
 - Differentiate between the sympathetic and parasympathetic divisions of the autonomic nervous system

3.4. The Brain and Spinal Cord

- Explain the functions of the spinal cord
 - Differentiate various structures of the spinal cord
 - Explain the functions of the spinal cord
- Identify the hemispheres and lobes of the brain
 - Describe hemispheres of the brain
 - Describe structures of the brain
 - Describe lobes of the brain
- Describe the types of techniques available to clinicians and researchers to image or scan the brain
 - Describe importance of imaging
 - Describe techniques of imaging

3.5. The Endocrine System

- Identify the major glands of the endocrine system
 - Describe role and structure of the endocrine system
 - Differentiate between neurotransmitters and hormones
- Identify the hormones secreted by each gland
 - Describe hormones related to adrenal, thyroid, and pituitary glands and gonads
- Describe each hormone's role in regulating bodily functions
 - Describe role of adrenal, thyroid, and pituitary glands and gonads

Chapter 4: States of Consciousness

4.1. What Is Consciousness?

- Understand what is meant by consciousness
 - Understand what is meant by consciousness
- Explain how circadian rhythms are involved in regulating the sleep-wake cycle, and how circadian cycles can be disrupted
 - Understand biological rhythms and sleep
 - Explain how circadian rhythms are involved in regulating the sleep-wake cycle, and how circadian cycles can be disrupted
- Discuss the concept of sleep debt
 - Define key terms related to sleep debt
 - Discuss the concept of sleep debt

4.2. Sleep and Why We Sleep

- Describe areas of the brain involved in sleep
 - Describe concepts of sleep rebound
 - Describe areas of the brain involved in sleep
- Understand hormone secretions associated with sleep
 - Understand hormone secretions associated with sleep
 - Describe hormones related to sleep
- Describe several theories aimed at explaining the function of sleep
 - Describe evolutionary role of sleep
 - Describe cognitive role of sleep

4.3. Stages of Sleep

- Differentiate between REM and non-REM sleep
 - Define key terms related to REM and NREM
 - Differentiate between REM and non-REM sleep
 - Describe the differences between the four stages of non-REM sleep
 - Describe stage 1
 - Describe stage 2
 - Describe stage 3
 - Describe stage 4
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- Understand the role that REM and non-REM sleep play in learning and memory
 - Understand the role that REM and non-REM sleep play in learning and memory
 - Describe relationship between REM and depression
- Describe different theories on the role of dreams in psychology
 - Describe the historic perspective in the role of dream
 - Describe modern perspective in the role of dream

4.4. Sleep Problems and Disorders

- Describe the symptoms and treatments of insomnia
 - Describe symptoms of insomnia
 - Examine treatments of insomnia
- Recognize the symptoms of several parasomnias
 - Define parasomnia
 - Recognize the symptoms of several parasomnias
 - Describe underlying neurological causes associated with parasomnia
- Describe the symptoms and treatments for sleep apnea
 - Describe symptoms of sleep apnea
 - Describe treatments of sleep apnea
- Recognize risk factors associated with sudden infant death syndrome (SIDS) and steps to prevent it
 - Define SIDS
 - Examine risk-factors associated with SIDS
- Describe the symptoms and treatments for narcolepsy
 - Describe difference between narcolepsy and cataplexy
 - Describe the symptoms and treatments for narcolepsy

4.5. Substance Use and Abuse

- Describe the diagnostic criteria for substance use disorders
 - Describe the diagnostic criteria for substance use disorders
 - Describe aspects of substance abuse
- Identify the neurotransmitter systems impacted by various categories of drugs
 - Identify the neurotransmitter systems impacted by various categories of drugs
- Describe how different categories of drugs affect behavior and experience
 - Describe how depressants affect behavior
 - Describe how stimulants affect behavior
 - Describe how opioids affect behavior
 - Describe how hallucinogens affect behavior

4.6. Other States of Consciousness

- Define hypnosis and meditation
 - Define hypnosis and meditation
 - Understand the similarities and differences of hypnosis and meditation
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- Describe hypnosis and meditation
- Understand the similarities and differences of hypnosis and meditation

Chapter 5: Sensation and Perception

5.1. Sensation versus Perception

- Distinguish between sensation and perception
 - Distinguish between sensation and perception
 - Define key terms related to sensation and perception
- Describe the concepts of absolute threshold and difference threshold
 - Define key terms related to absolute and difference threshold
 - Describe the concepts of absolute threshold and difference threshold
- Discuss the roles attention, motivation, and sensory adaptation play in perception
 - Discuss the roles attention, motivation, and sensory adaptation play in perception

5.2. Waves and Wavelengths

- Describe important physical features of wave forms
 - Describe parts of wave forms
 - Describe physical features of wave forms
- Show how physical properties of light waves are associated with perceptual experience
 - Describe electromagnetic spectrum
 - Show how physical properties of light waves are associated with perceptual experience
- Show how physical properties of sound waves are associated with perceptual experience
 - Define key terms associated with sound waves
 - Show how physical properties of sound waves are associated with perceptual experience

5.3. Vision

- Describe the basic anatomy of the visual system
 - Define key terms associated with anatomy of visual system
 - Describe the basic anatomy of the visual system
- Discuss how rods and cones contribute to different aspects of vision
 - Describe role of rods and cones
 - Discuss how rods and cones contribute to different aspects of vision
- Describe how monocular and binocular cues are used in the perception of depth
 - Describe depth perception
 - Describe how monocular and binocular cues are used in the perception of depth

5.4. Hearing

- Describe the basic anatomy and function of the auditory system
 - Define key terms related to auditory system
 - Describe role of hair cells
-

- Explain how we encode and perceive pitch
 - Describe temporal theory
 - Explain how we encode and perceive pitch
- Discuss how we localize sound
 - Describe monaural and binaural cues
 - Discuss how we localize sound
- Describe various forms of hearing loss, causes, and interventions
 - Describe various forms of hearing loss, causes, and interventions
 - Examine causes of deafness and treatments associated with it

5.5. The Other Senses

- Describe the basic functions of the chemical senses
 - Describe taste
 - Describe smell
- Explain the basic functions of the somatosensory, nociceptive, and thermoceptive sensory systems
 - Explain the basic functions of the somatosensory, nociceptive, and thermoceptive sensory systems
- Describe the basic functions of the vestibular, proprioceptive, and kinesthetic sensory systems
 - Describe the basic functions of the vestibular, proprioceptive, and kinesthetic sensory systems

5.6. Gestalt Principles of Perception

- Explain the figure-ground relationship
 - Describe the figure-ground relationship
 - Explain the figure-ground relationship
- Define Gestalt principles of grouping
 - Define Gestalt principles of grouping
 - Examine Gestalt principles of grouping
- Define Gestalt principles of continuity
 - Define Gestalt principles of continuity
 - Examine Gestalt principles of continuity
- Describe how perceptual set is influenced by an individual's characteristics and mental state
 - Describe how perceptual set is influenced by an individual's characteristics and mental state
 - Examine how perceptual set is influenced by an individual's characteristics and mental state

Chapter 6: Learning

6.1. What Is Learning?

- Explain how learned behaviors are different from instincts and reflexes
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- Define terms
- Explain how learned behaviors are different from instincts and reflexes
- Define learning
 - Define learning
 - Examine learning
- Recognize and define three basic forms of learning—classical conditioning, operant conditioning, and observational learning
 - Recognize and define three basic forms of learning—classical conditioning, operant conditioning, and observational learning

6.2. Classical Conditioning

- Explain how classical conditioning occurs
 - Define key terms related to classical conditioning
- Describe real-world application of classical conditioning
 - Describe real-world application of classical conditioning
 - Define the real world application of classical conditioning
- Summarize the processes of acquisition, extinction, spontaneous recovery, generalization, and discrimination
 - Summarize the processes of acquisition, extinction, spontaneous recovery, generalization, and discrimination
- Describe behaviorism
 - Describe behaviorism

6.3. Operant Conditioning

- Define operant conditioning
 - Define operant conditioning
 - Examine the differences between operant and classical conditioning
- Explain the difference between reinforcement and punishment
 - Define key terms related to consequences
 - Explain the difference between reinforcement and punishment
 - Describe features of reinforcement and punishment
- Distinguish between reinforcement schedules
 - Define key terms related to reinforcement schedules
 - Distinguish between reinforcement schedules
- Describe cognition and latent learning
 - Describe cognition and latent learning
 - Define key terms related to cognitive learning

6.4. Observational Learning (Modeling)

- Define observational learning
 - Describe observational learning
 - Define observational learning
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- Discuss the steps in the modeling process
 - Discuss the steps in the modeling process
 - Define key terms related to modeling
- Explain the prosocial and antisocial effects of observational learning
 - Explain the prosocial and antisocial effects of observational learning

Chapter 7: Thinking and Intelligence

7.1. What Is Cognition?

- Describe cognition
 - Describe cognition
- Distinguish concepts and prototypes
 - Define concepts and prototypes
 - Distinguish concepts and prototypes
- Explain the difference between natural and artificial concepts
 - Explain the difference between natural and artificial concepts
- Define and describe schema
 - Define and describe schema

7.2. Language

- Define language and demonstrate familiarity with the components of language
 - Define language and demonstrate familiarity with the components of language
- Understand how the use of language develops
 - Understand how the use of language develops
 - Describe overgeneralization
- Explain the relationship between language and thinking
 - Explain the relationship between language and thinking

7.3. Problem Solving

- Describe problem solving strategies
 - Describe problem solving strategies
- Define algorithm and heuristic
 - Define algorithm and heuristic
 - Describe use of algorithm and heuristic
- Explain some common roadblocks to effective problem solving
 - Explain some common roadblocks to effective problem solving
 - Define common roadblocks to effective problem solving

7.4. What Are Intelligence and Creativity?

- Define intelligence
 - Define intelligence
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- Explain the triarchic theory of intelligence
 - Explain the triarchic theory of intelligence
- Identify the difference between intelligence theories
 - Identify the difference between intelligence theories
- Explain emotional intelligence
 - Explain emotional intelligence
- Explain the concept of creativity
 - Explain the concept of creativity

7.5. Measures of Intelligence

- Explain how intelligence tests are developed
 - Explain how intelligence tests are developed
- Describe the history of the use of IQ tests
 - Describe the history of the use of IQ tests
- Describe the purposes and benefits of intelligence testing
 - Describe the purposes and benefits of intelligence testing

7.6. The Source of Intelligence

- Describe how genetics and environment affect intelligence
 - Examine the relationship between genetics, environment, and intelligence
 - Describe how genetics and environment affect intelligence
- Explain the relationship between IQ scores and socioeconomic status
 - Explain the relationship between IQ scores and socioeconomic status
- Describe the difference between a learning disability and a developmental disorder
 - Describe the difference between a learning disability and a developmental disorder

Chapter 8: Memory

8.1. How Memory Functions

- Discuss the three basic functions of memory
 - Define key terms related to the functions of memory
 - Discuss the three basic functions of memory
 - Distinguish between various types of encoding
 - Describe encoding
 - Distinguish between various types of encoding
 - Describe the three stages of memory storage
 - Describe the three stages of memory storage
 - Apply knowledge regarding three stages of memory
 - Describe and distinguish between procedural and declarative memory and semantic and episodic memory
 - Distinguish between procedural and declarative
 - Distinguish between semantic and episodic
-

8.2. Parts of the Brain Involved with Memory

- Explain the brain functions involved in memory
 - Explain the brain functions involved in memory
- Recognize the roles of the hippocampus, amygdala, and cerebellum
 - Recognize the roles of the hippocampus, amygdala, and cerebellum

8.3. Problems with Memory

- Compare and contrast the two types of amnesia
 - Compare and contrast the two types of amnesia
- Discuss the unreliability of eyewitness testimony
 - Discuss the unreliability of eyewitness testimony
- Discuss encoding failure
 - Discuss encoding failure
- Discuss the various memory errors
 - Discuss the various memory errors
- Compare and contrast the two types of interference
 - Compare and contrast the two types of interference

8.4. Ways to Enhance Memory

- Recognize and apply memory-enhancing strategies
 - Recognize and apply memory-enhancing strategies
- Recognize and apply effective study techniques
 - Recognize and apply effective study techniques

Chapter 9: Lifespan Development

9.1. What Is Lifespan Development?

- Define and distinguish between the three domains of development: physical, cognitive and psychosocial
 - Define and distinguish between the three domains of development: physical, cognitive and psychosocial
 - Discuss the normative approach to development
 - Discuss the normative approach to development
 - Understand the three major issues in development: continuity and discontinuity, one common course of development or many unique courses of development, and nature versus nurture
 - Understand continuity v incontinuity
 - Understand common v unique course
 - Understand nature v nurture
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9.2. Lifespan Theories

- Discuss Freud's theory of psychosexual development
 - Discuss Freud's theory of psychosexual development
- Describe the major tasks of child and adult psychosocial development according to Erikson
 - Describe the major tasks of child and adult psychosocial development according to Erikson
 - Define stages of psychosocial development
- Discuss Piaget's view of cognitive development and apply the stages to understanding childhood cognition
 - Discuss Piaget's view of cognitive development and apply the stages to understanding childhood cognition
 - Discuss Piaget's view of beginning development
 - Discuss Piaget's view of early development
 - Discuss Piaget's view of later development
- Describe Kohlberg's theory of moral development
 - Describe Kohlberg's theory of moral development

9.3. Stages of Development

- Describe the stages of prenatal development and recognize the importance of prenatal care
 - Describe the stages of prenatal development and recognize the importance of prenatal care
 - Describe the importance of prenatal care
- Discuss physical, cognitive, and emotional development that occurs from infancy through childhood
 - Discuss physical development through childhood
 - Discuss cognitive development through childhood
 - Discuss emotional development through childhood
- Discuss physical, cognitive, and emotional development that occurs during adolescence
 - Discuss physical development in adolescence
 - Discuss cognitive development in adolescence
 - Discuss emotional development in adolescence
- Discuss physical, cognitive, and emotional development that occurs in adulthood
 - Discuss physical development in adulthood
 - Discuss cognitive development in adulthood
 - Discuss emotional development in adulthood

9.4. Death and Dying

- Discuss hospice care
 - Discuss hospice care
 - Describe the five stages of grief
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- Describe the five stages of grief
- Define living will and DNR

Chapter 10: Emotion and Motivation

10.1. Motivation

- Define intrinsic and extrinsic motivation
 - Define intrinsic and extrinsic motivation
- Understand that instincts, drive reduction, self-efficacy, and social motives have all been proposed as theories of motivation
 - Understand that instincts, drive reduction, self-efficacy, and social motives have all been proposed as theories of motivation
 - Define key terms related to motivation theory
- Explain the basic concepts associated with Maslow's hierarchy of needs
 - Explain the basic concepts associated with Maslow's hierarchy of needs

10.2. Hunger and Eating

- Describe how hunger and eating are regulated
 - Describe how hunger and eating are regulated
- Differentiate between levels of overweight and obesity and the associated health consequences
 - Differentiate between levels of overweight and obesity and the associated health consequences
 - Define key terms related to levels of weight
- Explain the health consequences resulting from anorexia and bulimia nervosa
 - Explain the health consequences resulting from anorexia and bulimia nervosa

10.3. Sexual Behavior

- Understand basic biological mechanisms regulating sexual behavior and motivation
 - Understand basic biological mechanisms regulating sexual behavior and motivation
- Appreciate the importance of Alfred Kinsey's research on human sexuality
 - Appreciate the importance of Alfred Kinsey's research on human sexuality
- Recognize the contributions that William Masters and Virginia Johnson's research made to our understanding of the sexual response cycle
 - Recognize the contributions that William Masters and Virginia Johnson's research made to our understanding of the sexual response cycle
- Define sexual orientation and gender identity
 - Define sexual orientation and gender identity

10.4. Emotion

- Explain the major theories of emotion
 - Describe components of emotion and emotion theory
-

- Explain major theories of emotion
- Describe the role that limbic structures play in emotional processing
 - Describe the role that limbic structures play in emotional processing
- Understand the ubiquitous nature of producing and recognizing emotional expression
 - Understand the ubiquitous nature of producing and recognizing emotional expression

Chapter 11: Personality

11.1. What Is Personality?

- Define personality
 - Define personality
- Describe early theories about personality development
 - Describe early theories about personality development

11.2. Freud and the Psychodynamic Perspective

- Describe the assumptions of the psychodynamic perspective on personality development
 - Describe the assumptions of the psychodynamic perspective on personality development
- Define and describe the nature and function of the id, ego, and superego
 - Define and describe the nature and function of the id, ego, and superego
- Define and describe the defense mechanisms
 - Define and describe the defense mechanisms
 - Define key defense mechanisms
- Define and describe the psychosexual stages of personality development
 - Define and describe the psychosexual stages of personality development
 - Define stages of psychosexual development

11.3. Neo-Freudians: Adler, Erikson, Jung, and Horney

- Discuss the concept of the inferiority complex
 - Discuss the concept of the inferiority complex
- Discuss the core differences between Erikson's and Freud's views on personality
 - Discuss the core differences between Erikson's and Freud's views on personality
- Discuss Jung's ideas of the collective unconscious and archetypes
 - Discuss Jung's ideas of the collective unconscious and archetypes
- Discuss the work of Karen Horney, including her revision of Freud's "penis envy"
 - Discuss the work of Karen Horney, including her revision of Freud's "penis envy"

11.4. Learning Approaches

- Describe the behaviorist perspective on personality
 - Describe the behaviorist perspective on personality
 - Describe the cognitive perspective on personality
 - Describe the cognitive perspective on personality
-

- Describe the social cognitive perspective on personality
 - Describe the social cognitive perspective on personality
- Examine the theory of locus of control
 - Examine the theory of locus of control

11.5. Humanistic Approaches

- Discuss the contributions of Abraham Maslow and Carl Rogers to personality development
 - Discuss the contributions of Abraham Maslow and Carl Rogers to personality development
 - Define key terms related to humanistic approach to personality development

11.6. Biological Approaches

- Discuss the findings of the Minnesota Study of Twins Reared Apart as they relate to personality and genetics
 - Discuss the findings of the Minnesota Study of Twins Reared Apart as they relate to personality and genetics
- Discuss temperament and describe the three infant temperaments identified by Thomas and Chess
 - Discuss temperament and describe the three infant temperaments identified by Thomas and Chess
- Discuss the evolutionary perspective on personality development
 - Discuss the evolutionary perspective on personality development

11.7. Trait Theorists

- Discuss early trait theories of Cattell and Eysenck
 - Discuss early trait theories of Cattell and Eysenck
- Discuss the Big Five factors and describe someone who is high and low on each of the five trait
 - Discuss the Big Five factors and describe someone who is high and low on each of the five trait
 - Define key terms related to Big Five

11.8. Cultural Understandings of Personality

- Discuss personality differences of people from collectivist and individualist cultures
 - Discuss personality differences of people from collectivist and individualist cultures
- Discuss the three approaches to studying personality in a cultural context
 - Discuss the three approaches to studying personality in a cultural context

11.9. Personality Assessment

- Discuss the Minnesota Multiphasic Personality Inventory
 - Discuss the Minnesota Multiphasic Personality Inventory
-

- Recognize and describe common projective tests used in personality assessment
 - Recognize and describe common projective tests used in personality assessment
- Examine cross-cultural personality assessments
 - Examine cross-cultural personality assessments

Chapter 12: Social Psychology

12.1. What Is Social Psychology?

- Define social psychology
 - Define social psychology
- Describe situational versus dispositional influences on behavior
 - Describe situational versus dispositional influences on behavior
- Describe the fundamental attribution error
 - Describe the fundamental attribution error
 - Describe variables of attribution error

12.2. Self-presentation

- Describe social roles and how they influence behavior
 - Describe social roles and how they influence behavior
- Explain what social norms are and how they influence behavior
 - Explain what social norms are and how they influence behavior
- Define script
 - Define script
- Describe the findings of Zimbardo's Stanford prison experiment
 - Describe the findings of Zimbardo's Stanford prison experiment

12.3. Attitudes and Persuasion

- Define attitude
 - Define attitude
- Describe how people's attitudes are internally changed through cognitive dissonance
 - Describe how people's attitudes are internally changed through cognitive dissonance
- Explain how people's attitudes are externally changed through persuasion
 - Explain how people's attitudes are externally changed through persuasion
- Describe the peripheral and central routes to persuasion
 - Describe the peripheral and central routes to persuasion

12.4. Conformity, Compliance, and Obedience

- Explain the Asch effect
 - Explain the Asch effect
 - Define conformity and types of social influence
 - Define conformity and types of social influence
-

- Describe Stanley Milgram's experiment and its implications
 - Describe Stanley Milgram's experiment and its implications
- Define groupthink, social facilitation, and social loafing
 - Define groupthink, social facilitation, and social loafing

12.5. Prejudice and Discrimination

- Define and distinguish among prejudice, stereotypes, and discrimination
 - Define and distinguish among prejudice, stereotypes, and discrimination
- Provide examples of prejudice, stereotypes, and discrimination
 - Provide examples of prejudice, stereotypes, and discrimination
- Explain why prejudice and discrimination exist
 - Explain why prejudice and discrimination exist

12.6. Aggression

- Define aggression
 - Define aggression
- Define cyberbullying
 - Define cyberbullying
- Describe the bystander effect
 - Describe the bystander effect
- Describe altruism
 - Describe altruism

12.7. Prosocial Behavior

- Describe conditions that influence the formation of relationships
 - Describe conditions that influence the formation of relationships
- Identify what attracts people to each other
 - Identify what attracts people to each other
- Describe the triangular theory of love
 - Describe the triangular theory of love
- Explain social exchange theory in relationships
 - Explain social exchange theory in relationships

Chapter 13: Industrial-Organizational Psychology

13.1. What Is Industrial and Organizational Psychology?

- Understand the scope of study in the field of industrial and organizational psychology
 - Understand the scope of study in the field of industrial and organizational psychology
 - Describe the history of industrial and organizational psychology
 - Describe the history of industrial and organizational psychology
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13.2. Industrial Psychology: Selecting and Evaluating Employees

- Explain the aspects of employee selection
 - Explain the aspects of employee selection
- Describe the kinds of job training
 - Describe the kinds of job training
- Describe the approaches to and issues surrounding performance assessment
 - Describe the approaches to and issues surrounding performance assessment
- Examine legal protections for employees
 - Examine legal protections for employees

13.3. Organizational Psychology: The Social Dimension of Work

- Define organizational psychology
- Explain the measurement and determinants of job satisfaction
 - Explain the measurement and determinants of job satisfaction
- Describe key elements of management and leadership
 - Describe key elements of management and leadership
- Explain the significance of organizational culture
 - Explain the significance of organizational culture

13.4. Human Factors Psychology and Workplace Design

- Describe the field of human factors psychology
 - Describe the field of human factors psychology
- Explain the role of human factors psychology in safety, productivity, and job satisfaction
 - Explain the role of human factors psychology in safety, productivity, and job satisfaction

Chapter 14: Stress, Lifestyle, and Health

14.1. What Is Stress?

- Differentiate between stimulus-based and response-based definitions of stress
 - Differentiate between stimulus-based and response-based definitions of stress
 - Define stress as a process
 - Define stress as a process
 - Differentiate between good stress and bad stress
 - Differentiate between good stress and bad stress
 - Describe the early contributions of Walter Cannon and Hans Selye to the stress research field
 - Describe the early contributions of Walter Cannon and Hans Selye to the stress research field
 - Understand the physiological basis of stress and describe the general adaptation syndrome
 - Understand the physiological basis of stress and describe the general adaptation syndrome
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14.2. Stressors

- Describe different types of possible stressors
 - Describe different types of possible stressors
- Explain the importance of life changes as potential stressors
 - Explain the importance of life changes as potential stressors
- Describe the Social Readjustment Rating Scale
 - Describe the Social Readjustment Rating Scale
- Understand the concepts of job strain and job burnout
 - Understand the concepts of job strain and job burnout

14.3. Stress and Illness

- Explain the nature of psychophysiological disorders
 - Explain the nature of psychophysiological disorders
- Describe the immune system and how stress impacts its functioning
 - Describe the immune system and how stress impacts its functioning
- Examine issues related to type A and type B responses
 - Examine issues related to type A and type B responses
- Describe how stress and emotional factors can lead to the development and exacerbation of cardiovascular disorders, asthma, and tension headaches
 - Describe how stress and emotional factors can lead to the development and exacerbation of cardiovascular disorders, asthma, and tension headaches

14.4. Regulation of Stress

- Define coping and differentiate between problem-focused and emotion-focused coping
 - Define coping and differentiate between problem-focused and emotion-focused coping
- Describe the importance of perceived control in our reactions to stress
 - Describe the importance of perceived control in our reactions to stress
- Explain how social support is vital in health and longevity
 - Explain how social support is vital in health and longevity
- Describe stress-reduction
 - Describe stress-reduction

14.5. The Pursuit of Happiness

- Define and discuss happiness, including its determinants
 - Define and discuss happiness, including its determinants
 - Describe the field of positive psychology and identify the kinds of problems it addresses
 - Describe the field of positive psychology and identify the kinds of problems it addresses
 - Explain the meaning of positive affect and discuss its importance in health outcomes
 - Explain the meaning of positive affect and discuss its importance in health outcomes
 - Describe the concept of flow and its relationship to happiness and fulfillment
 - Describe the concept of flow and its relationship to happiness and fulfillment
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Chapter 15: Psychological Disorders

15.1. What Are Psychological Disorders?

- Understand the problems inherent in defining the concept of psychological disorder
 - Understand the problems inherent in defining the concept of psychological disorder
- Describe what is meant by harmful dysfunction
 - Describe what is meant by harmful dysfunction
- Identify the formal criteria that thoughts, feelings, and behaviors must meet to be considered abnormal and, thus, symptomatic of a psychological disorder
 - Identify the formal criteria that thoughts, feelings, and behaviors must meet to be considered abnormal and, thus, symptomatic of a psychological disorder

15.2. Diagnosing and Classifying Psychological Disorders

- Explain why classification systems are necessary in the study of psychopathology
 - Explain why classification systems are necessary in the study of psychopathology
- Describe the basic features of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
 - Describe the basic features of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
- Discuss changes in the DSM over time, including criticisms of the current edition
 - Discuss changes in the DSM over time, including criticisms of the current edition
- Identify which disorders are generally the most common
 - Identify which disorders are generally the most common

15.3. Perspectives on Psychological Disorders

- Discuss supernatural perspectives on the origin of psychological disorders, in their historical context
 - Discuss supernatural perspectives on the origin of psychological disorders, in their historical context
- Describe modern biological and psychological perspectives on the origin of psychological disorders
 - Describe modern biological and psychological perspectives on the origin of psychological disorders
- Describe the diathesis-stress model and its importance to the study of psychopathology
 - Describe the diathesis-stress model and its importance to the study of psychopathology

15.4. Anxiety Disorders

- Distinguish normal anxiety from pathological anxiety
 - Distinguish normal anxiety from pathological anxiety
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- List and describe the major anxiety disorders, including their main features and prevalence
 - Describe generalized anxiety
 - List and describe the major anxiety disorders, including their main features and prevalence
 - Describe panic
 - Describe specific phobia
 - Describe social anxiety
- Describe basic psychological and biological factors that are suspected to be important in the etiology of anxiety disorder
 - Describe basic psychological and biological factors that are suspected to be important in the etiology of anxiety disorder

15.5. Obsessive-Compulsive and Related Disorders

- Describe the main features and prevalence of obsessive-compulsive disorder, body dysmorphic disorder, and hoarding disorder
 - Describe the main features and prevalence of obsessive-compulsive disorder, body dysmorphic disorder, and hoarding disorder
- Understand some of the factors in the development of obsessive-compulsive disorder
 - Understand some of the factors in the development of obsessive-compulsive disorder

15.6. Posttraumatic Stress Disorder

- Describe the nature and symptoms of posttraumatic stress disorder
 - Describe the nature and symptoms of posttraumatic stress disorder
- Identify the risk factors associated with this disorder
 - Identify the risk factors associated with this disorder
- Understand the role of learning and cognitive factors in its development
 - Understand the role of learning and cognitive factors in its development

15.7. Mood Disorders

- Distinguish normal states of sadness and euphoria from states of depression and mania
 - Distinguish normal states of sadness and euphoria from states of depression and mania
 - Describe the symptoms of major depressive disorder and bipolar disorder
 - Describe the symptoms of major depressive disorder and bipolar disorder
 - Understand the differences between major depressive disorder and persistent depressive disorder, and identify two subtypes of depression
 - Understand the differences between major depressive disorder and persistent depressive disorder, and identify two subtypes of depression
 - Define the criteria for a manic episode Understand genetic, biological, and psychological explanations of major depressive disorder
 - Define the criteria for a manic episode
 - Discuss the relationship between mood disorders and suicidal ideation, as well as factors associated with suicide
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- Discuss the relationship between mood disorders and suicidal ideation, as well as factors associated with suicide

15.8. Schizophrenia

- Recognize the essential nature of schizophrenia, avoiding the misconception that it involves a split personality
 - Recognize the essential nature of schizophrenia, avoiding the misconception that it involves a split personality
- Categorize and describe the major symptoms of schizophrenia
 - Categorize and describe the major symptoms of schizophrenia
 - Define key terms related to schizophrenia
- Understand the interplay between genetic, biological, and environmental factors that are associated with the development of schizophrenia
 - Understand the interplay between genetic, biological, and environmental factors that are associated with the development of schizophrenia
- Discuss the importance of research examining prodromal symptoms of schizophrenia
 - Discuss the importance of research examining prodromal symptoms of schizophrenia

15.9. Dissociative Disorders

- Describe the essential nature of dissociative disorders
 - Describe the essential nature of dissociative disorders
- Identify and differentiate the symptoms of dissociative amnesia, depersonalization/derealization disorder, and dissociative identity disorder
 - Identify and differentiate the symptoms of dissociative amnesia, depersonalization/derealization disorder, and dissociative identity disorder
- Discuss the potential role of both social and psychological factors in dissociative identity disorder
 - Discuss the potential role of both social and psychological factors in dissociative identity disorder

15.10. Personality Disorders

- Describe the nature of personality disorders and how they differ from other disorders
 - Describe the nature of personality disorders and how they differ from other disorders
- List and distinguish between the three clusters of personality disorders
 - List and distinguish between the three clusters of personality disorders
- Identify the basic features of borderline personality disorder and antisocial personality disorder, and the factors that are important in the etiology of both
 - Identify the basic features of borderline personality disorder and antisocial personality disorder, and the factors that are important in the etiology of both

15.11. Disorders in Childhood

- Describe the nature and symptoms of attention deficit/hyperactivity disorder and autism spectrum disorder
 - Describe the nature and symptoms of attention deficit/hyperactivity disorder and autism spectrum disorder
- Discuss the prevalence and factors that contribute to the development of these disorders
 - ADHD
 - ASD

Chapter 16: Therapy and Treatment

16.1. Mental Health Treatment: Past and Present

- Explain how people with psychological disorders have been treated throughout the ages
 - Explain how people with psychological disorders have been treated throughout the ages
- Discuss deinstitutionalization
 - Discuss deinstitutionalization
- Discuss the ways in which mental health services are delivered today
 - Discuss the ways in which mental health services are delivered today
- Distinguish between voluntary and involuntary treatment
 - Distinguish between voluntary and involuntary treatment

16.2. Types of Treatment

- Distinguish between psychotherapy and biomedical therapy
 - Distinguish between psychotherapy and biomedical therapy
- Recognize various orientations to psychotherapy
 - Recognize various orientations to psychotherapy
- Discuss psychotropic medications and recognize which medications are used to treat specific psychological disorders
 - Discuss psychotropic medications and recognize which medications are used to treat specific psychological disorders

16.3. Treatment Modalities

- Distinguish between the various modalities of treatment
 - Distinguish between the various modalities of treatment
- Discuss benefits of group therapy
 - Discuss benefits of group therapy

16.4. Substance-Related and Addictive Disorders: A Special Case

- Recognize the goal of substance-related and addictive disorders treatment
 - Recognize the goal of substance-related and addictive disorders treatment
 - Discuss what makes for effective treatment
 - Discuss what makes for effective treatment
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- Describe how comorbid disorders are treated
 - Describe how comorbid disorders are treated

16.5. The Sociocultural Model and Therapy Utilization

- Explain how the sociocultural model is used in therapy
 - Explain how the sociocultural model is used in therapy
 - Discuss barriers to mental health services among ethnic minorities
 - Discuss barriers to mental health services among ethnic minorities
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