

Unit	Lesson	Lesson Objectives
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## Psychology: History and Research

### What Is Psychology?

Compare and contrast the field of psychology to other social and physical sciences.

Define psychology.

Explain how psychology qualifies as a science.

### Psychology's Modern History

Explain the factors that affect the influence of contemporary psychological perspectives.

Identify contemporary perspectives psychologists use to study behavior and cognitive processes.

### What Is Research?

Explain the steps of the scientific method used to guide psychological research.

List and explain the goals of psychological research.

### Experimental Design

Describe various factors influencing the generalization of a research study.

Differentiate between types of variables used in experimental research and variables that can possibly interfere with research results.

Distinguish between the purposes of a control group and an experimental group in a research study.

### Descriptive Research

Differentiate between qualitative and quantitative data.

Explain various types of descriptive research methods.

### Descriptive and Inferential Statistics

Define statistics and examine various aspects of descriptive statistics.

Describe hypothesis testing in inferential statistics.

Examine correlation and regression in inferential statistics.

### Ethical Research

Define ethics and relate ethics to the study of psychology.

Describe current controversies involving ethical issues in psychology.

Summarize the American Psychological Association's Ethical Guidelines for Research.

### Ethical Controversies

Examine the status of ethical issues involving animal research.

Explain ethical guidelines surrounding the use of data in regard to electronic tools.

Identify historical examples of ethical controversies that contributed to current ethical codes.

## The Nervous and Endocrine Systems

### The Neuron

Describe the process by which neurons transfer information.

Explain means of communication within the nervous system, and describe the structure and function of the neuron.

List common neurotransmitters that influence behavior and explain the function of each.

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### Structures of the Nervous System

List and describe key structures and functions of the central nervous system.

List and describe key structures and functions of the peripheral nervous system.

### The Brain

Identify the location of the forebrain and describe its function.

Identify the location of the midbrain and hindbrain and describe the functions of each.

### The Cerebrum

Describe the components and functions of the cerebrum.

Identify the lobes and associated components of the cerebral cortex and describe the function of each.

### Brain Research

Describe various methods used to study the brain.

Discuss research findings concerning brain plasticity and its impact on cognitive functioning.

Explain various research conclusions concerning hemispheric specialization.

### Functions of the Endocrine System

Compare and contrast the communication process of the nervous and endocrine systems.

Describe how hormones influence internal and external behavior.

Describe the structure and functions of the endocrine system.

## Sensation and Perception

### Sensation

Define sensation and describe the study of psychophysics.

Identify how sensory systems detect and process sensory stimuli.

Identify the concepts of threshold, signal-detection theory, and sensory adaptation.

### Vision and the Structure of the Eye

Describe the structure and function of the eye.

Explain how visual stimuli is relayed to and processed in the brain.

Identify various eye conditions, eye diseases, and vision problems.

### Hearing and the Structure of the Ear

Describe common sensory hearing disorders.

Describe the structure and function of the ear.

Explain how auditory stimuli is relayed to and processed in the brain.

### Touch, Taste, and Smell: The Other Senses

Describe the olfactory system and identify common smell disorders.

Identify the structure and function of the tactile system, including common touch disorders.

Summarize the structure and function of the gustatory system, including common taste disorders.

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		<p><b>Pain, Kinesthetic, and Vestibular Senses</b></p> <ul style="list-style-type: none"> <li>Describe kinesthesia and disorders of kinesthesia.</li> <li>Describe the sense of pain and pain disorders.</li> <li>Describe the vestibular sense and disorders of the vestibular system.</li> </ul> <p><b>Components of Perception</b></p> <ul style="list-style-type: none"> <li>Define perception and describe how sensation influences the process of perception.</li> <li>Identify various factors involved in perceiving information.</li> </ul> <p><b>Influences on Perception</b></p> <ul style="list-style-type: none"> <li>Describe Gestalt principles of perceptual organization.</li> <li>Discuss how depth cues and perceptual constancies influence perception.</li> <li>Identify various influences on perception and perceptual change.</li> </ul>
		<p><b>States of Consciousness</b></p> <p><b>Measures of Consciousness</b></p> <ul style="list-style-type: none"> <li>Define consciousness and identify key features of consciousness.</li> <li>Describe differing levels of consciousness from the psychodynamic viewpoint.</li> </ul> <p><b>Sleep</b></p> <ul style="list-style-type: none"> <li>Compare and contrast sleeping behavior between animals and humans.</li> <li>Describe the sleep cycle and biological rhythms.</li> <li>Explain why people sleep.</li> </ul> <p><b>Dreams</b></p> <ul style="list-style-type: none"> <li>Compare different theories about the significance of dreams.</li> <li>Conduct short and sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.</li> <li>Define dreaming as a biological and psychological construct.</li> <li>Explore the significance of dreams in a variety of cultures.</li> </ul> <p><b>Hypnosis</b></p> <ul style="list-style-type: none"> <li>Define and explain hypnosis.</li> <li>Describe the early uses of hypnosis to address psychological symptoms.</li> <li>Identify the contemporary uses of hypnosis in pain control and psychotherapy.</li> </ul>
		<p><b>Classical and Contemporary Theories of Learning</b></p> <p><b>What Is Learning?</b></p> <ul style="list-style-type: none"> <li>Describe what learning is.</li> <li>Differentiate between innate and learned behaviors.</li> </ul> <p><b>Classical Conditioning</b></p> <ul style="list-style-type: none"> <li>Define classical conditioning, and identify two researchers prominent in discovering and establishing classical conditioning methods.</li> <li>Describe common factors that influence the process of classical conditioning.</li> <li>Describe the process of classical conditioning.</li> </ul>

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		<p><b>Operant Conditioning</b></p> <ul style="list-style-type: none"> <li>Describe common factors that influence the process of operant conditioning.</li> <li>Describe the process of operant conditioning, and identify two researchers prominent in discovering and establishing operant conditioning methods.</li> </ul> <p><b>Reinforcement and Punishment</b></p> <ul style="list-style-type: none"> <li>Compare and contrast positive and negative reinforcement.</li> <li>Discuss the role of punishment in conditioning.</li> <li>Explain the influence of various schedules of reinforcement on behavior.</li> </ul> <p><b>Cognitive and Behavioral Learning Influences</b></p> <ul style="list-style-type: none"> <li>Describe how genetic factors or learned experiences interfere with conditioning processes.</li> <li>Discuss various experiments used in establishing support for cognitive influences on learning.</li> <li>Identify the role of cognition in learning and conditioning.</li> </ul> <p><b>Social Learning</b></p> <ul style="list-style-type: none"> <li>Describe basic processes that influence social learning.</li> <li>Describe social learning and discuss factors that influence socially learned behavior.</li> <li>Explain how the theory of social learning creates controversy about media portrayals of violence.</li> </ul>
		<p><b>Memory and Language</b></p> <p><b>The Brain and Memory</b></p> <ul style="list-style-type: none"> <li>Describe the characteristics and operations of long-term memory.</li> <li>Describe the characteristics and operations of sensory and short-term memory.</li> <li>Identify brain structures and various factors influencing memory formation.</li> </ul> <p><b>Attention and Processing Information</b></p> <ul style="list-style-type: none"> <li>Describe how different types of processing can enhance retention of information.</li> <li>Describe the importance of attention in forming memories.</li> </ul> <p><b>Forming Concepts</b></p> <ul style="list-style-type: none"> <li>Describe how and why concepts are formed in the mind.</li> <li>Examine how concepts are organized.</li> </ul> <p><b>Issues with Remembrance and Forgetting</b></p> <ul style="list-style-type: none"> <li>Describe measures of retrieval and forgetting as well as issues associated with memory retrieval.</li> <li>Explain issues influencing forgetfulness, and describe various perspectives on recovered memories.</li> <li>Identify factors that interfere with memory formation and retrieval.</li> </ul> <p><b>Research on Memory Reconstruction and Memory Improvement</b></p> <ul style="list-style-type: none"> <li>Describe research on memory reconstruction.</li> <li>Discuss suggestions to enhance deep processing of information.</li> <li>Identify strategies for improving memory.</li> </ul>

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		<p><b>Structures of Language</b></p> <ul style="list-style-type: none"> <li>Define language and its key properties.</li> <li>Identify the basic structural units of language and how grammar is used in language systems.</li> </ul> <p><b>Learning Language</b></p> <ul style="list-style-type: none"> <li>Analyze whether or not animals can obtain and use language.</li> <li>Compare and contrast different theories of language.</li> <li>Summarize the stages of language development from infancy to childhood.</li> </ul>
		<p><b>Intelligence, Motivation, Emotion, and Stress</b></p> <p><b>Intelligence Testing</b></p> <ul style="list-style-type: none"> <li>Define intelligence and trace the history of intelligence tests.</li> <li>Describe the principles in constructing intelligence tests.</li> <li>Evaluate the two extremes of intelligence.</li> </ul> <p><b>Theories of Intelligence</b></p> <ul style="list-style-type: none"> <li>Describe Charles Spearman's two-factor theory of intelligence as well as opposing perspectives.</li> <li>Differentiate between Robert Sternberg's triarchic theory of intelligence and Howard Gardner's multiple intelligences.</li> <li>Explain the concept of emotional intelligence, and define the relationship between creativity and intelligence.</li> </ul> <p><b>Influences on Intelligence</b></p> <ul style="list-style-type: none"> <li>Describe ethnic differences in intelligence scores and how they might be explained.</li> <li>Describe gender differences in intelligence scores and how they might be explained.</li> <li>Explain possible biological and environmental influences on intelligence.</li> </ul> <p><b>Motivation</b></p> <ul style="list-style-type: none"> <li>Define motivation and describe how it assists individuals in attaining goals.</li> <li>Describe various factors influencing the motivation of hunger and eating behaviors.</li> </ul> <p><b>Theories of Motivation</b></p> <ul style="list-style-type: none"> <li>Compare and contrast intrinsic and extrinsic motivation, and describe factors influencing achievement motivation.</li> <li>Compare and contrast the drive-reduction and incentive theories of motivation.</li> <li>Discuss Abraham Maslow's hierarchy of needs, and explain the expectancy theory of motivation.</li> </ul> <p><b>Theories of Emotion</b></p> <ul style="list-style-type: none"> <li>Define emotion and describe the components of emotion.</li> <li>Explain various theories of emotion.</li> <li>Identify fundamental emotions individuals experience.</li> </ul> <p><b>Factors of Emotion</b></p> <ul style="list-style-type: none"> <li>Conduct short, more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.</li> <li>Describe how culture influences emotion.</li> <li>Describe how emotion directly and indirectly influences behavior.</li> </ul>

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		<p><b>Stress Factors</b></p> <ul style="list-style-type: none"> <li>Explain cultural factors impacting stress level.</li> <li>Identify major types of stress and influences on level of stress.</li> <li>Identify possible psychological and physical effects of stress.</li> </ul> <p><b>Stress Responses</b></p> <ul style="list-style-type: none"> <li>Describe the physiological response to stress.</li> <li>Identify positive and negative coping strategies utilized to decrease stress.</li> </ul>
<b>Human Growth and Development</b>		
		<p><b>Nature vs. Nurture</b></p> <ul style="list-style-type: none"> <li>Describe how heredity affects physical characteristics and human behavior.</li> <li>Identify environmental factors that affect human behavior.</li> <li>Summarize the nature versus nurture debate.</li> </ul> <p><b>Theoretical Issues in Development</b></p> <ul style="list-style-type: none"> <li>Discuss the theoretical debate between continuity and stage perspectives in development.</li> <li>Explain the theoretical debate concerning the stability or instability of personal characteristics throughout development.</li> </ul> <p><b>Prenatal Development</b></p> <ul style="list-style-type: none"> <li>Describe the stages of prenatal development.</li> <li>Identify factors that can affect prenatal development.</li> </ul> <p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>Describe the process of maturation and various developmental norms marking changes in physical development.</li> <li>Discuss processes involving brain and motor development that occur during childhood.</li> </ul> <p><b>Personal and Social Development</b></p> <ul style="list-style-type: none"> <li>Describe and critique Erik Erikson's theory of psychosocial development.</li> <li>Describe variations in temperament, and discuss the importance of peer relationships.</li> <li>Explain theories of attachment, and discuss the influence of different parenting styles on development.</li> </ul> <p><b>Cognitive Development</b></p> <ul style="list-style-type: none"> <li>Describe Lev Vygotsky's sociocultural theory of cognitive development, and compare Vygotsky's theory to Piaget's theory of cognitive development.</li> <li>Describe various influences on cognitive development.</li> <li>Explain and critique Jean Piaget's theory of cognitive development.</li> </ul> <p><b>Moral Development</b></p> <ul style="list-style-type: none"> <li>Discuss criticisms of and proposed adaptations to Lawrence Kohlberg's theory of moral reasoning.</li> <li>Discuss developmental trends in moral development, and describe various factors influencing one's morality.</li> <li>Explain Lawrence Kohlberg's stage theory of moral reasoning.</li> </ul>

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<b>Identity Formation and Personality</b>		
<b>Adolescence</b>		
Describe changes in cognitive and social development during adolescence.		
Discuss various factors involved in an adolescent's search for identity.		
Explain the physiological changes that occur during adolescence.		
<b>Identity Development</b>		
Describe various factors impacting the process of developing a gender identity.		
Discuss various factors impacting the process of developing a cultural and ethnic identity.		
<b>Adulthood</b>		
Discuss various life transitions that impact adulthood.		
Explain physiological, psychological, and social changes that commonly occur throughout adulthood.		
Identify and describe common features that characterize emerging adulthood.		
<b>Influences on Personality Formation</b>		
Define personality and discuss environmental and biological influences on personality.		
Identify cultural influences on personality.		
<b>Assessing Personality</b>		
Discuss issues associated with personality assessments.		
Identify different types of personality assessments used in psychology.		
<b>Trait Perspective</b>		
Critique trait perspectives used to explain personality.		
Define the term personality trait, and identify the Big Five personality traits.		
Identify prominent trait theorists and their corresponding perspectives on personality.		
<b>Psychodynamic Perspective</b>		
Compare Carl Jung's and Alfred Adler's theoretical perspectives on personality to Sigmund Freud's psychoanalytic theory.		
Critique the effectiveness of psychodynamic perspectives in explaining personality.		
Explain Sigmund Freud's psychoanalytic theory.		
<b>Behavioral Perspective</b>		
Critique behavioral perspectives used to explain personality.		
Describe how theorists have used B. F. Skinner's theory of operant conditioning to explain personality.		
Discuss how Albert Bandura uses social cognitive theory to explain the interaction between personality and environment.		
<b>Humanist Perspective</b>		
Critique humanistic perspectives used to explain personality.		
Define humanism and discuss Carl Rogers' perspective on personality structure and development.		
Describe the characteristics of an individual with a healthy personality as defined by humanistic theorist Abraham Maslow.		

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<b>Biological Perspective</b>		
Critique biological perspectives used to explain personality.		
Explain Hans Eysenck's assertion that personality is determined by genetic factors.		
Explain how behavioral genetics research provides support for biological perspectives on personality, and describe the evolutionary approach to personality.		
<b>Abnormal Behaviors, Disorders, and Treatment</b>		
<b>Identifying Abnormal Behavior</b>		
Compare and contrast the medical and biopsychosocial perspectives of psychological disorders.		
Describe the characteristics of abnormal behavior and how they are used to diagnose psychological disorders.		
<b>Understanding Psychological Disorders</b>		
Describe the process for classifying psychological disorders.		
Discuss the effects of diagnosing an individual with a psychological disorder.		
<b>Seeking Therapy</b>		
Describe the types of therapists, and explain what makes therapy successful.		
Discuss the issues involved in seeking therapeutic treatment.		
<b>Types of Therapy</b>		
Define insight therapy and describe three types used in treatment.		
Discuss three types of biomedical therapy used in treating mental disorders.		
Summarize the treatment processes of behavior and cognitive therapies.		
<b>Anxiety Disorders</b>		
Discuss the risk factors, etiology, and treatment of anxiety disorders.		
Identify five anxiety disorders and the symptoms for each.		
<b>Somatoform Disorders</b>		
Discuss the risk factors, etiology, and treatment of somatoform disorders.		
Identify three somatoform disorders and the symptoms for each.		
<b>Dissociative Disorders</b>		
Discuss the risk factors, etiology, and treatment of dissociative disorders.		
Identify three dissociative disorders and the symptoms for each.		
<b>Mood Disorders</b>		
Discuss the risk factors, etiology, and treatment of mood disorders.		
Identify two mood disorders and the symptoms for each.		
<b>Schizophrenic Disorders</b>		
Discuss the risk factors, etiology, and treatment of schizophrenic disorders.		
Identify four types of schizophrenic disorders and the symptoms for each.		
<b>Personality Disorders</b>		
Discuss the risk factors, etiology, and treatment of personality disorders.		
Identify seven personality disorders and the symptoms for each.		