

Unit	Topic	Lesson	Objective1	Objective2
Introduction to Psychology				
	What is Psychology?			
		Why Study Psychology?	Identify the goals of psychology.	Explain how psychology is a science.
		A History of Psychology	Explain the historical background of the study of psychology.	
		Contemporary Perspectives	Describe the seven main contemporary perspectives in psychology.	
		Psychology as a Profession	Describe the work done by psychologists according to their areas of specialization.	
Psychological Research Methods and Statistics				
		Conducting Research	List and explain the steps scientists follow in conducting scientific research.	
		Surveys, Samples, and Populations	Explain the survey method and the importance of proper sampling techniques.	
		Methods of Observation	Compare and contrast various methods of observation and discuss the use of correlation in analyzing results.	
		The Experimental Method	Describe the purpose and elements of an experiment.	
		Ethical Issues	Evaluate the ethical issues involved in psychological research.	
		Statistical Evaluation	Recognize types of descriptive statistics.	Describe inferential statistics.
Your Mind and Body				
Biology and Behavior				
		The Nervous System	Explain how messages are transmitted by neurons.	Describe the functions of the peripheral nervous system.
		The Brain: Our Control Center	Identify the major structures of the brain.	Explain the functions of each structure of the brain.
		The Endocrine System	Explain how hormones secreted by the major glands of the endocrine system affect the body.	
		Heredity: Our Genetic Background	Explain the role of chromosomes and genes in heredity.	Evaluate the methods used by psychologists to study the role of heredity in determining traits.

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		Sensation and Perception		
		Sensation	Describe the field of study known as psychophysics.	Define and discuss threshold, Weber's law, and signal detection.
		Vision	Explain how the eye works to enable vision.	
		Hearing	Describe how the ear perceives sound.	
		Other Senses	Identify the chemical, skin, and body senses.	
		Perception	Summarize the laws of sensory perception.	
		Consciousness		
		The Study of Consciousness	Analyze the nature of consciousness	
		Sleep and Dreams	Describe the stages of sleep.	List several sleep problems.
		Meditation, Biofeedback, and Hypnosis	Explain meditation, biofeedback, and hypnosis.	
		Drugs and Consciousness	Describe the ways various kinds of drugs affect consciousness.	
		Learning and Cognition		
		Learning		
		Classical Conditioning	Explain the principles of classical conditioning.	
		Operant Conditioning	Outline the principles of operant conditioning.	Describe the applications of operant conditioning.
		Social Learning	Cite the principles involved in cognitive learning and modeling.	Identify the principles of learning used in behavior modification.
		The PQ4R Method: Learning to Learn	Identify the steps of the PQ4R method learning.	
		Memory		
		Three Kinds of Memory	Compare and contrast the three kinds of memory.	Give an example of each kind of memory.
		Three Processes of Memory	Explain the three processes of memory.	
		Three Stages of Memory	Identify the three stages of memory.	Explain how the stages of memory are related to each other.
		Forgetting and Memory Improvement	Describe the ways memory can be improved.	
		Thinking and Language		
		What is Thinking?	Explain the role that symbols, concepts, and prototypes play as units of thought.	

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		Problem Solving	Describe several methods people use to solve problems.	Identify obstacles to problem solving.
		Reasoning	Differentiate between deductive reasoning and inductive reasoning.	
		Decision Making and Judgment	Analyze the strategies used in decision making.	
		Language	Identify the basic elements of language.	Summarize the stages of language development.
Intelligence				
		What is Intelligence?	Define intelligence.	Explain the various theories of intelligence.
		Measurement of Intelligence	Describe how the various types of intelligence tests differ.	
		Differences of Intelligence	Identify the characteristics of mental retardation and giftedness.	
		What Influences Intelligence?	Explain how heredity and the environment influence intelligence.	
Life Span Development				
Infancy and Childhood				
		The Study of Development	Explain the major theories of development.	
		Physical Development	Describe the physical development that occurs during infancy.	
		Social Development	Describe the social development of infants and children.	
		Cognitive Development	Identify the stages in Piaget's theory of cognitive development.	Identify the stages in Kohlberg's theory of moral development.
Adolescence				
		Physical and Sexual Development	Describe the physical changes that characterize adolescence.	Describe research related to the sexual attitudes and roles of adolescents.
		Social Development	Describe the role that parents and peers generally play in the lives of adolescents.	
		Identity Formation	Define identity formation.	Describe the four categories of adolescent identity status.
		Challenges of Adolescence	Describe some of the important challenges that adolescents face in today's society.	

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		Adulthood and Old Age		
		Young Adulthood	List the characteristics and issues of young adulthood.	
		Middle Adulthood	Describe the changes that occur and issues that are faced in middle adulthood.	
		Late Adulthood	Explain how people's lives change in late adulthood.	
		Death and Dying	Explain the attitudes and issues related to death and dying.	
		Personality and Individuality		
		Motivation and Emotion		
		The Psychology of Motivation	List and explain four theories of motivation.	
		Biological Needs: Focus on Hunger	Describe the hunger drive.	Analyze the causes of obesity.
		Psychological Needs	Explain stimulus motives, the balance theory, and achievement motivation.	
		Emotions	Give examples of the physiological theories of emotion.	Explain the cognitive theorists' approach to the study of emotion.
		Theories of Personality		
		Purposes of Personality Theories	Describe the major purposes of personality theories.	List the major schools of personality theory.
		The Psychoanalytic Approach	Describe the impact of psychoanalytic theory of personality.	Describe how psychoanalytic theory has been modified since Sigmund Freud.
		The Learning Approach	Describe what learning theorists believe are the influences on and motivation for behavior.	
		The Humanistic Approach	Explain how the humanistic approach views the role of the self and free choice in shaping behaviors.	
		Trait Theories	Explain the main features of trait personality.	Describe Allport's, Cattell's, and Eysenck's theories of personality development.
		The Sociocultural Approach	Discuss how the sociocultural approach views the importance of ethnicity, gender, culture, and socioeconomic status in the development of personality.	

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		Psychological Tests		
		Characteristics of Psychological Tests	Identify three ways of measuring reliability.	Explain test standardization and how test validity is assessed.
		Measuring Achievement, Abilities, and Interests	Explain how achievement tests, aptitude tests, and interest inventories are used.	
		Personality Tests	Identify the two kinds of personality tests and discuss their uses.	
		Taking Tests	Identify strategies for taking tests.	Identify ways to avoid test anxiety.
		Gender Roles		
		What are Gender Roles?	Define gender roles and gender stereotypes.	Explain the difference between gender roles and gender stereotypes.
		Gender Differences	Describe gender differences in cognitive abilities, personality, and behavior.	
		Gender Typing	Define gender typing.	Discuss several theories that explain how gender typing may occur.
		Variation in Gender Roles	Explain how gender roles have changed over time.	Identify ways in which gender roles can vary from culture to culture.
		Health and Adjustment		
		Stress and Health		
		What is Stress?	Describe some of the main causes of stress.	
		Responses to Stress	Identify the factors that determine one's responses to stress.	
		Physical Effects of Stress	Explain the general adaptation syndrome.	Describe the effects of stress on the immune system.
		Psychological Factors and Health	Identify the ways in which psychological factors contribute to headaches, heart disease, and cancer.	
		Coping with Stress	Explain defense strategies of coping with stress.	Describe active strategies of coping with stress.
		Stress in Your Life	Identify some of the issues related to adjustment to college life.	Describe issues related to starting a first job.
		Psychological Disorders		
		What are Psychological Disorders?	Define psychological disorder.	Distinguish between the concepts of normality and abnormality.

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		Anxiety Disorders	Distinguish among anxiety disorders.	Outline the theories that explain anxiety disorders.
		Dissociative Disorders	Describe the four dissociative disorders.	
		Somatoform Disorders	Explain somatization.	List the symptoms of two somatoform disorders.
		Mood Disorders	Identify several theories that attempt to explain mood disorders.	
		Schizophrenia	Describe the subtypes and causes of schizophrenia.	
		Personality Disorders	Distinguish personality disorders from other psychological disorders.	
Therapy and Change				
		What is Psychotherapy?	Explain the nature of psychotherapy.	Describe the role of a therapist.
		The Psychoanalytic Approach	Describe the major techniques of psychoanalysis.	
		The Humanistic Approach	Describe the primary goals and methods of humanistic therapy.	
		Cognitive Therapy and Behavior Therapy	Describe how cognitive and behavior therapists try to help people.	
		Biological Therapy	Describe the three major biological treatments for psychological disorders.	
Social Psychology				
Individual Interaction				
		Interpersonal Attraction	Discuss why we need friends.	List and explain the factors involved in choosing friends.
		Social Perception	List factors that influence our perceptions of other people.	Explain how people use various forms of nonverbal communication.
		Personal Relationships	Describe sources of parent-adolescent conflict.	Describe the different types of love.
Group Interaction				
		Group Behavior	Define and explain different types of groups.	Describe the interactive patterns within groups.
		Conformity and Obedience	Identify ways that groups can influence an individual's behavior.	Explain why most people tend to obey authority figures.

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		Conflict and Cooperation	Explain causes of group conflicts and cooperation.	Summarize how group dynamics promote or restrain altruism and aggression.
		Attitudes and Social Influence		
		Attitude Formation	Trace the origin of attitudes.	Describe the functions of attitudes.
		Attitude Change and Prejudice	Cite the sources of attitude change.	Describe prejudice and its relationship to stereotypes and roles.
		Persuasion	Describe the factors involved in the communication process.	Explain the different types of persuasion processes.