

Psychology

Course Overview and Syllabus

Course Number: EL2084

Grade level: 11–12

Prerequisite Courses: None

Credits: 1.0

Course Description

This two-semester course introduces high school students to the study of psychology and helps them master fundamental concepts in research, theory, and human behavior. Students analyze human growth, learning, personality, and behavior from the perspective of major theories within psychology, including the biological, psychosocial, and cognitive perspectives. From a psychological point of view, students investigate the nature of being human as they build a comprehensive understanding of traditional psychological concepts and contemporary perspectives in the field. Course components include an introduction to the history, perspectives, and research of psychology; an understanding of topics such as the biological aspects of psychology, learning, and cognitive development; the stages of human development; aspects of personality and intelligence; the classification and treatment of psychological disorders; and psychological aspects of social interactions.

Course Objectives

Throughout the course, you will meet the following goals:

- Compare and contrast the field of psychology with other social and physical sciences
- List and explain the goals of psychological research
- Describe social learning and discuss factors that influence socially learned behavior
- Define sensation and describe the study of psychophysics
- Identify brain structures and various factors influencing memory formation
- Summarize the nature versus nurture debate
- Define personality and discuss environmental and biological influences on personality
- Compare and contrast the medical and biopsychosocial perspectives of psychological disorders
- Identify important factors in the formation and maintenance of close relationships

Student Expectations

This course requires the same level of commitment from you as a traditional classroom course would. Throughout the course, you are expected to spend approximately 5–7 hours per week online on the following activities:

- Interactive lessons that include a mixture of instructional videos and tasks

- Assignments in which you apply and extend learning in each lesson
- Assessments, including quizzes, tests, and cumulative exams

Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, either via online tools or face to face, as you collaborate on project, ask and answer questions in your peer group, and develop speaking and listening skills.

Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

Grading Category	Weight
Quiz	20%
Test	30%
Exam	20%
Essay	10%
Assignment	10%
Additional	0%
Project	10%

Scope and Sequence

When you log into the Virtual Classroom, you can view the entire course map, which provides a scope and sequence of all topics you will study. Clicking a lesson's link in the course map leads to a page listing instructional activities, assignments, and learning objectives specific to that lesson. The units of study are summarized below:

Unit 1: Psychology: History, Perspectives, and Research

Unit 2: Psychology and the Body: Biology, Sensation, Perception, and Consciousness

Unit 3: Being Human: The Nature of Human Experience

Unit 4: Becoming Human: Motivation, Emotion, Development, and Personality

Unit 5: Disorders: Classification and Treatment

Unit 6: Social Psychology: The Science of Human Interaction

Unit	Topic	Lesson	Lesson Objectives
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Psychology: History, Perspectives, and Research

Introduction to Psychology

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 Early History

Explain the foundations of psychology as a philosophy

Identify historical approaches to psychology

Summarize how functionalism and structuralism sought to understand the mind's structure and functions

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

Historical Issues in Psychology

Explain how early psychological research was biased

Identify the contributions women and minorities have made to psychology

Summarize why minority groups were excluded from psychology

Fields and Occupations of Psychology

Identify occupations available to students who obtain different degrees in psychology

List and describe several areas and subfields of psychology

Psychological Research Methods

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

Unit	Topic	Lesson	Lesson Objectives
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Statistics and Ethics in Psychology

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

Statistical Issues

- Define and differentiate between reliability and validity
- Examine benefits and limitations of using statistics to support psychological claims
- Explain issues influencing statistical significance

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

Psychology and the Body: Biology, Sensation, Perception, and Consciousness

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

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

Unit	Topic	Lesson	Lesson Objectives
			<p>Brain Research</p> <ul style="list-style-type: none"> 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 <p>Functions of the Endocrine System</p> <ul style="list-style-type: none"> 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
			<p>Sensation and Perception</p> <p>Sensation</p> <ul style="list-style-type: none"> 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 <p>Vision and the Structure of the Eye</p> <ul style="list-style-type: none"> 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 <p>Hearing and the Structure of the Ear</p> <ul style="list-style-type: none"> 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 <p>Touch, Taste, and Smell: The Other Senses</p> <ul style="list-style-type: none"> 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 <p>Pain, Kinesthetic, and Vestibular Senses</p> <ul style="list-style-type: none"> Describe kinesthesia and disorders of kinesthesia Describe the sense of pain and pain disorders Describe the vestibular sense and disorders of the vestibular system <p>Components of Perception</p> <ul style="list-style-type: none"> Define perception and describe how sensation influences the process of perception Identify various factors involved in perceiving information

Unit	Topic	Lesson	Lesson Objectives
			<p>Influences on Perception</p> <ul style="list-style-type: none"> Describe Gestalt principles of perceptual organization Discuss how depth cues and perceptual constancies influence perception Identify various influences on perception and perceptual change
			<p>States of Consciousness</p> <p>Measures of Consciousness</p> <ul style="list-style-type: none"> Define consciousness and identify key features of consciousness Describe differing levels of consciousness from the psychodynamic viewpoint <p>Sleep</p> <ul style="list-style-type: none"> Compare and contrast sleeping behavior between animals and humans Describe the sleep cycle and biological rhythms Explain why people sleep <p>Sleep Disorders</p> <ul style="list-style-type: none"> Describe sleep disorders and their treatments Explain methods of getting a healthy amount of sleep Explain the effects of sleep deprivation <p>Dreams</p> <ul style="list-style-type: none"> Compare different theories about the significance of dreams Conduct short and sustained research projects based on focused questions, demonstrating understanding of the subject under investigation Define dreaming as a biological and psychological construct Explore the significance of dreams in a variety of cultures
			<p>Altered States of Consciousness</p> <p>Hypnosis</p> <ul style="list-style-type: none"> Define and explain hypnosis Describe the early uses of hypnosis to address psychological symptoms Identify the contemporary uses of hypnosis in pain control and psychotherapy <p>Psychoactive Drugs</p> <ul style="list-style-type: none"> Describe the long-term psychological and physiological effects of drugs Describe the major classes and effects of psychoactive drugs Explain how the major drug classes affect neurotransmission and behavior <p>Meditation and Other Forms of Consciousness</p> <ul style="list-style-type: none"> Compare the cultural and historical influences on the value judgments associated with voluntary consciousness changes Critique the use of biofeedback as a mechanism for gaining control over biological functions Explain the effects of meditation

Unit	Topic	Lesson	Lesson Objectives
Being Human: The Nature of Human Experience			
Classical Theories of Learning			
What Is Learning?			
Describe what learning is			
Differentiate between innate and learned behaviors			
Classical Conditioning			
Define classical conditioning, and identify two researchers prominent in discovering and establishing classical conditioning methods			
Describe common factors that influence the process of classical conditioning			
Describe the process of classical conditioning			
Operant Conditioning			
Describe common factors that influence the process of operant conditioning			
Describe the process of operant conditioning, and identify two researchers prominent in discovering and establishing operant conditioning methods			
Reinforcement and Punishment			
Compare and contrast positive and negative reinforcement			
Discuss the role of punishment in conditioning			
Explain the influence of various schedules of reinforcement on behavior			
Contemporary Theories of Learning			
Cognitive and Behavioral Learning Influences			
Describe how genetic factors or learned experiences interfere with conditioning processes			
Discuss various experiments used in establishing support for cognitive influences on learning			
Identify the role of cognition in learning and conditioning			
Social Learning			
Describe basic processes that influence social learning			
Describe social learning and discuss factors that influence socially learned behavior			
Explain how the theory of social learning creates controversy about media portrayals of violence			
Environmental and Cultural Learning Influences			
Describe how culture assists in shaping behavior			
Describe various influences of collaborative learning on academic achievement			
Discuss how environmental and cultural influences impact learning and academic achievement			
Regulating Behavior			
Identify personal skills necessary for effective self-regulation, and describe the three phases involved in self-regulating behavior			
Identify therapeutic and self-implemented behavior modification strategies			

Unit	Topic	Lesson	Lesson Objectives
			<p>Essay: The Effects of Television on Young People</p> <ul style="list-style-type: none"> Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience Refine good writing habits developed at earlier stages in core education Use writing both as a tool for learning and as a means for communicating about ideas within a discipline or profession
			<p>Memory</p> <p>The Brain and Memory</p> <ul style="list-style-type: none"> Describe the characteristics and operations of long-term memory Describe the characteristics and operations of sensory and short-term memory Identify brain structures and various factors influencing memory formation <p>Attention and Processing Information</p> <ul style="list-style-type: none"> Describe how different types of processing can enhance retention of information Describe the importance of attention in forming memories <p>Forming Concepts</p> <ul style="list-style-type: none"> Describe how and why concepts are formed in the mind Examine how concepts are organized <p>Issues with Remembrance and Forgetting</p> <ul style="list-style-type: none"> Describe measures of retrieval and forgetting as well as issues associated with memory retrieval Explain issues influencing forgetfulness, and describe various perspectives on recovered memories Identify factors that interfere with memory formation and retrieval <p>Research on Memory Reconstruction and Memory Improvement</p> <ul style="list-style-type: none"> Describe research on memory reconstruction Discuss suggestions to enhance deep processing of information Identify strategies for improving memory
			<p>Language and Problem Solving</p> <p>Structures of Language</p> <ul style="list-style-type: none"> Define language and its key properties Identify the basic structural units of language and how grammar is used in language systems <p>Learning Language</p> <ul style="list-style-type: none"> Analyze whether or not animals can obtain and use language Compare and contrast different theories of language Summarize the stages of language development from infancy to childhood

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Problem Solving

- Explore various types of problems and the steps of the problem solving process
- Identify influences on and obstacles to problem solving
- Summarize common strategies used to solve problems

Decision Making

- Identify various types of decisions and strategies used to make decisions
- Summarize various influences on decision making

What Is Intelligence?

Intelligence Testing

- Define intelligence and trace the history of intelligence tests
- Describe the principles in constructing intelligence tests
- Evaluate the two extremes of intelligence

Theories of Intelligence

- Describe Charles Spearman's two-factor theory of intelligence as well as opposing perspectives
- Differentiate between Robert Sternberg's triarchic theory of intelligence and Howard Gardner's multiple intelligences
- Explain the concept of emotional intelligence, and define the relationship between creativity and intelligence

Influences on Intelligence

- Describe ethnic differences in intelligence scores and how they might be explained
- Describe gender differences in intelligence scores and how they might be explained
- Explain possible biological and environmental influences on intelligence

Becoming Human: Motivation, Emotion, Development, and Personality

Motivation, Emotion, and Stress

Motivation

- Define motivation and describe how it assists individuals in attaining goals
- Describe various factors influencing the motivation of hunger and eating behaviors

Theories of Motivation

- Compare and contrast intrinsic and extrinsic motivation, and describe factors influencing achievement motivation
- Compare and contrast the drive-reduction and incentive theories of motivation
- Discuss Abraham Maslow's hierarchy of needs, and explain the expectancy theory of motivation

Theories of Emotion

- Define emotion and describe the components of emotion
- Explain various theories of emotion
- Identify fundamental emotions individuals experience

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Factors of Emotion

Conduct short, more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation

Describe how culture influences emotion

Describe how emotion directly and indirectly influences behavior

Stress Factors

Explain cultural factors impacting stress level

Identify major types of stress and influences on level of stress

Identify possible psychological and physical effects of stress

Stress Responses

Describe the physiological response to stress

Identify positive and negative coping strategies utilized to decrease stress

Human Growth and Development

Nature vs. Nurture

Describe how heredity affects physical characteristics and human behavior

Identify environmental factors that affect human behavior

Summarize the nature versus nurture debate

Theoretical Issues in Development

Discuss the theoretical debate between continuity and stage perspectives in development

Explain the theoretical debate concerning the stability or instability of personal characteristics throughout development

Prenatal Development

Describe the stages of prenatal development

Identify factors that can affect prenatal development

Physical Development

Describe the process of maturation and various developmental norms marking changes in physical development

Discuss processes involving brain and motor development that occur during childhood

Personal and Social Development

Describe and critique Erik Erikson's theory of psychosocial development

Describe variations in temperament, and discuss the importance of peer relationships

Explain theories of attachment, and discuss the influence of different parenting styles on development

Cognitive Development

Describe Lev Vygotsky's sociocultural theory of cognitive development, and compare Vygotsky's theory to Piaget's theory of cognitive development

Describe various influences on cognitive development

Explain and critique Jean Piaget's theory of cognitive development

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Moral Development

- Discuss criticisms of and proposed adaptations to Lawrence Kohlberg's theory of moral reasoning
- Discuss developmental trends in moral development, and describe various factors influencing one's morality
- Explain Lawrence Kohlberg's stage theory of moral reasoning

Essay: The Nature vs. Nurture Debate

- Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience
- Refine good writing habits developed at earlier stages in core education
- Use writing both as a tool for learning and as a means for communicating about ideas within a discipline or profession

Identity Formation and Transition into Adulthood

Adolescence

- 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

Identity Development

- Describe various factors impacting the process of developing a gender identity
- Discuss various factors impacting the process of developing a cultural and ethnic identity

Adulthood

- 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

Personality

Influences on Personality Formation

- Define personality and discuss environmental and biological influences on personality
- Identify cultural influences on personality

Assessing Personality

- Discuss issues associated with personality assessments
- Identify different types of personality assessments used in psychology

Trait Perspective

- 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

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Psychodynamic Perspective

- 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

Behavioral Perspective

- 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

Humanist Perspective

- 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

Biological Perspective

- 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

Disorders: Classification and Treatment

Abnormal Behaviors and Treatment

Identifying Abnormal Behavior

- 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

Understanding Psychological Disorders

- Describe the process for classifying psychological disorders
- Discuss the effects of diagnosing an individual with a psychological disorder

Seeking Therapy

- Describe the types of therapists, and explain what makes therapy successful
- Discuss the issues involved in seeking therapeutic treatment

Types of Therapy

- 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

Unit	Topic	Lesson	Lesson Objectives
Disorders			
Anxiety Disorders			
Discuss the risk factors, etiology, and treatment of anxiety disorders			
Identify five anxiety disorders and the symptoms for each			
Somatoform Disorders			
Discuss the risk factors, etiology, and treatment of somatoform disorders			
Identify three somatoform disorders and the symptoms for each			
Dissociative Disorders			
Discuss the risk factors, etiology, and treatment of dissociative disorders			
Identify three dissociative disorders and the symptoms for each			
Mood Disorders			
Discuss the risk factors, etiology, and treatment of mood disorders			
Identify two mood disorders and the symptoms for each			
Schizophrenic Disorders			
Discuss the risk factors, etiology, and treatment of schizophrenic disorders			
Identify four types of schizophrenic disorders and the symptoms for each			
Personality Disorders			
Discuss the risk factors, etiology, and treatment of personality disorders			
Identify seven personality disorders and the symptoms for each			
Other Disorders			
Identify and describe the symptoms, risk factors, etiology, and treatment of two organic disorders			
Identify and describe the symptoms, risk factors, etiology, complications, and treatment of two eating disorders			
Social Psychology: The Science of Human Interaction			
Socialization			
Culture			
Describe common cultural variations in beliefs and behavior			
Describe the components of culture			
Identify different types of culture in the United States			
Perceptions in Social Situations			
Describe how cultural socialization determines social schema development			
Explain how perceptions are formed and how they influence personal behavior			

Unit	Topic	Lesson	Lesson Objectives
			<p>Attribution Theory</p> <ul style="list-style-type: none"> Describe the process of attribution Explain how attributions affect our explanations of behavior Explain the differences between internal and external attributions <p>Forming and Changing Attitudes</p> <ul style="list-style-type: none"> Describe attitudes and discuss factors influencing attitude variation Discuss various factors impacting methods of persuasion Explain theories of attitude formation and change
Individual Interactions			
			<p>Altruism</p> <ul style="list-style-type: none"> Define altruism and describe examples of altruistic behavior Discuss various perspectives concerning the reasons for altruistic behavior Identify factors that reduce or promote altruism <p>Aggression</p> <ul style="list-style-type: none"> Define aggression and identify common factors in aggression Describe various theories concerning influences on aggressive behavior Discuss whether media displays of violence influence aggression <p>Attraction</p> <ul style="list-style-type: none"> Describe love as a construct in a relationship Explain the processes involved in mate selection Identify important factors in the formation and maintenance of close relationships
Group Behaviors			
			<p>Group Influences</p> <ul style="list-style-type: none"> Describe possible influences groups can have on personal behavior Identify possible consequences of conformity and obedience as demonstrated by research on group influences Identify the effects of role-playing in group situations <p>Bias and Prejudice</p> <ul style="list-style-type: none"> Describe the difference between prejudice and discrimination, and discuss ways that discrimination is commonly expressed in society Discuss the cognitive, social, and emotional roots of prejudice Explain possible strategies that can be used to reduce prejudiced behavior <p>Group Conflict and Accordance</p> <ul style="list-style-type: none"> Describe strategies that are designed to foster cooperative groups Explain the development of conflict between groups