

Course Title:	Introduction to Psychology
Grade(s):	11-12

Course Description
Psychology is the study of human behavior and mental processes. How do we think? How do we learn? Why do we behave in the manner we do? What does an I.Q. score mean? This course seeks to provide students with answers to these questions and many more regarding the function and operation of the human brain. Through the examination of case studies, students will learn of varying psychological abnormalities and therapies, which include methods of diagnosing potential cognitive, emotional, or intellectual issues as well as methods of treatment. Topics such as Psychological Approaches to Behavior, States of Consciousness, Psychological Disorders, Types of Therapies, Intelligence, Memory, Personality, Social Psychology, Motivation, and Emotion will be covered.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Approaches to Human Behavior	This unit provides a foundational overview of the major theoretical perspectives used to explain why people think, feel, and act the way they do. Students will move beyond "common sense" interpretations of behavior to analyze the diverse scientific frameworks used by psychologists. These include the: Biological, Behavioral, Cognitive, Humanistic, Psychoanalytic, and Sociocultural Approaches to behavior. By the end of this unit, students will be able to apply multiple perspectives to explain individual behavior.	2 weeks
Unit 2: Psychological Disorders	This unit introduces students to the scientific study of abnormal behavior, thought patterns, and emotions. We will define what constitutes a psychological disorder and examine the diagnostic criteria used by professionals. By the end of this unit, students will be able to identify the primary symptoms of major psychological disorders and develop empathy and an informed perspective on mental health	3.5 weeks

	conditions.	
Unit 3: Therapy	This unit examines the wide array of methods used by mental health professionals to treat psychological disorders and improve overall mental well-being. Students will explore the transition from historical and often inhumane treatment methods to modern, evidence-based therapeutic interventions.	4 weeks
Unit 4: Social Psychology	This unit explores how the presence of others influences individual human behavior. Some topics of study include social thinking, conformity, deindividuation, group polarization, authority, responsibility diffusion, role-taking, and the bystander effect.	4.5 weeks
Unit 5: The Self: Memory, Intelligence, and Personality	This unit combines three core areas of psychological study to explore the complex nature of the self: Memory, intelligence, and personality. Students first begin to investigate how the memory process and different types of memory work. Next, students explore various ways that psychologists measure human intelligence. Finally, students will explore various ways that psychologists measure personality, and various personality theories. In each unit, students will have the opportunity to engage in memory, intelligence, and personality activities and assessments.	3.5 weeks
Unit 6: States of Consciousness	In this unit, students will explore the biological mechanisms underlying various states of consciousness. A strong focus will be placed on sleep, including the human sleep cycle, dreams, and sleep disorders. Students will also explore the function and benefits of hypnosis.	2.5 weeks