

Course: Introduction to Psychology
Grade Level: 11
Topic: Psychology

Introduction to Psychology is currently an elective semester class designed to introduce students to the major concepts and theories about human behavior. As an introductory survey course, it provides a foundation for future college studies in psychology and many strategies regarding living healthily as well. The course has students evaluate theories within the context of practical life situations and applications through discussion and debate while also requiring small amount of research. Video is also used to support the material covered and relevant news is also introduced when applying to our topic of study. The course encompasses the following units: 1. Introduction to Psychology History and Methods; 2. Sensation and Perception; 3. Learning Theories; 4. Thinking, Memory, Reasoning, and Communication; 5.) Intelligence; 6.) States of Consciousness; 7.) Human Development; 8. Personality Theories; 9. Abnormal Behavior; 10. Therapies; 11. Social Psychology; 12. Frustration, Conflict, Stress, and Drugs; 13. Self and Social Influences; 14. Attitudes and Beliefs.

Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.1 The World of the Psychologist	11.1.1	Defining Psychology	Read, Notes, Review, Discuss Instructors Resources: Books Magazines, Journals Instructor Resource Surveys AV: Sources: Movies, Annenberg Series, Internet	Review Score Test Score Summary
	11.1.2	Research Versus Applied Psychology		
		History of Psychology		Timeline
	11.1.3	Origins of Psychology		
	11.1.4	Creating Modern times		
	11.1.5	The Beginnings of Scientific Psychology		Career Objectives
		Present Day Psychology		
	11.1.6	Neurobiological Approach		
	11.1.7	Behavioral Approach		
		11.1.8		Humanistic Approach
	11.1.9	Psychoanalytic Approach		
	11.1.10	Cognitive Approach		

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			Activities	Assessments
		Analysis and Psychology		
	11.1.11 11.1.12 11.1.13 11.1.14 11.1.15	Neurobiological Analysis Behavioral Analysis Humanistic Analysis Psychoanalytic Analysis Cognitive Analysis		Compare & Contrast Approaches
11.2 Methods of Psychology NS:1A.3-6		Scientific Method	Read, Notes, Review, Discuss	Review Score Test Score Summary
	11.2.1 11.2.2 11.2.3	Hypothesis, Subjects, Variables, Dependent and Independent Variables, Field Experimentation	Instructors Resources: Books Magazines, Journals	
		Behavior Methods and other Methods for Studying Behavior	Instructor Resource Surveys	
	11.2.4	Survey Method, Naturalistic Observation, Interviews, Case Study Method, Psychological Tests, Longitudinal and Cross-Sectional Studies	AV: Sources: Movies, Annenberg Series, Internet	
		Ethics of Experimentation	Design and Build Experiment	
	11.2.5 11.2.6	Ethical Principles Experimentation with Animals	Practice Methods	

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			Activities	Assessments
11.3 Body and Behavior NS:IIA:1-7		The Brain in Action	RNRD :Read, Notes, Review, Read, Notes, Review, Discuss Instructors Resources: Books Magazines, Journals Instructor Resource Surveys AV: Sources: Movies, Annenberg Series, Internet	Review Score Test Score Summary
	11.3.1	Observing the Brain in Action		
		Examining the Brain		
	11.3.2	The Hemispheres		
		Interpretation by the Brain		
	11.3.3	Frontal Association Area		
	11.3.4	Hemispheres and Handedness		
	11.3.5	Tasks of the Hemispheres		
	11.3.6	The Cerebral Cortex and the Lower Brain		
		Brain Communication		
	11.3.7	The Neuron		Drawings Completed
	11.3.8	The Synapse		
	11.3.9	Neurotransmitters		
	11.3.10	The Spinal Cord		
	The Glandular System			
11.3.11	The Pituitary Gland	Identify Conditions Specific to Glandular Malfunction		
11.3.12	The Thyroid Gland			
11.3.13	The Adrenal Glands			
11.3.14	The Gonads			

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			Activities	Assessments
11.4 Sensation and Perception NS:IIA:1-7		Sensation	Read, Notes, Review, Discuss	Review Score Test Score Summary
	11.4.1.	Vision	Instructors Resources: Books Magazines, Journals Instructor Resource Surveys	
	11.4.2	Hearing		
	11.4.3	Cutaneous Senses		
	11.4.4	Smell		
	11.4.5	Taste		
		Perception	AV: Sources: Movies, Annenberg Series, Internet	
	11.4.6	Perceptual Constancies		
11.4.7	Illusions			
11.4.8	Subliminal Perception			
11.5 Motivation and Emotion NS:IIC:1-7		Symbolism, Motivation, and Emotion	Read, Notes, Review, Discuss	Review Score Test Score Summary Understanding
	11.5.1	Introduction Discussion and Examples	Instructors Resources: Books Magazines, Journals Instructor Resource Surveys	
		Motivation and Emotion: Physical Factors		
	11.5.2	The Hypothalamus		
	11.5.3	The Reticular Formation		
	11.5.4	The Pituitary Gland and the Adrenal Glands		
	11.5.5	The Gonads	Sources: Movies, Annenberg Series, Internet	
		Motivational Forces		
11.5.6	Hunger			
11.5.7	Thirst			

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			Activities	Assessments
11.6 States of Consciousness NS:IVD-1-5		Consciousness Defined	Read, Notes, Review, Discuss	Review Score Test Score Summary Understanding
	11.6.1	Consciousness: Self-Map in relation to	Instructors Resources: Books Magazines, Journals	
	11.6.2	the world		
	11.6.3	Levels of Consciousness		
		Chronobiology and Unseen Forces	Instructor Resource Surveys	
	11.6.4	Biological Clocks		
		The Nature of Sleep and Dreams	Sources: Movies, Annenberg Series, Internet	
	11.6.5	REM Sleep		
	11.6.6	Brain changes during sleep		
	11.6.7	NREM Sleep		
	11.6.8	The purpose of dreaming		
		Psychology of Dreams		
	11.6.9	Dream Content		
	11.6.10	Nightmares		
	11.6.11	Incubus Attacks		
		Practical Issues in Sleep		
	11.6.12	Social Entrainment		
	11.6.13	Length of sleep		
	11.6.14	Walking and talking in your sleep		
11.6.15	Sleep Disturbance			
	Hypnosis			
11.6.16	The Nature of Hypnosis			
11.6.17	A Special State			
11.6.18	Uses of hypnosis			
	Meditation			
11.6.19	Methods and Forms			

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			Activities	Assessments
11.7 Cognitive Processes NS:IVA:1-5		Basic Conditioning	Read, Notes, Review, Discuss Instructors Resources: Books Magazines, Journals Instructor Resource Surveys Sources: Movies, Annenberg Series, Internet	Review Score Test Score Summary Understanding
	11.7.1	Social Influence		
	11.7.2	Three types of learning		
		Classical Conditioning		
	11.7.3	Importance of association		
	11.7.4	Outline of classical conditioning		
	11.7.5	Emotional Conditioning		
	11.7.6	Removal of Fears		
		Operant Conditioning		
	11.7.7	Classical VS Operant Conditioning		
	11.7.8	B.F. Skinner		
	11.7.9	Operant conditioning processes		
	11.7.10	Schedules of Reinforcement		
		Social Learning		
11.7.11	Social learning and the situation			
	Cognitive Psychology and Learning			
11.7.12	Complexities of conditioning			
11.7.13	Cognitive maps			

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			Activities	Assessments
11.8 Acquiring, Processing, and Retaining Information NS:IVB-1-6		Acquiring Information	Read, Notes, Review, Discuss	Review Score
	11.8.1	Learning curves	Instructors Resources: Books Magazines, Journals	Test Score
	11.8.2	Chemical Influences on learning		Summary
	11.8.3	Emotional factors in learning		Understanding
	11.8.4	Transfer of Training		
		Information Processing	Instructor Resource Surveys	
	11.8.5	Using a Schema	Sources: Movies, Annenberg Series, Internet	
	11.8.6	Importance of Organizing Information		
	11.8.7	Special Learning Processes		
		Retaining information		
	11.8.8	Principles of Forgetting		
11.8.9	Mechanisms of Memory			
11.8.10	Short-and Long-Term memory			
11.8.311	Unusual Types of Memory			

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.9 Intelligence and Creativity NS:IVE-1-4/IIIA-1-4		Understanding Intelligence	Read, Notes, Review, Discuss	Review Score
	11.9.1	Defining Intelligence	Instructors Resources: Books Magazines, Journals Instructor Resource Surveys Sources: Movies, Annenberg Series, Internet	Test Score
	11.9.2	The Binet Intelligence Test		Summary
	11.9.3	The Wechsler Intelligence Test		Understanding
	11.9.4	Intelligence		
	11.9.5	Issues in intelligence testing		
	11.9.6	Brain size and intelligence		
	11.9.7	The effects of mental challenge		
		Creativity		
	11.9.8	Tests of creativity		
	11.9.9	Breaking Set		
	11.9.10	Creative Students		
		Mental Retardation		
	11.9.11	Basic Classifications		
	11.9.12	Physical Defects		
11.9.13	Environmental Factors			
11.9.14	Methods of Treatment			

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.10 Human Development: Infancy and Childhood NS:IIIA-1-4		Heredity VS Environment	Read, Notes, Review, Discuss	Review Score
	11.10.1	Focus on Heredity	Instructors Resources: Books Magazines, Journals	Test Score
	11.10.2	Twin Studies		Summary
		Developmental Patterns	Instructor Resource Surveys	Understanding
	11.10.3	Maturation Processes		
	11.10.4	Growth Cycles		
	11.10.5	Critical Periods	Sources: Movies, Annenberg Series, Internet	
		The Family and Child Development		
	11.10.6	Mothers working outside the home		
	11.10.7	The Father		
	11.10.8	Other Influences		
	11.10.9	Child Abuse		
		Sequences of Development		
11.10.10	Piaget's Theory of Cognitive Development			
11.10.11	Kohlberg's Theory of Moral Development			
	The Development of Language Skills			
11.10.12	Processes of Language Rules of Language Genie			

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			Activities	Assessments
11.11 Adolescence NS:IIIA-1-4		Physical Changes	Read, Notes, Review, Discuss	Review Score Test Score Summary Understanding
	11.11.1	Sexual Development	Instructors Resources: Books Magazines, Journals	
	11.11.2	Physical Growth		
	11.11.3	Rates of Maturation		
	11.11.4	Weight		
		Psychological Issues	Instructor Resource Surveys	
	11.11.5	Conformity	Sources: Movies, Annenberg Series, Internet	
	11.11.6	Group Identity		
	11.11.7	Individual Identity – Erikson		
	11.11.8	Individual identity – Marcia		
		Intellectual and Moral Changes		
	11.11.9	Jean Piaget’s Formal Operations Stage of cognitive Development		
	11.11.10	Lawrence Kohlberg’s Postconventional level of Moral Reasoning		
	The Family Influence			
11.11.11	Adolescence			
	Adolescence			
11.11.12	Activities and Concerns			

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.12 Adulthood and Aging NS:IIIA-1-4		Adulthood	Read, Notes, Review, Discuss	Review Score
	11.12.1	Finding Adulthood	Instructors Resources: Books Magazines, Journals	Test Score
	11.12.2	Late Adolescence and Early Adulthood		Summary
	11.12.3	Midlife Transition		
		Middle Adulthood	Instructor Resource Surveys	Understanding
	11.12.4	Empty-nest period		
	11.12.5	Menopause		
	11.12.6	The Mellow 50s	Sources: Movies, Annenberg Series, Internet	
		Late Adulthood		
	11.12.7	Over 60		
		The Aging Process		
	11.12.8	Cellular Time Clocks		
	11.12.9	Mental Ability of the Aged		
		Concerns of the Aged		
	11.12.10	Retirement		
	11.12.11	Isolation and Bereavement		
	11.12.12	Attitudes Toward Old Age		
11.12.13	Institutionalization			
	Thanatology			
11.12.14	Hiding from Death			
11.12.15	Issues Regarding Death			
11.12.16	Stages of Dying			
11.12.17	Help for the dying			

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.13 Gender Differences NS: NS:IIIA-1-4		Male and Female Myths	Read, Notes, Review, Discuss Instructors Resources: Books Magazines, Journals Instructor Resource Surveys Sources: Movies, Annenberg Series, Internet	Review Score Test Score Summary Understanding
	11.13.1	Brief History of Myths		
	11.13.2	The role of hormones		
		Male and Female Differences		
	11.13.3	Childbearing		
	11.13.4	Activity and Aggression		
		Intelligence		
	11.13.5	Spatial Skills		
	11.13.6	Mathematical Ability		
	11.13.7	Environmental Influences		
		Social Skills		
	11.13.8	Self-Confidence		
	11.13.9	Drive for Success		
	11.13.10	Maternal Instincts		
	Cycles			
	11.13.11	Hormones		
		Gender Role Behavior		
	11.13.12	Identification and Gender Role		
	11.13.13	Psychologically Generated Gender Roles		

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.14 Personality, Adjustment, and Conflict NS:IIIB-1-3		Difficulties in Understanding Personality	Read, Notes, Review, Discuss	Review Score
	11.14.1	The usefulness of Theories	Instructors Resources: Books Magazines, Journals	Test Score
	11.14.2	Defining Personality		Summary
		Psychoanalysis	Instructor Resource Surveys	Understanding
	11.14.3	Sigmund Freud		
	11.14.4	The Unconscious		
	11.14.5	The Libido		
	11.14.6	Freud's Map of the Mind		
	11.14.7	Stages of Development		
	11.14.8	Assessment of Freud		
	11.14.9	Carl Jung		
	11.14.10	Assessment of Carl Jung		
		Social Psychoanalytic Theories		
	11.14.11	Karen Horney	Sources: Movies, Annenberg Series, Internet	
	11.14.12	Alfred Adler		
	11.14.13	Erik Erikson		
	11.14.14	Assessment of the Neo-Freudians		
		Behaviorism		
	11.14.15	Burrhus Frederic Skinner		
	11.14.16	Albert Bandura		
	11.14.17	Assessment of Behaviorism		
	Humanistic Theories			
11.14.18	Carl Rogers			
11.14.19	Abraham Maslow			
11.14.20	Assessment of Humanism			
	Examining Personality Traits			
11.14.21	Major Permanent Traits			

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			Activities	Assessments
	11.14.22	Effects of the Environment		
11.15 Measuring Personality and Personal Abilities NS: NS:IIIB-1-3		Tests	Read, Notes, Review, Discuss	Review Score
	11.15.1	Why are tests used?	Instructors Resources: Books Magazines, Journals	Test Score
		Making a Personality Test		Summary
	11.15.2	Establishing Norms	Instructor Resource Surveys	Understanding
	11.15.3	Establishing Validity		
	11.15.4	Establishing Reliability		
		Inventories	Sources: Movies, Annenberg Series, Internet	
	11.15.5	Personal Inventories		
	11.15.6	The ink blot test		
	11.15.7	The principle of projection		
		Projective Tests		
	11.15.8	Aptitude Tests		
	11.15.9	Achievement Tests		
	11.15.10	The Strong-Campbell Interest Inventory		
	11.15.11	Cautions about interest Tests		
		Vocational Interest Tests		
	11.15.12	A second look		
11.15.13	Validity			
11.15.14	Alternatives			
11.15.15	Interviews			
11.15.16	Situational Assessments			
11.15.17	Ethics			

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			Activities	Assessments
11.16 Frustration, Conflict, Stress, and Drugs NS:IID-1-4		Conflict	Read, Notes, Review, Discuss Instructors Resources: Books Magazines, Journals Instructor Resource Surveys Sources: Movies, Annenberg Series, Internet	Review Score Test Score Summary Understanding
	11.16.1	Approach-Approach Conflict		
	11.16.2	Approach-Avoidance Conflict		
	11.16.3	Avoidance-Avoidance Conflict		
	11.16.4	Double Approach-Avoidance		
		Anxiety and Stress		
	11.16.5	Good Stress		
	11.16.6	Bad Stress		
	11.16.7	Physical Changes		
	11.16.8	Examining Stress		
	11.16.9	Stress and Personality		
		Substance Abuse		
	11.16.10	How drugs work		
	11.16.11	Alcohol		
	11.16.12	Marijuana		
	11.16.13	Amphetamines		
	11.16.14	Cocaine		
	11.16.15	Opiates		
11.16.16	LSD			
11.16.17	Steroids			
	Suicide			
11.16.18	Common Stresses Teenage Suicide			

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			Activities	Assessments
11.17 A Healthy Personality NS:IID-1-4		Body-Mind Interactions	Read, Notes, Review, Discuss	Review Score
	11.17.1	Issue of Control		Test Score
		Coping with Bodily Stresses	Instructors Resources: Books Magazines, Journals	Summary
	11.17.2	Ulcers		Understanding
	11.17.3	Asthma		
	11.17.4	Headaches	Instructor Resource Surveys	
		Pain and Pain Control		
	11.17.5	Phantom Limb	Sources: Movies, Annenberg Series, Internet	
	11.17.6	Subjective Pain		
	11.17.7	Chemical Relief		
	11.17.8	Placebo Effect		
	11.17.9	Pain and Mental Processes		
	11.17.10	Rerouting Nerve Impulses		
	11.17.11	Acupuncture		
		Controlling Thoughts		
	11.17.12	Cognitive Strategies		
	11.17.13	Biofeedback		
		Psychological Defense Mechanisms		
	11.17.14	Repression		
11.17.15	Rationalization			
11.17.16	Projection			
11.17.17	Regression			
11.17.18	Denial			
11.17.19	Defense mechanisms--Why we use them			

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.18 Psychological Disorders NS:VA-1-4		Nature of Behavior Disorders	Read, Notes, Review, Discuss	Review Score Test Score Summary
	11.18.1	Definitions of Behavior Disorders	Instructors Resources: Books Magazines, Journals	
	11.18.2	Nonpsychotic VS Psychotic Disorders		
		Classifying Disorders	Instructor Resource Surveys	Understanding
	11.18.3	The DSM-III		
	11.18.4	Characteristics	Sources: Movies, Annenberg Series, Internet	
		Anxiety Disorders		
	11.18.5	Panic disorder		
	11.18.6	Phobic Disorder		
	11.18.7	Obsessions and Compulsions		
		Disorders		
	11.18.8	Dissociative		
	11.18.9	Psychogenic Amnesia		
	11.18.10	Multiple Personality		
	11.18.11	Dysthymic		
	11.18.12	Characteristics		
	11.18.13	Personality		
		Major Affective Disorders		
	11.18.14	Major Depression		
11.18.15	Mania			
11.18.16	Bipolar Disorders			
	Schizophrenic Disorders			
11.18.17	Psychotic Episodes			
11.18.18	Incidence of Schizophrenia			
11.18.19	Chemical Factors in Schizophrenia			

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
11.19 Treatment of Psychological Disorders NS:VB-1-3		Mental Health	Read, Notes, Review, Discuss	Review Score Test Score Summary
	11.19.1	History	Instructors Resources: Books Magazines, Journals Instructor Resource Surveys	Understanding
	11.19.2	Types of mental health workers		
	11.19.3	Psychiatrists		
	11.19.4	Mental Health Personnel		
	11.19.5	Psychotherapists		
		Psychoanalytic Treatment	Sources: Movies, Annenberg Series, Internet	
	11.19.6	Free Association		
	11.19.7	Transference		
		Humanistic Therapy		
	11.19.8	Client-Centered Therapy		
	11.19.9	Unconditional Positive Regard		
		Behavioral Therapy		
	11.19.10	Systematic Desensitization		
	11.19.11	Aversive conditioning		
	11.19.12	The Token Economy		
		Cognitive Behavioral and Group Therapy		
	11.19.13	The Group Method		
	11.19.14	Encounter Therapy		
		Therapy		
11.19.15	Commonalities			
11.19.16	Effectiveness			
11.19.17	Chemotherapy			
11.19.18	Electroconvulsive Shock			
11.19.19	Psychosurgery			
	Controversy			
11.19.20	Mental Illness			

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			Activities	Assessments
11.20 Social Influences and Relationships NS:VC-1-4		Behavior	Read, Notes, Review, Discuss	Review Score Test Score Summary Understanding
	11.20.1	Hidden Influences	Instructors Resources: Books Magazines, Journals	
	11.20.2	Attribution Theory		
	11.20.3	Helping		
	11.20.4	Environmental Influences		
		Interpersonal Attraction	Instructor Resource Surveys	
	11.20.5	Importance of Associations	Sources: Movies, Annenberg Series, Internet	
	11.20.6	Ingredients in Liking and Loving		
		Aggression and Violence		
	11.20.7	Influence of the Brain		
	11.20.8	Environment and Aggression		
11.20.9	Psychological Factors in Aggression			
11.20.10	Biological Factors in Aggression			
11.20.11	Effects of Mass Media			
11.21 Attitudes and Beliefs NS:VC-1-3		Attitudes	Read, Notes, Review, Discuss	Review Score Test Score Summary Understanding
	11.21.1	Reference Groups	Instructors Resources: Books Magazines, Journals	
	11.21.2	Fitting Attitudes to the Group		
		Viewing Others	Instructor Resource Surveys	
	11.21.3	Stereotypes		
	11.21.4	Prejudice		
	11.21.5	Scapegoats		
11.21.6	Removing Deviates	Sources: Movies,		

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Essential Learning	#	Components	Suggested	
			Activities	Assessments
		Changing Attitudes	Annenberg Series, Internet	
	11.21.7	Cognitive Dissonance		
	11.21.8	Yielding to Others		
	11.21.9	Compliance with Authority		
		Verbal Persuasion		
	11.21.10	Defenses Against Persuasion		
	11.21.11	Effect of having an Expert		
		Social Persuasion: The Polygraph		
	11.21.12	Social Basis of the Lie Detector		
	11.21.13	Accuracy of the Polygraph		
		Social Persuasion: Brainwashing		
	11.21.14	Friendliness		
	11.21.15	Sensory Deprivation		
	11.21.16	Reward System		
	11.21.17	Brainwashing and the Consumer		