PSYCHOLOGY

0.5 Credit Semester 10, 11, 12
Course Description: Psychology is the study of human behavior and the influences of the conscious and unconscious process on the shaping of personality, thought, learning, and behavior. Emphasis will be placed on developing an understanding of the basic principles of personality development, personality theories, and various measurement techniques. The course will also focus on the assessment of psychological disorders, learning, memory, intelligence, sensation and perception, and social psychology.

UNIT 1: INTRODUCTION TO PSYCHOLOGY

Time Line: 4 days

Wisconsin Standards: E.12.1, E.12.14, E.12.16

Unit Sub-Topics:
A. Psychology: A Definition and Focus
B. Psychology: Contemporary Perspectives
   1. Biological Approach
   2. Behavioral Approach
   3. Humanistic Approach
   4. Cognitive Approach
C. Psychology as a Profession
   1. Careers in Psychology
   2. The APA
D. Establishing Foundations for Scientific Research
   1. Survey
   2. Interviews
   3. Case Studies
   4. Longitudinal and Cross-Cultural Studies
   5. Interpretation of Psychological Testing Data

Learner Outcomes:
- Develop a rationale for the study of psychology.
- Master the fundamentals of sound research techniques, including both researching and compiling data on topics of interest.
- Become aware of the professional and occupational possibilities in the field of psychology.

Instructional Strategies:
Lecture
Group activity
Video
Outside readings

7/29/2010
7/29/2010
Personal assessment
Current research
Web of causation

**Suggested Activities/Resources:**
Discovering Psychology Video Series
Scientific American Video Series
Group activity – gather data and assess (observation)
Discovery Channel Video Series
Textbook, chapters 1 and 2
APA resources
NOVA videos

**Suggested Assessment:**
Individual topic quizzes
Observation activity
Final chapter test
Written essay
Evaluation and response
Critical thinking
Chapter study guide
UNIT 2: BIOLOGICAL ROOTS OF HUMAN BEHAVIOR

Time Line: 8 days

Wisconsin Standards: E.12.1, E.12.7, E.12.9 E.12.14

Unit Sub-Topics:
A. Central and Peripheral Nervous Systems
   1. Makeup of Neurons
   2. Synapses
   3. Neurotransmitters
B. The Brain
   1. Parts of the Brain
   2. Brain Experiments
   3. Studying the Brain
C. The Endocrine System
D. Heredity
   1. Genes and Chromosomes
   2. Genetics and Behavior
   3. Identical and Fraternal Twins
   4. Selective Breeding

Learner Outcomes:
• Summarize the research that helps explain how the brain’s structure and function influence learning and behavior.
• Understand the link between heredity and the environment in the shaping of human behavior.

Instructional Strategies:
Lecture
Group activity
Internet activity
Current research
Individual assessment/activities (right vs. left brain)
Nature vs. nurture
Outside readings

Suggested Activities/Resources:
Textbook, chapter 6
Newspaper/magazine articles on brain
Brain Stormers Video
Discovering Psychology Video Series
Scientific American Video Series
Discovery Channel Video Series
APA resources
NOVA
Frontline Brain Video Series

Suggested Assessment:
Classroom quizzes (book & other materials)
7/29/2010

Tests
Paper on nature vs. nurture
Written essay (evaluation & response)
Critical thinking skills
Video study guides
Chapter study guide
UNIT 3: SENSATION AND PERCEPTION

Time Line: 7 days

Wisconsin Standards: E.12.1, E.12.7, E.12.14

Unit Sub-Topics:
A. Sensory Process
B. The Senses
   1. Vision
      a. Light
      b. Structure of the Eye
      c. Color Blindness
      e. Binocular Fusion
   2. Hearing
      a. Structure of the Ear
      b. Pitch and Intensity
   3. Touch
   4. Smell
   5. Taste
      a. Receptors
      b. Detectors
   6. Vestibular System
   7. Kinesthesia and Body Movement
C. Perception
   1. Gestalt and Principles of Perceptual Organization
   2. Figure Ground Perception
   3. Perceptual Inferences
   4. Depth Perception
   5. Constancy
   6. Illusions
   7. Subliminal Perception
D. ESP
   1. Clairvoyance
   2. Telepathy
   3. Precognition

Learner Outcomes:
- Have a working knowledge of the sense organs and their basic functions.
- Outline and master the principles involved in perception.

Instructional Strategies:
Lecture
Group activity
Videos
Outside readings
Current research
Learning styles
7/29/2010

**Suggested Activities/Resources:**
Textbook, chapter 8
Outside readings
Discovering Psychology Video Series
Scientific American Video Series
APA resources
NOVA videos

**Suggested Assessment:**
Individual topic quizzes
Final chapter test
Written essay
Evaluation and response
Chapter study guide
Video guides
UNIT 4: STATES OF CONSCIOUSNESS

Time Line: 12 days


Unit Sub-Topics:
   A. States of Consciousness
      1. Defining Consciousness and Unconsciousness
      2. Chronobiology and Biological Clocks
      3. Sleep and Dreams
         a. Stages of Sleep
            1) REM Sleep
            2) NREM Sleep
            3) Delta Stage
         b. Sleep Disorders
      4. Psychology of Dreams
         a. Dream Content
         b. Nightmares and Night Terrors
         c. Dream Symbols
         d. Dream Theory
            1) Freud
            2) Adler
            3) Hall
            4) Cartwright
      5. Hypnosis
      6. Biofeedback
      7. Meditation
   B. Drugs
      1. Psychoactive Drugs and Effects on Behavior
         a. Hallucinogens
         b. Opiates
         c. Alcohol
      2. Drug Treatment

Learner Outcomes:
   • Understand how the interpretation of dream content gives us a stronger insight into behavior and personality development.
   • Describe various categories of drugs and their effects on human perception and behavior.

Instructional Strategies:
Lecture
Group activity
Videos
Sleep & dream journals
Outside readings
Current research
Learning styles
7/29/2010

**Suggested Activities/Resources:**
- Textbook, chapter 7
- Outside readings
- Discovering Psychology Video Series
- Scientific American Video Series
- Discovery Channel Dreams Video Series
- Public service announcement/anti-drug activity
- APA resources
- NOVA videos

**Suggested Assessment:**
- Individual topic quizzes
- Final chapter test
- Written essay
- Evaluation and response
- Chapter study guide
- Video guides
UNIT 5: LEARNING AND COGNITIVE PROCESS

Time Line: 10 days

Wisconsin Standards: E.12.1, E.12.7, E.12.14

Unit Sub-Topics:
A. Types of Learning
   1. Classical Conditioning
      a. Stimulus-Response
      b. Conditioned Stimulus-Response
      c. Unconditioned Stimulus-Response
      d. Importance of Association
      e. Application: Watson and Emotional Conditioning
   2. Operant Conditioning
      a. Primary and Secondary Reinforcers
      b. Positive and Negative Reinforcement
      c. Generalization and Discrimination
      d. Shaping and Chaining
      e. Schedules of Reinforcement
         1) Variable and Fixed Ratios
         2) Variables and Fixed Intervals
   3. Social Learning
      a. Observational Learning

B. Memory and Retention
   1. Processing Information
      a. Selective Attention
      b. Feature Extraction
   2. Strong Information
      a. Sensory Processes
      b. Short-Term Memory
         1) Rehearsal
         2) Chunking
      c. Long Term Memory
   3. Retrieving Information
      a. Recognition
      b. Recall
      c. Forgetting
      d. Improving Memory
         1) Elaboration
         2) Mnemonics
   4. Directing Memory and Retention
      a. Images, Symbols, and Concepts
      b. Strategies and sets
      c. Utilizing Creativity
         1) Flexibility
         2) Recombination
         3) Insight
      d. Application
1) Photographic Memory
2) Eyewitness Testimony

Learner Outcomes:
- Describe the principles, techniques and applications of classical, operant and social learning theories.
- Understand and process information in order to improve memory and retention.
- Develop a working knowledge of the different types and theories relating to memory enhancement.
- Apply the principal learning theories and techniques to practical life experiences.

Instructional Strategies:
Lecture
Group activity
Videos
Outside readings
Individual activities (real life example)
Current research

Suggested Activities/Resources:
Textbook, chapters 9 and 10
Outside readings
Discovering Psychology Video Series
APA resources
NOVA videos

Suggested Assessment:
Individual topic quizzes
Final chapter test
Chapter study guide
Video guides
Observation activity
Internet activity
7/29/2010

UNIT 6: PERSONALITY THEORY AND TESTING

Time Line: 8 days


Unit Sub-Topics:
   A. Personality Theory
      1. Defining Personality
      2. Psychoanalytic Theories
         a. Conscious and Unconscious Processes
         b. The Id, Ego, and Superego
         c. Defense Mechanisms
         d. Freud’s Impact on Personality Theory
         e. Freud’s Contemporaries: Jung and Adler
      3. Behavioral Theories
         a. B.F. Skinner
         b. Albert Bandura
      4. Humanist Theories
         a. Albert Maslow
         b. Carl Rogers
      5. Trait Theories
         a. Gordon Allport
         b. Raymond Cattell
         c. Hans Eysenck
   B. Psychological Testing
      1. Components of Testing
         a. Validity
         b. Reliability
         c. Climate
         d. Norms
      2. Intelligence Testing
         a. Developmental History
         b. IQ Tests
      3. Measuring Abilities and Interests
         a. Aptitude Tests
         b. Achievement Tests
         c. Interest Tests
      4. Personality Testing
         a. Objective
            1) MMPI
            2) CPI
            3) Myers-Briggs test
         b. Projective
            1) TAT
            2) Rorschach ink blot test

Learner Outcomes:
• Demonstrate mastery of the personality theories which give focus and clarification to personality development.
• Demonstrate knowledge of the testing mechanisms available to evaluate different personality types.
• Utilize the various testing mechanisms in compiling individual personality profiles.

**Instructional Strategies:**
Lecture
Group activity
Videos
Internet activities
Outside readings
Individual activities (real life example)
Current research

**Suggested Activities/Resources:**
Textbook, chapters 13 and 14
Outside readings
Written personality tests
Online personality tests
Discovering Psychology video series
APA resources
NOVA videos

**Suggested Assessment:**
Individual topic quizzes
Final chapter test
Chapter study guide
Video guides
Observation activity
Internet activity
Evaluation of personality tests
UNIT 7: THE LIFE SPAN

Time Line: 15 days


Unit Sub-Topics:
A. Infancy and Childhood
   1. Heredity and the Environment
   2. Maturation Process
   3. The Family and Child Development
      a. Physical Development
      b. Perceptual Development
      c. Language Development
      d. Factors that Affect Development
   4. Developmental Theory
      a. Piaget’s Theory of Cognitive Development
      b. Kohlberg’s Theory of Moral Development
      c. Freud’s Theory of Psychosexual Development
      d. Erikson’s Theory of Psychosexual Development

B. Adolescence
   1. Defining Adolescence
   2. Physical Changes
      a. Sexual Development
      b. Rates of Maturation
   3. Psychological Issues: Conformity and Identity
   4. Cognitive and Moral Changes
   5. Family Influence
   6. Peer Pressure

C. Adulthood and Aging
   1. Defining Adulthood
   2. Late Adolescent/Early Adulthood
   3. Midlife Transitions
   4. Middle Adulthood
   5. The Aging Process
      a. Cellular Time Clocks
      b. Mental Changes
      c. Physical Changes
   6. Concerns of the Elderly
      a. Retirement
      b. Isolation
      c. Bereavement
      d. Attitudinal stages
      e. Death and Dying

D. Gender Differences
   1. Male/Female Myths
   2. Hormonal Impact on Behavior
   3. Male-Female Differences
      a. Childbearing and Rearing
b. Activity and Aggression
4. Intelligence
   a. Spatial Skills
   b. Mathematical Ability
   c. Environmental Influences
5. Social Skills
   a. Self-Confidence
   b. Drive for Success
   c. Maternal Instincts
   d. Male Directed Positions

Learner Outcomes:
- Explain the development of personality in children, adolescents and adults.
- Explain and give examples of how the perception of gender differences is influenced by the environment, biological and genetic forces.
- Recognize the progressive development of the individual personality through life stages.

Instructional Strategies:
Lecture
Group activity
Videos
Internet activities
Outside readings
Individual activities (real life example)
Current research (genetics & family medical history)
Individual project

Suggested Activities/Resources:
Textbook, chapters 3, 4 and 5
Outside readings
“Who Am I?” paper
Maturation project
Interview project
Discovering Psychology Video Series
APA resources
NOVA videos
Frontline Brain Series (Baby, Teen and Adult Brain)

Suggested Assessment:
Individual topic quizzes
Final chapter test
Chapter study guide
Video guides
Observation activity
Written essay
UNIT 8: MOTIVATION AND EMOTION

Time Line: 6 days


Unit Sub-Topics:
A. Background: Motives, Needs, Drives and Incentives
B. Theoretical Perspectives on Motivation
   1. Instinct Theory
   2. Drive-Reduction Theory
   3. Humanistic Theory
C. Physiological Factors
   1. Hunger
   2. Thirst
D. Stimulus Motives
   1. Sensory Stimulation and Activity
   2. Exploration and Manipulation
E. Social Motives
   1. Need for Achievement
   2. Need for Affiliation
   3. Need for Power
F. Emotion
   1. Emotional Development
   2. Expression of Emotions
   3. Facial Feedback Hypothesis
G. Theories of Emotion
   1. James Lange Theory
   2. Cannon-Bard Theory
   3. Theory of Cognitive Appraisal
H. Love: The Most Significant Emotion
   1. Types of Love
   2. Romantic Love
   3. Love and Sexual Arousal

Learner Outcomes:
- Analyze how motives and emotions govern our basic drives and needs.
- Explain how different types of motivation have an impact on the development of personal goals or the resolution of needs.
- Describe some of the different theories of emotion that have an influence on our response to situations within the environment.

Instructional Strategies:
Lecture
Group work
Videos
Outside readings
Individual assessment/activity
Current research
Suggested Activities/Resources:
Textbook, chapter 12
Outside readings
Discovering Psychology Video Series
APA resources
NOVA videos
Psychology Today article, “Face It”

Suggested Assessment:
Individual topic quizzes
Final chapter test
Chapter study guide
Video guides
Observation activity
UNIT 9: STRESS

Time Line: 6 days


Unit Sub-Topics:
A. Components of Stress
   1. Conflict Situations
      a. Approach-Approach
      b. Approach-Avoidance
      c. Avoidance-Avoidance
      d. Double Approach-Avoidance
   2. Environmental Stressors
      a. Life Changes
      b. Everyday Stressors
B. Reactions to Stress
   1. Fight or Flight
   2. General Adaptation Syndrome
   3. Emotional and Cognitive Responses
      a. Short Term: Anxiety, Anger and Fear
      b. Long Term: Mental Illness
   4. Behavioral Reactions
      a. Short Term: Nervous Habits
      b. Long Term: Alcoholism, Chronic Unemployment and Suicide
   5. Physical Reactions
      a. Psychosomatic Symptoms
         1. Short Term: Muscular Aches, Bowel Complications, Insomnia
         2. Long Term: Cancer, Cardiovascular Complications, Migraines
C. Factors Influencing Reactions to Stress
   1. Personality
   2. Control over Stressors
   3. Social Support
D. Coping Strategies
   1. Psychological
      a. Cognitive Appraisal
   2. Physical
      a. Using Drugs to Relieve Stressors
      b. Developing Relaxation Techniques
   3. Behavioral Coping Strategies
      a. Problem Solving Techniques
      b. Exercise
      c. Support Groups and Professional Help
      d. Improving Interpersonal Skills

Learner Outcomes:
- Understand the impact of stress on our lives.
- Recognize the sources of stress.
- Determine the physical and psychological reactions to stress-related conditions.
7/29/2010

- Utilize coping strategies to improve personal health and minimize stress.

**Instructional Strategies:**
Lecture
Group work
Videos
Outside readings
Individual assessment/activity
Current research
Web of causation

**Suggested Activities/Resources:**
Textbook, chapter 15
Outside readings
Discovering Psychology Video Series
APA resources
NOVA videos
Internet stress activity
Personal stress inventory
Traits of hardiness

**Suggested Assessment:**
Individual topic quizzes
Final chapter test
Chapter study guide
Video guides
Observation activity
UNIT 10: PSYCHOLOGICAL DISORDERS

Time Line: 10 days


Unit Sub-Topics:
   A. What is Abnormal Behavior?
   B. Classifying Abnormal Behavior (DMS Classification)
      1. Anxiety Disorders
         a. Panic Disorders
         b. Phobic Disorders
         c. Generalized Anxiety Disorders
         d. Obsessive Compulsive Disorders
         e. Post Traumatic Stress Disorder
      2. Dissociative Disorders
         a. Amnesia
         b. Fugue
         c. Dissociative Identity Disorder
         d. Depersonalization/Existential
      3. Somatic Disorders
         a. Conversion Disorder
         b. Hypochondria
      4. Eating Disorders
         a. Anorexia
         b. Bulimia
      5. Mood Disorders
         a. Depression
         b. Bipolar Disorder
         c. Suicide
      6. Schizophrenia
         a. Factors
            1) Biochemical
            2) Neurological
            3) Genetic
            4) Environmental
         b. Types
            1) Disorganized
            2) Catatonic
            3) Paranoid
         c. Characteristics
      7. Autism
      8. The Anti-Social Personality
      9. Sexual Disorders
         a. Transsexualism
         b. Paraphilias
   C. Psychotherapy
      1. Background/History
      2. Psychodynamic Approach
a. Free Association  
b. Dream Analysis  
c. Transference

3. Humanistic Approach  
a. Client Centered Therapy  
b. TA Model  
c. Gestalt  

4. Cognitive Approach  
a. Rational-Emotive  
b. Cognitive  

5. Behavioral Approach  
a. Systemic Desensitization  
b. Aversive Conditioning  
c. Participant Modeling  
d. Operant Conditioning  
e. Assertiveness Training  
f. Self Control Techniques  

6. Group Therapies  
a. Encounter  
b. Family  

7. Organic/Biological Approach  
a. Drug Therapy  
b. Electroconvulsive  
c. Psychosurgery  
d. Holistic

Learner Outcomes:
• Demonstrate a good working knowledge of abnormality.  
• Classify and describe different types of psychological disorders.  
• Evaluate the types of therapy available in the treatment of psychological disorders.  
• Take a critical stance on the issues involved in the treatment of mental disorders.

Instructional Strategies:
Lecture  
Group work  
Videos  
Outside readings  
Current research  
Medical diagnostic/treatment

Suggested Activities/Resources:
Textbook, chapter 16 and 17  
Outside readings  
Discovering Psychology Video Series  
APA resources  
NOVA videos  
Abnormal Behavior Project  
“David’s Journey” video (CBS News)
7/29/2010

**Suggested Assessment:**
- Individual topic quizzes
- Final chapter test
- Chapter study guide
- Video guides
- Abnormal behavior project
UNIT 11: SOCIAL BEHAVIOR

Time Line: 4 days


Unit Sub-Topics:
A. Need to Develop Personal Identity
   1. What Attracts Us to Others?
   2. Attribution Theory
   3. Kinesics
B. How Others Shape Our Attitudes
   1. Interpersonal Attraction
   2. Social Influences
      a. Obedience to Authority
      b. Need for Conformity
C. Persuasive Techniques
   1. Communicator
   2. Medium
   3. Message
   4. Audience
   5. Subliminal Advertising
D. How We View Others
   1. Stereotypes
   2. Prejudice and Discrimination
   3. Scapegoating
E. Dealing with Prejudice and Discrimination

Learner Outcomes:
- Identify how our attraction to others as well as our personal self-image influences our personal identity.
- Demonstrate and understand how persuasive techniques (propaganda) and processes influence the shaping of attitudes.
- Examine the roots of prejudice, discrimination and scapegoating and analyze how they influence our relationships with and our perception of others.
- Provide evidence of how better human relation techniques can eliminate the social, racial and ethnic differences that tend to alienate people as well as inhibit positive relationships.

Instructional Strategies:
Lecture
Group work
Videos
Outside readings
Current research

Suggested Activities/Resources:
Textbook, chapters 18, 19 and 20
Outside readings
Discovering Psychology Video Series
APA resources
NOVA videos

**Suggested Assessment:**
- Individual topic quizzes
- Final chapter test
- Chapter study guide
- Video guides