

AP Psychology/Introduction to Psychology Syllabus:

Mr. Sussman

2021-2022

SCHOOL WEBSITE:

<http://www.yonkerspublicschools.org/site/Default.aspx?PageID=76>

Class page(s): AP Psychology/Introduction to Psychology- Please use the website. It contains homework assignments, exam dates and prep, and many other resources we will use throughout the year. Using the website is the best way to keep up-to-date if you are sick or out of town or simply need more information.

Instructor's email: gsussman@yonkerspublicschools.org

Course Materials

Morris, Charles . Maisto, Alebert (2010) *Understanding Psychology 9th edition*. New York: Prentice Hall.

Buckley, James (2010) *Study Guide to Accompany Understanding Psychology 9th Edition*. New jersey: Prentice Hall

Study Website: <http://www.abintropsychology.com>

Supplemental readings.

Course Goals and Description

AP Psychology is a full-year course designed to provide students with a broad overview of the diverse field of psychology and prepare students for the AP Psychology Exam given in May. In order to achieve these goals, we will employ various methods in and out of class including but not limited to, lectures, discussions, and extensive review sessions. Other key components include demonstrations, experiments, and class activities; the content of which may or may not be covered in the text. Active participation in these activities will help clarify certain areas of study and should add to everyone's enjoyment of the class.

It is extremely important that all students in AP Psychology/Intro to Psychology read all work assigned in and out of the textbook. Unfortunately, not all of the material in the text can be addressed in class due to time constraints. Still, that material will appear on quizzes and exams. Therefore, in addition to reading the text, I strongly urge you to use the study guide.

Attendance

It is imperative that each student attend class daily and is prompt and prepared to work. It is the student's responsibility to make up missed work.

Daily and weekly assignments

Reading

It is critical that each student read the textbook and additional readings daily. Each student must follow along with the topics being discussed in class.

Essays/Projects

Critical analysis papers, as well as research papers and projects will be assigned periodically throughout the year. Each essay is to be done double spaced in a 12 Font in APA style. **For each day an essay, paper or project is late it receives a deduction per day.**

Homework

Homework is assigned daily. Daily assignments are graded out of ten points. Homework assignments that are tardy will have a deduction of one point per day. Homework assignments will not be accepted beyond one week from the due date.

Quizzes and Exams

(AP) Chapter quizzes will be multiple formats. Unit Exams will be in a multiple choice format and will include a free-response question. If a student is absent, exams are to be made up upon return to school.

Midterm exam

This exam will be project based.

AP exam (May)

(AP Class) Section I consists of 100 multiple choice in 70 minutes and Section II consists of two free response questions in 50 minutes. The AP exam is graded on a scale from 1 to 5.

Grading Policy

Grading is calculated using a points system. Each student receives a grade for daily assignments, homework, class work, tests and other work. Some of the scored assessments include but are not limited to:

Homework, class work, participation, attendance quizzes, unit exams, papers, projects

Grading Scale

90-100.....	A
80-89.....	B
70-79.....	C
65-69.....	D
0-64.....	F

The following is an outline of the major content areas in AP Psychology and their respective percentages on the AP Exam

I.	Introduction to Psychology	2-4%
II.	Research Methods	6-8%
III.	Brain and Behavior	8-10%
IV.	Developmental Psychology	7-9%
V.	Sensation and Perception	7-9%
VI.	States of Consciousness	2-4%
VII.	Conditioning and Learning	7-9%
VIII.	Cognition	8-10%
IX.	Testing	5-7%
X.	Motivation and Emotion	7-9%
XI.	Personality	6-8%
XII.	Abnormal Psychology	7-9%
XIII.	Treatment of Psychological disorders	5-7%
XIV.	Social Psychology	7-9%

Detailed Course Outline

Chapter 1: The Science of Psychology (pages 2-39)

A. What is Psychology?

- Defining Psychology

B. The Growth of Psychology

- History of psychology
- Structuralism
- Functionalism
- Psychodynamic Theories
- Behaviorism
- Gestalt Psychology
- Humanistic Psychology
- Cognitive Psychology
- Evolutionary psychology
- Positive Psychology

Quiz

C. Human Diversity

- Exploring diversity to reduce tensions/ define commonalities
- Psychology and theory; understanding differences in: gender, race, ethnicity and culture

D. Research Methods in Psychology

- Naturalistic observation, case studies, surveys, correlation research, experiments

E. Ethics and Psychology: Research on Humans and Animals

F. Careers in Psychology

- Types of psychologists and related occupations

Exam Unit 1

Chapter 2: The Biological Basis of Behavior (pages 40-79)

Handout: Anatomy of the Brain

A. Neurons: The Messengers

- Types of cells found in the nervous system: Parts of a neuron
- Language neurons “speak”: Nerve impulses
- Information moves from one neuron to the next: neurotransmitters and synapses
- Brain changes: can the brain/nervous system repair themselves?

Quiz

B. The Central nervous System

- Organization/structures of the central nervous system and their functions
- Specialization of the left and right hemispheres
- Methods developed to study the brain: EEG, CT and MRI scanning, PET scanning, FMRI
- What does the spinal cord do? How it works with the brain.

C. The Peripheral nervous System

- How the brain communicates with the rest of the body.
- The autonomic branch of the peripheral nervous system and its involvement in controlling emotions.

D. The Endocrine System

E. Genes, Evolution and Behavior

- How are traits passed from one generation to the next?
- Methods used by psychologists to study the effects of genes on behavior
- The process of natural selection and its influence on human social behaviors.
- Ethical issues as society gains more control over genetics.

Exam Unit 2

Chapter 3: Sensation and Perception (pages 80-121)

A. The Nature of Sensation

- A definition of sensation/ causes of sensation
- How energy (light, sound) is converted into a message to the brain
- Sensory Thresholds, limits on our ability to sense stimuli in our environment
- Subliminal Perception, how messages outside our awareness affect our behavior

B. Vision

- The Visual System (structure, rods and cones). Why psychologists studied vision more than any other sense. How does light create a neural impulse?
- Color Vision. How do we see in color?

C. Hearing

- Sound. Characteristics of sound waves.
- The Ear (structure). What path does sound follow from the ear to the brain?
- Theories of hearing

Quiz

D. The Other Senses

- Chemical senses
- What activates the sense of smell?
- How do we detect basic tastes?
- How do we know which way is up (the vestibular senses)?
- Sensory messages from the skin to the brain
- Differences among people that have an effect on the degree of pain they experience.

E. Perception

- Perception v. sensation
- Organizing our perceptual experiences
- Perceptual constancy
- How do we know how far away something is?
- Perceiving movement
- Visual illusions
- Personal factors that influence perceptions

Exam Unit 3

Chapter 4: States of Consciousness (pages 123-153)

A. Defining states of consciousness (consciousness, waking consciousness, altered states of consciousness)

B. Sleep

- Why do we need to sleep?
- What is the biological clock?
- Physical changes that mark the rhythms of sleep
- Sleep deprivation and its impact
- Nightmare v. night terror
- What are dreams?
- Why do we dream?

C. Drug-Altered Consciousness

- Psychoactive drugs
- Drug dependence
- Depressants
- Stimulants
- Hallucinogens

D. Meditation and Hypnosis

- What is meditation? What are its affects?
- Clinical uses for hypnosis

Exam Unit 4

Chapter 5: Learning (pages 154-185)

A. Classical Conditioning

- Pavlov
- Unconditioned stimulus (US)
- Unconditioned response (UR)
- Conditioned stimulus (CS)
- Conditioned response (CR)
- Examples in your own life of classical conditioning

B. Operant conditioning

- Operant v. classical conditioning
- The principle of reinforcement
- Shaping
- Positive reinforcement
- Negative reinforcement
- Punishment
- Avoidance training
- Learned helplessness

Quiz

C. Factors Shared by Classical and Operant Conditioning

- Similarities
- Contingency
- B.F. Skinner
- Schedules of reinforcement
- Extinction
- Spontaneous recovery

D. Cognitive Learning

- Latent learning, cognitive map
- Learning set
- Insight
- Observational or vicarious learning

Exam Unit 5

Chapter 6: Memory (pages 186-215)

A. The Sensory Registers

- Information-processing
- Attention

B. Short-Term Memory (working memory)(STM)

- Chunking

C. Long-Term Memory (LTM)

- Limits
- Serial position effect
- Elaborative rehearsal
- Schema
- Episodic memories
- Semantic memories
- Procedural memories
- Emotional memories
- Explicit v. implicit memories

Quiz

D. The Biology of Memory

- The role of neurons in memory
- Memory centers
- Role of sleep in memory

Chapter 6: Memory cont'd

E. Forgetting

- What factors explain why we sometimes forget?
- Decay theory
- Retrograde amnesia
- Environmental factors

F. Special Topics in Memory

- Cultural factors and their effect on memory
- Events most likely remembered
- Limited memories from age 2 and before
- Photographic memory
- Flashbulb memories
- Can people be persuaded to “create” new memories about events that never occurred?

Exam Unit 6

Chapter 7: Cognition and Mental Ability (pages 216-257)

A. Building Blocks of Thought

- Language, images, concepts

B. Language, Thought and Culture

- How do language, thought and culture influence each other
- Is language “male-dominated?”

C. Nonhuman Language and Thought

D. Problem Solving

- Three general aspects of the problem-solving process
- Convergent thinking
- Divergent thinking
- “Heuristics” v. trial and error in problem solving
- A “mental set” and functional fixedness
- Brainstorming

E. Decision Making

F. Multitasking

G. Intelligence and Mental Abilities

- Major theories of intelligence
- Intelligence tests
- Characteristics of a good intelligence test

H. Heredity, Environment and Intelligence

- Determining individual differences in intelligence. The usefulness of “twin studies.”
- Early intervention programs and their influence on development
- Using plants to understand the relationship between heredity and environment
- Do culture and gender influence mental abilities?
- The two extremes; mental retardation and giftedness

I. Creativity

- What is creativity?
- Creativity and intelligence relationship
- Can creativity be measured?

Exam Unit 7

Exam Mid-Term

Chapter 8: Motivation and Emotion (pages 258-289)

A. Perspectives on Motivation

- Extrinsic and intrinsic motivation
- Hierarchy of needs

B. Hunger and Thirst

C. Sex

- Testosterone
- Sexual response cycle
- Cultural influence on sexual behavior
- Arguments on sexual orientation

D. Other Important Motives

- Stimulus motives
- What stimulates us to change our environment?
- Human need for contact
- Aggression; learned or biological?
- Achievement motive
- Affiliation motive

E. Emotions

- Robert Plutchick's circular classification system; 8 basic emotions
- Relationship among emotions, biological reactions and thoughts; various theories

F. Communicating Emotions

- Signaling our emotions, verbal and non-verbal
- Parts of the brain responsible for interpreting facial expressions
- How posture and personal space communicate emotion
- Gender differences in emotion
- How can culture influence the way we express emotions?

Exam Unit 8

Chapter 9: Life-Span Development (pages 290-330)

A. Methods in Developmental Psychology

B. Prenatal Development (the period from conception to birth)

- Factors that effect the embryo or fetus. Critical periods.

C. The Newborn (neonates)

- How competent are newborns?
- Early reflexes and responding to their environment
- Temperament
- Development of the senses

D. Infancy and Childhood

- The first 2 years; physical, motor, cognitive, and social development
- How does the brain change during infancy and early childhood?
- Physical growth
- Major milestones and developmental norms
- Reasoning; how it changes over time
- Moral development; the effect of gender and ethnicity
- Developing language skills
- Helping children become both securely attached and independent
- Socialization
- Gender identity
- Environmental influences

Quiz

E. Adolescence

- What characterizes adolescence?
- The consequences of early/late puberty
- What change characterizes adolescent thinking?

Chapter 9: Life-Span Development cont'd

- Important tasks; identity formation

- Major societal problems among adolescents
- F. Adulthood
- Does personality change during adulthood? Influences
 - Important factors in forming satisfying relationships in adulthood
 - Adult work; satisfactions/stresses
 - Adult v. adolescent thinking
 - Midlife changes/challenges
 - Menopause
- G. Late Adulthood
- Factors related to life expectancy
 - Why the body deteriorates with age
 - Lifestyle for those 65 and older
 - Memory loss
 - Coping with the end of life

Exam Unit 9

Chapter 10: Personality (pages 334-361)

- A. Studying personality
- B. Psychodynamic Theories
- Freud
 - Jung
 - Adler
 - Horney
 - Erikson
- C. Humanistic personality Theories
- Carl Rogers, actualizing tendency, self-concept
- D. Trait Theories
- Five basic traits
- E. Cognitive Learning Theories
- F. Personality Assessment

Exam Unit 10

Chapter 10: Stress and Health Psychology (pages 361-389)

- A. Sources of Stress
- What are stressors?
 - Why is change so stressful?
 - Everyday stress/creating stress
 - Traits of stress-resistant people
- B. Coping with Stress
- How we cope
 - Coping strategies
- C. How Stress Affects Health
- Long-lasting effects of stress
 - Type "A" behavior and heart disease
 - Psychoneuroimmunology
- D. Staying Healthy
- Reducing stress
- E. Extreme stress
- F. The Well-Adjusted Person

Exam Unit 11

Chapter 12: psychological Disorders (pages 390-423)

- A. Perspectives on Psychological Disorders

- How a mental health professional defines a psychological disorder/ changing views
 - Biology and psychological disorders
- B. Mood Disorders
- Depression
 - Mania/ bipolar disorder
- C. Anxiety Disorders
- Phobias
 - Panic disorder
 - Generalized anxiety disorder
 - Obsessive-compulsive disorder
 - Acute stress disorder, posttraumatic stress disorder
 - Causes of anxiety disorders
- D. Psychosomatic and Somatoform Disorders

Quiz

- E. Dissociative Disorders
- F. Sexual and Gender-Identity Disorders
- Sexual dysfunction
 - Paraphilias
- G. Personality Disorders
- Schizoid Personality Disorder
 - Paranoid Personality Disorder
 - Dependent Personality Disorder
 - Avoidant Personality Disorder
 - Narcissistic Personality Disorder
 - Borderline Personality Disorder
- H. Schizophrenic Disorders
- I. Childhood Disorders
- Attention-Deficit Hyperactivity Disorder (ADHD)
 - Autistic Disorder/ Autistic Spectrum Disorder
- J. Gender and Cultural Differences in Psychological Disorders

Exam Unit 12

Chapter 13: Therapies (pages 424-453)

- A. Commonalities among Insight Therapies
- B. Psychoanalysis
- Free association
 - Client-centered therapy
 - Gestalt therapy
- C. Behavior Therapies
1. Based on Classical Conditioning
 - Systematic desensitization
 - Aversive conditioning
 2. Based on Operant Conditioning
 - Behavior contracting
 - Token economy
- D. Cognitive Therapies
- Stress-inoculation therapy
 - Rational-emotive therapy
 - Cognitive therapy
- E. Group Therapies
- Family therapy
- Chapter 13: Therapies cont'd**
- Couple therapy
- F. Biological Treatments
- Antipsychotic drugs
 - Electroconvulsive therapy (ECT)

- Psychosurgery
- G. Institutionalization and its Alternatives

Exam Unit 13

Chapter 14: Social Psychology (pages 454-481)

- A. Social Cognition
 - Primacy effect
 - Stereotypes
 - Self-fulfilling prophecy
- B. Attribution Theory
- C. Proximity
- D. Attitudes/ components
 - Prejudice
 - Discrimination
 - Frustration-aggression theory
 - Authoritarian personality
 - Cognitive dissonance
- E. Social Influence
 - Cultural truisms
 - Norms
 - Conformity
 - Compliance
- F. Social Action
 - Deindividuation
 - Altruistic behavior
 - Bystander effect
 - Polarization
 - Great-person theory

Exam Unit 14

Review for AP Exam, Date to be Announced