

History and Approaches

Course Introduction

Introduction to AP Psychology

History of Psychology

Introduction to Unit 1

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

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

Reading Lesson: Modules 1-2

Psychology Subfields

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

Reading Lesson: Module 3

AP Skills: Writing a Free-Response Essay

Psychological Research Methods

Psychology and Research

Introduction to Unit 2

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

Reading Lesson: Modules 4-5

Types of Research

Descriptive Research

Differentiate between qualitative and quantitative data

Explain various types of descriptive research methods

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

Reading Lesson: Modules 6-7

Ethics in Research

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

Reading Lesson: Module 8



Biological Bases of Behavior

Biology and Psychology

Introduction to Unit 3

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

Functions of the Endocrine System

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

Reading Lesson: Modules 9-10

Biological Structures

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

Reading Lesson: Modules 11-13

Genetics

Reading Lesson: Modules 14-15

Essay Assignment

Sensation and Perception

Sensory and Perception

Introduction to Unit 4

Sensation

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



Components of Perception

Define perception and describe how sensation influences the process of perception

Identify various factors involved in perceiving information

Influences on Perception

Describe Gestalt principles of perceptual organization

Discuss how depth cues and perceptual constancies influence perception

Identify various influences on perception and perceptual change

Reading Lesson: Modules 16-17

How Vision Works

Vision and the Structure of the Eye

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

Reading Lesson: Modules 18-19

Hearing and other Senses

Hearing and the Structure of the Ear

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

Touch, Taste, and Smell: The Other Senses

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

Pain, Kinesthetic, and Vestibular Senses

Describe kinesthesis and disorders of kinesthesis

Describe the sense of pain and pain disorders

Describe the vestibular sense and disorders of the vestibular system

Reading Lesson: Modules 20-21

States of Consciousness

Consciousness: Hypnosis and Meditation

Introduction to Unit 5

Measures of Consciousness

Define consciousness and identify key features of consciousness

Describe differing levels of consciousness from the psychodynamic viewpoint



Hypnosis

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

Meditation and Other Forms of Consciousness

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

Reading Lesson: Module 22

Sleep Patterns

Sleep

Compare and contrast sleeping behavior between animals and humans

Describe the sleep cycle and biological rhythms

Explain why people sleep

Sleep Disorders

Describe sleep disorders and their treatments

Explain methods of getting a healthy amount of sleep

Explain the effects of sleep deprivation

Dreams

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

Reading Lesson: Modules 23-24

The Effects of Drugs

Psychoactive Drugs

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

Reading Lesson: Module 25

Essay Assignment



Learning

Learning and Conditioning

Introduction to Unit 6

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

Reading Lesson: Modules 26-27

Influences 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



Reading Lesson: Modules 28-30

Cognition and Memory

Processing, Remembering, and Forgetting

Introduction to Unit 7

The Brain and Memory

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

Attention and Processing Information

Describe how different types of processing can enhance retention of information

Describe the importance of attention in forming memories

Issues with Remembrance and Forgetting

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

Research on Memory Reconstruction and Memory Improvement

Describe research on memory reconstruction

Discuss suggestions to enhance deep processing of information

Identify strategies for improving memory

Reading Lesson: Modules 31-33

Solving Problems and Making Decisions

Forming Concepts

Describe how and why concepts are formed in the mind

Examine how concepts are organized

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

Reading Lesson: Modules 34-35



Language

Structures of Language

Define language and its key properties

Identify the basic structural units of language and how grammar is used in language systems

Learning Language

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

Reading Lesson: Module 36

Motivation and Emotion

Motivation

Introduction to Unit 8

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

Reading Lesson: Modules 37-40

Emotion

Theories of Emotion

Define emotion and describe the components of emotion

Explain various theories of emotion

Identify fundamental emotions individuals experience

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

Reading Lesson: Modules 41-42



Stress

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

Reading Lesson: Modules 43-44

Developmental Psychology

Introduction to Developmental Psychology

Introduction to Unit 9

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

Reading Lesson: Modules 45-47

Social, Cognitive, and Moral Development

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

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

Reading Lesson: Modules 48-50

Development in Adolescence and 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

Reading Lesson: Modules 51-54

Essay Assignment

Personality

Personalities

Introduction to Unit 10

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



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

Reading Lesson: Modules 55-56

Perspectives on Personalities

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

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

Reading Lesson: Modules 57-59

Testing and Individual Differences

Measuring Intelligence

Introduction to Unit 11

Intelligence Testing

Define intelligence and trace the history of intelligence tests

Describe the principles in constructing intelligence tests

Evaluate the two extremes of intelligence

Reading Lesson: Module 60



What Makes us Smart?

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

Reading Lesson: Modules 61-62

Factors that Influence 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

Reading Lesson: Modules 63-64

Essay Assignment

Abnormal Behaviors

Abnormal Psychology

Introduction to Unit 12

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

Reading Lesson: Module 65

Mood, Psychotic, and Anxiety Disorders

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

Anxiety Disorders

Discuss the risk factors, etiology, and treatment of anxiety disorders

Identify five anxiety disorders and the symptoms for each

Reading Lesson: Modules 66-68



Other Types of Disorders

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

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

Reading Lesson: Module 69 Treatment

Treating Psychological Disorders

Introduction to Unit 13

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

Reading Lesson: Modules 70-71

Psychotherapy

Reading Lesson: Modules 72-73

Essay Assignment



Social Psychology

Introduction to Social Psychology

Introduction to Unit 14

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

Attribution Theory

Describe the process of attribution

Explain how attributions affect our explanations of behavior

Explain the differences between internal and external attributions

Forming and Changing Attitudes

Describe attitudes and discuss factors influencing attitude variation

Discuss various factors impacting methods of persuasion

Explain theories of attitude formation and change

Reading Lesson: Modules 74-76

Social Attitudes

Bias and Prejudice

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

Aggression

Define aggression and identify common factors in aggression

Describe various theories concerning influences on aggressive behavior

Discuss whether media displays of violence influence aggression

Attraction

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

Reading Lesson: Modules 77-79



Group Attitudes and Behaviors

Altruism

Define altruism and describe examples of altruistic behavior

Discuss various perspectives concerning the reasons for altruistic behavior

Identify factors that reduce or promote altruism

Group Influences

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

Group Conflict and Accordance

Describe strategies that are designed to foster cooperative groups

Explain the development of conflict between groups

Reading Lesson: Module 80

AP Exam Preparation and Review

Course Review

The AP Psychology Exam

Units 1-2 Review

Units 3-4 Review

Units 5-6 Review

Units 7-8 Review

Unit 9 Review

Units 10-11 Review

Units 12-13 Review

Unit 14 Review



AP Practice Exams

AP Practice Exam 1

Analyze attitudes, organizational behaviors, and aggressive or antisocial behaviors.

Analyze convergent and divergent thinking patterns.

Analyze descriptive and inferential statistics used in psychological research.

Analyze developmental theories that aim to describe behavior and thought patterns.

Analyze the approaches to treating abnormal behavior.

Analyze the biological factors that affect a person's ability to learn new information.

Analyze the effects of stress on the body and mind.

Analyze the subfields in psychology and what they focus on.

Describe different kinds of intelligences.

Describe different modes of therapy and the appropriateness of each.

Describe group dynamics, including group polarization, group think, and group bias.

Describe how operant conditioning works.

Describe standardization and the concept of norms.

Describe the biological bases of motivation and emotion.

Describe the different forms of attention.

Describe the effectiveness of psychodynamic, humanistic, behavioral, cognitive, and biological treatment approaches.

Describe the effects of various drugs on the body and behavior.

Describe the five theories of emotion.

Describe the functional organization of the nervous system.

Describe the history of psychology.

Describe the longitudinal and cross-sectional research methods for studying psychology.

Describe the relationship between genetics and evolutionary psychology.

Describe the role that conformity, compliance, and obedience play in society.

Describe the stages and brain patterns of the sleep cycle.

Describe the structural components of language.

Describe the theories of psychopathology.

Describe the use of statistics in psychological research.

Describe the various approaches to psychology.

Describe the various approaches to understanding personality.

Describe the various dimensions of development.

Describe theories of motivation.

Describe types of psychological disorders.



AP Practice Exam 1 (cont'd.)

Explain abnormality and abnormal psychology.

Explain classical conditioning and its associated elements.

Explain how culture influences social psychology.

Explain how ethics ensure that safe and confidential practices are used in psychological research.

Explain how experimental, correlational, and clinical research are used in psychology.

Explain how growth and adjustment affect one's personality.

Explain how hunger, thirst, sex, and pain are associated with motivation and emotion.

Explain how psychologists examine human behavior across the life span.

Explain how psychopathologies are diagnosed using the medical model.

Explain how the endocrine system influences human thought and behavior.

Explain how to solve problems using algorithms and heuristics.

Explain interpersonal perception and how it affects social psychology.

Explain neural transmission and neuroplasticity as they relate to biologically based behaviors.

Explain neuroanatomy and its connection to human behavior.

Explain perceptual processes and how they are influenced by cues and schemas.

Explain reliability and validity and how they are related.

Explain social learning and how it influences social behavior.

Explain the characteristics of personality, psychotic, and anxiety disorders.

Explain the factors that affect sex and gender development.

Explain the importance of ethics and standards in testing.

Explain the various theories of hypnosis.

Explain thresholds according to the signal detection theory.

Explain trait theories and the assessment techniques that psychologists use to understand personalities.

Identify attribution processes according to the attribution theory.

Identify cognitive processes that affect learning.

Identify community and preventive approaches to abnormal behaviors.

Identify different types of memory.

Identify heredity-environment issues.

Identify social motives that influence people's behaviors.

Identify the physiological techniques used to study biological bases of behavior.

Identify the sensory mechanisms used for sensation and perception.

Identify types of tests for assessing intelligence, achievement, and other individual differences.



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