

Psychology In Your Life

Why is Psychology Important in Your Life?	What Key Principles Guide Psychology Today?	How Do You Benefit from Psychological Research?
<p>1.1 Psychology is a Science that Helps You Understand your Mental Activity, Behavior and Brain Processes</p> <p>1.2 Psychology Uses the Science of Learning to Help You Study Better</p> <p>1.3 Psychology Develops Your Critical Thinking Skills</p> <p>1.4 Psychology Improves Your Life Personally and Professionally</p>	<p>1.5 Psychologist Investigate Topics Across Five Interconnected Domains</p> <p>1.6 Psychology is Becoming More Diverse</p> <p>1.7 Psychologists Must Be Ethical In Their Research</p>	<p>1.8 Psychologists use the Scientific Method</p> <p>1.9 Descriptive Methods Describe What is Happening</p> <p>1.10 Correlational Methods Reveal Relationships</p> <p>1.11 Experimental Methods Test Causation</p>

Broad Learning Goals

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.

<p>1.1 Describe the three critical aspects of psychology.</p> <p>1.2 Summarize the six strategies for learning how to learn.</p> <p>1.3 Describe the three steps in critical thinking.</p> <p>1.4 Explain why psychology is relevant to your personal and professional life.</p>	<p>1.5 Explain how the five domains of psychology work together to provide rich insight into psychological processes.</p> <p>1.6 Describe diversity and identify three ways that diversity is increasing in psychology.</p> <p>1.7 Summarize the four ethical principles that guide psychologists in their research.</p>	<p>1.8 Summarize the five stages of the scientific method.</p> <p>1.9 Explain the three types of descriptive methods used in research.</p> <p>1.10 Explain correlational methods and two reasons they cannot necessarily show that one factors causes changes in the other factor.</p> <p>1.11 Explain the two types of variables and two types of groups that are necessary in experimental methods.</p> <p>In addition, explain how an experiment is conducted and different from a correlation (this is not in your textbook).</p>
6	7	17

The Role of Biology in Psychology

How Does Your Nervous System Work?	How Do the Parts of Your Brain Function?	How Does Your Brain Communicate with Your Body?	How Do Nature and Nurture Affect Your Brain?
<p>2.1 Your Nervous System is the Basis of Your Mental Activity and Behavior</p> <p>2.2 Neurons Communicate With Each Other in Your Nervous System</p> <p>2.3 Neurotransmitters Influence Your Mental Activity and Behavior</p>	<p>2.4 Our Understanding of How the Brain Works Has Improved Over Time</p> <p>2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival</p> <p>2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions</p> <p>2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity</p> <p>2.8 The Hemispheres Work Together With Some Specialization</p> <p>2.9 Using Psychology in Your Life: How Can You Succeed If You Have a Learning Disability?</p>	<p>2.10 The Peripheral Nervous System Includes the Somatic and Autonomic Systems</p> <p>2.11 The Endocrine System Affects Your Behavior Through Hormones</p>	<p>2.12 Your Genes Affect Your Mental Activity and Behavior</p> <p>2.13 Your Genes Interact With Your Environment to Influence You</p> <p>2.14 Your Environment Changes Your Brain</p>

Broad Learning Goals

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.

<p>2.1 Explain how neurons support the three functions of the nervous system.</p> <p>2.2 Explain how neurons communicate during the three phases of neural communication.</p> <p>2.3 Contrast agonists and antagonists in terms of their effects on neurotransmitters x2.</p> <p>In addition, describe the functions of the seven common neurotransmitters.</p>	<p>2.4 Summarize the historical and contemporary methods used to study the functions of different brain regions.</p> <p>2.5 Summarize the functions of the hindbrain and midbrain x2.</p> <p>2.6 Explain one major function for each of the four subcortical brain regions x2.</p> <p>2.7 Compare the major functions of the four brain lobes.</p> <p>2.8 Explain how the left hemisphere interprets the actions of the right hemisphere (and vice versa).</p> <p>2.9 Summarize what you should do if you think you have a learning disability.</p>	<p>2.10 Classify the subdivisions of the peripheral nervous system.</p> <p>2.11 Explain how the endocrine system and the nervous system work together to regulate psychological activity.</p>	<p>2.12 Explain the differences between genotype and phenotype</p> <p>2.13 Explain how studying twins helps us understand the roles of genes and the environment in producing phenotypes.</p> <p>2.14 Compare the three types of brain plasticity.</p>
8	13	5	4

Grey = not on any exam
 Bold = prepare for the final exam

Sensation and Perception				
How Do You Sense and Perceive Your World?	How Do You See?	How Do You Hear?	How Are You Able to Taste and Smell?	How Do You Feel Touch and Pain?
<p>5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception</p> <p>5.2 There Must be a Certain Amount of a Stimulus for You to Detect it.</p>	<p>5.3 Sensory Receptors in Your Eyes Detect Light</p> <p>5.4 You Perceive Color Based on Physical Aspects of Light</p> <p>5.5 You Perceive Objects by Organizing Visual Information</p> <p>5.6 When You Perceive Depth, You Can Locate Objects in Space</p> <p>5.7 Cues in Your Brain and the World Let You Perceive Motion</p> <p>5.8 You Understand That Objects Remain Constant Even When Cues Change</p>	<p>5.9 Receptors in Your Ears Detect Sound Waves</p> <p>5.10 Using Psychology in Your Life: How Can You Avoid Damage to Your Hearing From Listening to Loud Music With Earbuds?</p> <p>5.11 You Perceive Sound Based on Physical Aspects of Sound Waves</p>	<p>5.12 Receptors in Your Taste Buds Detect Chemical Molecules</p> <p>5.13 You Olfactory Receptor Detect Odorants</p>	<p>5.14 Receptors in Your Skin Detect Temperature and Pressure</p> <p>5.15 You Detect Pain in Your Skin and Throughout Your Body</p>
Broad Learning Goals				
In addition, you should be able to give examples and elaborate on the major concepts from the chapter.				
<p>5.1 Summarize the four steps from sensation to perception.</p> <p>5.2 Compare absolute threshold and difference threshold.</p>	<p>5.3 Summarize the four steps in visual sensation and perception.</p> <p>5.4 Compare trichromatic theory and opponent-process theory in color perception.</p> <p>5.5 Summarize the three principles of object perception.</p> <p>5.6 Compare depth perception using binocular and monocular cues.</p> <p>In addition, describe the different monocular depth perception cues.</p> <p>5.7 Explain how you perceive motion.</p> <p>5.8 Explain how the four types of constancy help you correctly perceive objects.</p>	<p>5.9 Summarize the four steps in auditory sensation and perception.</p> <p>5.10 Explain how loud sounds damage hearing.</p> <p>5.11 Explain the roles of temporal coding and place coding in pitch perception.</p>	<p>5.12 Summarize the four steps in taste sensation and perception.</p> <p>5.13 Summarize the four steps in olfactory sensation and perception.</p>	<p>5.14 Summarize the four steps in touch sensation and perception.</p> <p>5.15 Explain how people perceive and control the experience of pain.</p>
1	7	2	2	3

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Consciousness			
What Does it Mean to Be Conscious?	How Does Sleep Affect Consciousness?	How Do Hypnosis and Meditation Alter Consciousness?	How Do Drugs Alter Consciousness?
<p>3.1 Consciousness is Your Subjective Experience</p> <p>3.2 Consciousness Results from Brain Activity</p> <p>3.3 Consciousness Involves Attention</p> <p>3.4 Unconscious Processing Something Affects Behavior</p>	<p>3.5 Consciousness Changes During Sleep</p> <p>3.6 People Dream While Sleeping</p> <p>3.7 Sleep is an Adaptive Behavior</p> <p>3.8 Using Psychology in Your Life: How Can You Develop Better Sleep Habits?</p> <p>3.9 Sleep Disorders Are Relatively Common Throughout Life</p>	<p>3.10 Attention to Suggestions May Alter Consciousness in Hypnosis</p> <p>3.11 Meditation Alters Consciousness and Brain Functioning</p>	<p>3.12 Psychoactive Drugs Affect the Brain</p> <p>3.13 Substance use Disorder Has Physical and Psychological Aspects</p>
Broad Learning Goals			
In addition, you should be able to give examples and elaborate on the major concepts from the chapter.			
<p>3.1 Compare the normal waking state of consciousness with altered states of consciousness.</p> <p>3.2 Explain how changes in brain activity produce changes in consciousness.</p> <p>3.3 Explain how limited attention affects automatic and controlled processes.</p> <p>3.4 Explain how unconscious mental activity affects behavior.</p>	<p>3.5 Summarize the four stages of sleep.</p> <p>3.6 Explain the relationship between brain activity and dreaming.</p> <p>3.7 Summarize the three reasons people need to sleep.</p> <p>3.8 Summarize the strategies for developing better sleep habits x2.</p> <p>3.9 Summarize the five sleep disorders.</p>	<p>3.10 Compare the two theories explaining hypnosis.</p> <p>3.11 Summarize what happens to people when they meditate.</p>	<p>3.12 Explain how the four classes of psychoactive drugs create an altered state of consciousness.</p> <p>3.13 Summarize the factors that lead to substance use disorder.</p>
2	8	2	3

Development Across the Lifespan

How Does Development Happen in the Womb?	How Do Infants and Children Develop?	How Do Adolescents Develop?	How Do Adults Develop?
<p>4.1 Humans Develop in Three Key Areas Starting in the Prenatal Period</p> <p>4.2 There Are External Threats to Prenatal Development</p>	<p>4.3 Infants and Children Change Physically</p> <p>4.4 Infants and Children Change Socially and Emotionally</p> <p>4.5 Infants and Children Change Cognitively</p> <p>4.6 Language Develops in an Orderly Way</p>	<p>4.7 Adolescents Develop Physically</p> <p>4.8 Adolescents Develop Socially and Emotionally</p> <p>4.9 Using Psychology in Your Life: What Roles Do Peers Play in Development?</p> <p>4.10 Adolescents Develop Cognitively</p>	<p>4.11 Emerging Adulthood is a New Developmental Period</p> <p>4.12 Bodies and Minds Change in Adulthood</p> <p>4.13 Adults Develop Lifelong Social and Emotional Bonds</p>

Broad Learning Goals

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<p>4.1 Summarize prenatal development.</p> <p>4.2 Explain how teratogens affect prenatal development.</p>	<p>4.3 Summarize brain, motor, and sensory development in infants and children.</p> <p>4.4 Explain the process of attachment. In addition, describe the different attachment styles.</p> <p>4.5 Summarize the four stages of cognitive development.</p> <p>4.6 Summarize the five stages of language development.</p>	<p>4.7 Explain how the body and brain change during adolescence.</p> <p>4.8 Explain the processes that contribute to the social and emotional development of adolescents.</p> <p>4.9 Explain the role that peers play in development.</p> <p>4.10 Summarize the development of moral reasoning.</p>	<p>4.11 Explain the rationale for viewing ages 18-25 as a period of emerging adulthood.</p> <p>4.12 Summarize changes in body and cognition during adulthood.</p> <p>4.13 Summarize social and emotional processes during adult aging.</p>
5	11	8	6