

Self and Personality

| How Do You Know Yourself? | How Can You Understand Personality? | How Does Biology Affect Personality? | How Can Personality Be Assessed? |
|--|--|--|--|
| <p>13.1. Your Self-Concept Is What You Know and Believe About Yourself</p> <p>13.2. People Differ in How They Value Themselves</p> <p>13.3. You Try to Create a Positive Sense of Self</p> <p>13.4. Your Sense of Self is Influenced by Cultural Factors</p> | <p>13.5. Psychodynamic Theory Emphasizes Unconscious Conflicts</p> <p>13.6. Humanistic Approaches Emphasize Goodness in People</p> <p>13.7. Social Cognitive Approaches Focus on How Thoughts Shape Personality</p> <p>13.8. Trait Approaches Describe Characteristics</p> <p>13.9. Using Psychology in Your Life: Do Personalities Matter in Roommate Relationships?</p> | <p>13.10. Personality Has a Biological Basis</p> <p>13.11. Personality is Influenced by Genes</p> <p>13.12. Temperament is Innate</p> <p>13.13. Personality Stability is Influenced by Biology and Situation</p> | <p>13.14. Several Methods Are Used to Assess Personality</p> <p>13.15. Behavior is Influenced by Personality and Situation</p> |

Broad Learning Goals

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

| | | | |
|---|---|--|--|
| <p>13.1. Explain how your self-concept, self-schema and working self-concept affect you.</p> <p>13.2. Summarize the causes and consequences of how people value themselves.</p> <p>13.3. Summarize how positive illusions, social comparisons, and the self-serving bias create your positive sense of self.</p> <p>13.4. Explain how people from collectivists and individualist cultures differ in their sense of self.</p> | <p>13.5. Summarize the psychodynamic theory of personality.</p> <p>13.6. Explain how conditions of worth or unconditional positive regard may influence personality.</p> <p>13.7. Describe how expectancy theory and reciprocal determinism can explain personality.</p> <p>13.8. Summarize the trait approaches to personality.</p> <p>13.9. Explain the value of having college students complete personality assessments as part of the process of assigning roommates.</p> | <p>13.10. Summarize how introverts and extraverts differ in their optimal levels of arousal.</p> <p>13.11. Explain how genes influence personality.</p> <p>13.12. Summarize temperaments and their long-term effects.</p> <p>13.13. Explain which aspects of personality change over time and how they change.</p> | <p>13.14. Summarize the four ways that personality is assessed.</p> <p>13.15. Explain how situations affect the experience of personality.</p> <p>In addition, you should be able to give examples and elaborate on the major concepts from the chapter.</p> |
| 8 | 11 | 6 | 5 |

| Social Psychology | | | |
|---|--|--|---|
| How Do You Think About Other People | How Do Your Attitudes Affect You? | How Do Other People Influence You? | How Can You Develop Strong Relationships? |
| <p>12.1. You Tend to Make Snap Judgments About Other People</p> <p>12.2. You Make Attributions About Other People</p> <p>12.3. You Tend To Stereotype Other People</p> <p>12.4. Stereotypes Can lead to Prejudice and Discrimination</p> | <p>12.5. You Form Attitudes Through Experience and Socialization</p> <p>12.6. Discrepancies Between Attitudes and Behavior Lead to Dissonance</p> <p>12.7. Your Attitudes Can Be Changed Through Persuasion</p> | <p>12.8. Groups Affect Your Behavior</p> <p>12.9. You Conform to and Comply With Others</p> <p>12.10. You Probably Obey People Who Have Authority</p> <p>12.11. You May Hurt or Help Other People</p> | <p>12.12. Situations and Personalities Affect Your Relationships</p> <p>12.13. Love Is a key Part of Romantic Relationships</p> |
| Broad Learning Goals | | | |
| In addition, you should be able to give examples and elaborate on the major concepts from the chapter. | | | |
| <p>12.1. Explain how nonverbal cues influence social judgments.</p> <p>12.2. Summarize types of attributions and their biases.</p> <p>12.3. Explain why people stereotype and summarize how stereotypes affect people.</p> <p>12.4. Summarize the negative consequences of stereotypes and how to reduce them. x2</p> | <p>12.5. Summarize three ways that explicit and implicit attitudes develop.</p> <p>12.6. Explain how cognitive dissonance affects attitudes.</p> <p>12.7. Explain how persuasion changes attitudes.</p> | <p>12.8. Summarize the four main ways that groups affect people.</p> <p>12.9. Summarize the situational factors that lead to conformity and compliance.</p> <p>12.10. Summarize when people are willing to obey orders.</p> <p>12.11. Summarize the factors that produce aggression or prosocial behavior.</p> | <p>12.12. Summarize four factors that influence the development of relationships.</p> <p>12.13. Summarize how people fall in love and how they maintain it over time.</p> <p>In addition, you should be able to give examples and elaborate on the major concepts from the chapter.</p> |
| 8 | 6 | 11 | 5 |

| Health and Well-Being | | | |
|---|--|---|---|
| What Affects Your Health? | How Does Stress Affect Your Health? | How Do Mediating Factors Affect Your Stress? | Can a Positive Attitude Keep You Healthy? |
| <p>11.1. Biology, Psychology, and Social Factors Influence Your Health</p> <p>11.2. Obesity Has Many Health Consequences</p> <p>11.3. Exercise Benefits You Physically, Cognitively, and Emotionally</p> <p>11.4. Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex</p> <p>11.5. Smoking is Dangerous to Your Health</p> | <p>11.6. There is Stress in Daily Life</p> <p>11.7. You Can Have Several Responses to Stress</p> | <p>11.8. Personality and Emotional States Influence the Impact of Stress on Heart Disease</p> <p>11.9. Coping Mediates the Impact of Stress</p> <p>11.10. Using Psychology In Your Life: How Can You Reduce Exam Anxiety?</p> | <p>11.11. Positive Psychology Emphasizes Well-Being</p> <p>11.12. Social Support is Associated with Good Health</p> <p>11.13. Several Strategies Can Help You Stay Healthy</p> |
| Broad Learning Goals | | | |
| In addition, you should be able to give examples and elaborate on the major concepts from the chapter. | | | |
| <p>11.1. Explain the biopsychosocial model of health and well-being.</p> <p>11.2. Summarize the causes and consequences of obesity.</p> <p>11.3. Summarize the benefits of regular exercise.</p> <p>11.4. Summarize the health effects of sexually transmitted infections (STIs).</p> <p>11.5. Summarize the causes and consequences of smoking.</p> | <p>11.6. Explain the types of stressors.</p> <p>11.7. Summarize the two physical and three behavioral responses to stress.</p> | <p>11.8. Summarize how different personality styles and emotional states can increase or decrease the effects of stressors.</p> <p>11.9. Identify the best strategies for coping with stress.</p> <p>11.10. Identify four ways that you can reduce exam anxiety.</p> | <p>12.11. Summarize how happiness and well-being are related to health.</p> <p>12.12. Explain how gratitude and spirituality enhance the positive health effects of social support.</p> <p>12.13. Summarize strategies for healthy living.</p> <p>In addition, you should be able to give examples and elaborate on the major concepts from the chapter.</p> |
| 11 | 6 | 7 | 6 |

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

Psychological Disorders

| What Is a Psychological Disorder? | How Do People Experience Disorders of Emotions? | How Do People Experience Disorders of Thought? | How Do People Experience Disorders of Self | What Disorders Affect Children? |
|--|--|---|---|--|
| <p>14.1. Disorders Interfere With Our Lives</p> <p>14.2. There Are Two General Ways to View the Causes of Disorders</p> <p>14.3. Disordered Thoughts, Emotions, and Behaviors Can Be Assessed and Categorized</p> | <p>14.4. Anxiety Disorders Make People Fearful and Tense</p> <p>14.5. Some Disorders Involve Unwanted and Intrusive Thoughts That Increase Anxiety</p> <p>14.6. Depressive Disorders Involve Sad, Empty, or Irritable Mood</p> <p>14.7. Many Factors Influence the Development of Depressive Disorders</p> <p>14.8. Using Psychology in Your Life: What Should You Do If You Think a Friend or Loved One Might Be Considering Suicide</p> <p>14.9. Bipolar Disorder Involves Mania</p> | <p>14.10. Schizophrenia Involves a Disconnection From Reality</p> <p>14.11. Schizophrenia Is Caused by Biological and Environmental Factors</p> | <p>14.12. Personality Disorders Are Maladaptive Ways of Relating to the World</p> <p>14.13. Dissociated Disorders Involve Disruptions in the Sense of Self</p> <p>14.14. Eating Disorders Involve Distortions or Distress About Body Image</p> | <p>14.15. Children May Experience Neurodevelopmental Disorders</p> <p>14.16. Autism Spectrum Disorder Involves Social Deficits and Restricted Interests</p> <p>14.17. Attention-Deficit/Hyperactivity Disorder is a Disruptive Impulse Control Disorder</p> |

Broad Learning Goals

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

| | | | | |
|--|--|---|---|--|
| <p>14.1. Summarize the criteria for deciding whether a person is experiencing a psychological disorder.</p> <p>14.2. Explain how biological and situational factors interact to produce psychological disorders.</p> <p>14.3. Summarize how psychological disorders are assessed and categorized.</p> | <p>14.4. Summarize the symptoms and development of the five anxiety disorders.</p> <p>14.5. Summarize the symptoms and development of obsessive-compulsive disorder and posttraumatic stress disorder.</p> <p>14.6. Explain the differences between major depressive disorder and persistent depressive disorder.</p> <p>14.7. Explain the biological, psychological, and sociocultural factors that influence the development of depression.</p> <p>14.8. Understand why people might attempt suicide and how you might help prevent them from doing so.</p> <p>14.9. Summarize the symptoms and development of bipolar disorder.</p> | <p>14.10. Explain the five symptoms of schizophrenia.</p> <p>14.11. Summarize the biological and environmental factors that influence the development of schizophrenia.</p> | <p>14.12. Summarize the symptoms and development of borderline personality disorder and antisocial personality disorder.</p> <p>14.13. Summarize the symptoms and development of dissociative disorders.</p> <p>14.14. Summarize the symptoms of eating disorders.</p> | <p>14.15. Summarize the six neurodevelopmental disorders.</p> <p>14.16. Summarize the symptoms and development of autism spectrum disorder.</p> <p>14.17. Summarize the symptoms and development of attention deficit / hyperactivity disorder.</p> <p>In addition, you should be able to give examples and elaborate on the major concepts from the chapter.</p> |
| 5 | 13 | 4 | 5 | 3 |

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

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

5/29/2023