



HST540: AP[®] Psychology

This course is the equivalent of an introductory college-level course. Students receive an overview of current psychological research methods and theories. They explore the therapies used by professional counselors and clinical psychologists, and examine the reasons for normal human reactions: how people learn and think, the process of human development and human aggression, altruism, intimacy, and self-reflection. They study core psychological concepts, such as the brain and sense functions, and learn to gauge human reactions, gather information, and form meaningful syntheses. Students prepare for the AP[®] Exam and for further studies in Psychology and Life Sciences.

COURSE LENGTH: One semester

MATERIALS: *Psychology*, by David G. Myers, 8th ed.

PREREQUISITES: Success in SCI203: Biology and a teacher/counselor recommendation

Unit 1: History and Perspectives of Psychology

Students trace the historical roots of psychology, and identify several of its pioneers and the major perspectives and fields in psychology today. They look at the components of a psychology experiment, ethical concerns, statistical inferences, and the difference between causation and correlation.

- History and Perspectives of Psychology
- Research Methods
- Basic Statistics

Unit 2: Perception and Consciousness

Students look at interconnected biological systems that direct human behavior, influence thought, and ultimately make people who they are. They explore the mysteries of the human brain including how the brain works and how it perceives. Students explore the brain asleep and awake, the role of sleep and dreaming, and the use of hypnosis. They delve into the concept of consciousness and examine how drugs affect the nervous system.

- The Nervous and Endocrine Systems
- Genetic Influences
- Sensation and Perception
- Consciousness

Unit 3: Thinking and Feeling

Students examine the ways people learn, remember, think, communicate, and forget. They look at how people experience and express emotion, and how they cope with stress. Students look at creativity, memorization, and motivation.

- Classical and Operant Conditioning
- Cognitive and Social Approaches to Learning
- Memory
- Cognition Problem Solving and Creativity
- Language
- Motivation and Emotions
- Stress Health and Coping



Unit 4: Development Testing and Individual Differences

Students examine the human journey from conception to death, learning the factors that influence physical, cognitive, social, and moral development. Students look at the impact of genetics and environment on behavior, whether development is a gradual and continuous process or a discontinuous sequence of stages, and whether an individual's personality remains stable or changes throughout life. Students will learn the four major perspectives on personality: trait perspective, humanistic approach, social-cognitive approach, and Freud's psychoanalytic theory.

- Studying Child Development
- Major Theories of Human Development
- Personality
- Testing and Individual Differences

Unit 5: Abnormal Psychology and Social Psychology

Students look at the major categories of mental illness and their symptoms, as well as treatment techniques from psychoanalytic dream analysis and free association to behaviorism systematic desensitization and aversion therapy. They learn about social psychology including how people form attitudes, what causes or promotes attraction, and aggressive behavior.

- Abnormal Psychology
- Treatments
- Attitudes and Social-Cognitive Theories
- Groups and Intergroup Relations

Unit 6: Course Review and Exam

Students review what they have learned and take the final exam.

- Review
- Exam