

AP Psychology

Time : 154h 17m / Lessons : 181 / Activities : 520

Unit	Topic	Lesson	Lesson Objectives	Time
History and Approaches	Course Introduction	Introduction to AP Psychology		7m
	History of Psychology	Introduction to Unit 1		3m
		What Is Psychology?	1. Define psychology	
			2. Explain how psychology qualifies as a science	
			3. Compare and contrast the field of psychology to other social and physical sciences	
		Psychology's Early History		
		Psychology's Modern History	1. Identify contemporary perspectives psychologists use to study behavior and cognitive processes	
	2. Explain the factors that affect the influence of contemporary psychological perspectives			
	Historical Issues in Psychology	1. Explain how early psychological research was biased		
		2. Summarize why minority groups were excluded from psychology		
3. Identify the contributions women and minorities have made to psychology				
Reading Lesson: Modules 1 - 2				
Psychology Subfields	Fields and Occupations of Psychology	1. List and describe several areas and subfields of psychology		
		2. Identify occupations available to students who obtain different degrees in psychology		
	Reading Lesson: Module 3		40m	
AP Skills: Writing a Free-Response Essay				
Unit Test	Unit Test		40m	
Psychological Research Methods	Psychology and Research	Introduction to Unit 2		2m
		What Is Research?	1. List and explain the goals of psychological research	
			2. Explain the steps of the scientific method used to guide psychological research	
		Experimental Design	1. Differentiate between types of variables used in experimental research and variables that can possibly interfere with research results	
			2. 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	1. Explain various types of descriptive research methods	
			2. Differentiate between qualitative and quantitative data	
		Descriptive and Inferential Statistics	1. Define statistics and examine various aspects of descriptive statistics	
			2. Describe hypothesis testing in inferential statistics	
			3. Examine correlation and regression in inferential statistics	
		Statistical Issues	1. Define and differentiate between reliability and validity	
	2. Explain issues influencing statistical significance			
Reading Lesson: Modules 6 - 7				
Ethics in Research	Ethical Research	1. Define ethics and relate ethics to the study of psychology		
		2. Summarize the American Psychological Association's Ethical Guidelines for Research		
	Ethical Controversies	3. Describe current controversies involving ethical issues in psychology		
		1. Identify historical examples of ethical controversies that contributed to current ethical codes		
Reading Lesson: Module 8				
Unit Test	Unit Test		40m	
Biological Bases of Behavior	Biology and Psychology	Introduction to Unit 3		2m
		The Neuron	1. Explain means of communication within the nervous system, and describe the structure and function of the neuron	
			2. Describe the process by which neurons transfer information	
			3. List common neurotransmitters that influence behavior and explain the function of each	
		Structures of the Nervous System	1. List and describe key structures and functions of the peripheral nervous system	
			2. List and describe key structures and functions of the central nervous system	
Functions of the Endocrine System	1. Describe the structure and functions of the endocrine system			
	2. Compare and contrast the communication process of the nervous and endocrine systems			
Reading Lesson: Modules 9 - 10				
3. Describe how hormones influence internal and external behavior				

	Biological Structures	The Brain	1. Identify the location of the forebrain and describe its function 2. Identify the location of the midbrain and hindbrain and describe the functions of each	40m	
		The Cerebrum	1. Describe the components and functions of the cerebrum 2. 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			2h 1m
		Essay Assignment			
Unit Test	Unit Test			40m	
Sensation and Perception	Sensory and Perception	Introduction to Unit 4			2m
		Sensation	1. Define sensation and describe the study of psychophysics		
			2. Identify how sensory systems detect and process sensory stimuli		
			3. Identify the concepts of threshold, signal-detection theory, and sensory adaptation		
		Components of Perception	1. Define perception and describe how sensation influences the process of perception		
			2. Identify various factors involved in perceiving information		
	Influences on Perception	1. Describe Gestalt principles of perceptual organization			
		2. Discuss how depth cues and perceptual constancies influence perception			
		3. Identify various influences on perception and perceptual change			
	Reading Lesson: Modules 16 - 17			44m	
	How Vision Works	Vision and the Structure of the Eye	1. Describe the structure and function of the eye		
			2. Explain how visual stimuli is relayed to and processed in the brain		
3. Identify various eye conditions, eye diseases, and vision problems					
Reading Lesson: Modules 18 - 19			47m		
Hearing and other Senses	Hearing and the Structure of the Ear	1. Describe the structure and function of the ear			
		2. Explain how auditory stimuli is relayed to and processed in the brain			
		3. Describe common sensory hearing disorders			
	Touch, Taste, and Smell: The Other Senses	1. Identify the structure and function of the tactile system, including common touch disorders			
		2. Summarize the structure and function of the gustatory system, including common taste disorders			
		3. Describe the olfactory system and identify common smell disorders			
Pain, Kinesthetic, and Vestibular Senses	1. Describe the sense of pain and pain disorders				
	2. Describe kinesthesia and disorders of kinesthesia				
	3. Describe the vestibular sense and disorders of the vestibular system				
Reading Lesson: Modules 20 - 21			40m		
Unit Test	Unit Test				
States of Consciousness	Consciousness: Hypnosis and Meditation	Introduction to Unit 5			2m
		Measures of Consciousness	1. Define consciousness and identify key features of consciousness		
			2. Describe differing levels of consciousness from the psychodynamic viewpoint		
		Hypnosis	1. Define and explain hypnosis		
			2. Describe the early uses of hypnosis to address psychological symptoms		
	3. Identify the contemporary uses of hypnosis in pain control and psychotherapy				
	Meditation and Other Forms of Consciousness	1. Explain the effects of meditation			
		2. Critique the use of biofeedback as a mechanism for gaining control over biological functions			
	Reading Lesson: Module 22			47m	
	Sleep Patterns	Sleep	1. Describe the sleep cycle and biological rhythms		
2. Explain why people sleep					
3. Compare and contrast sleeping behavior between animals and humans					
The Effects of Drugs	Psychoactive Drugs	1. Describe the major classes and effects of psychoactive drugs	47m		
		2. Explain how the major drug classes affect neurotransmission and behavior			
		3. Describe the long-term psychological and physiological effects of drugs			
	Reading Lesson: Module 25				
Essay Assignment			40m		
Unit Test	Unit Test				
		Introduction to Unit 6			
		What Is Learning?	1. Describe what learning is		
			2. Differentiate between innate and learned behaviors		

Learning	Learning and Conditioning	Classical Conditioning	1. Define classical conditioning, and identify two researchers prominent in discovering and establishing classical conditioning methods	2m	
			2. Describe the process of classical conditioning		
			3. Describe common factors that influence the process of classical conditioning		
	Operant Conditioning	1. Describe the process of operant conditioning, and identify two researchers prominent in discovering and establishing operant conditioning methods			
		2. Describe common factors that influence the process of operant conditioning			
		Reinforcement and Punishment	1. Compare and contrast positive and negative reinforcement		
	2. Explain the influence of various schedules of reinforcement on behavior				
	3. Discuss the role of punishment in conditioning				
	Reading Lesson: Modules 26 - 27				
	Influences of Learning	Cognitive and Behavioral Learning Influences	1. Identify the role of cognition in learning and conditioning	49m	
2. Discuss various experiments used in establishing support for cognitive influences on learning					
3. Describe how genetic factors or learned experiences interfere with conditioning processes					
Social Learning		1. Describe social learning and discuss factors that influence socially learned behavior			
		2. Describe basic processes that influence social learning			
Environmental and Cultural Learning Influences	1. Describe how culture assists in shaping behavior				
	2. Discuss how environmental and cultural influences impact learning and academic achievement				
Regulating Behavior	1. Identify personal skills necessary for effective self-regulation, and describe the three phases involved in self-regulating behavior	40m			
	2. Identify therapeutic and self-implemented behavior modification strategies				
Reading Lesson: Modules 28 - 30					
Unit Test	Unit Test		40m		
Cognition and Memory	Introduction to Unit 7			2m	
	The Brain and Memory	1. Identify brain structures and various factors influencing memory formation			
		2. Describe the characteristics and operations of sensory and short-term memory			
		3. Describe the characteristics and operations of long-term memory			
		Attention and Processing Information	1. Describe the importance of attention in forming memories		
	2. Describe how different types of processing can enhance retention of information				
	Issues with Remembrance and Forgetting	1. Describe measures of retrieval and forgetting as well as issues associated with memory retrieval			
		2. Explain issues influencing forgetfulness, and describe various perspectives on recovered memories			
		3. Identify factors that interfere with memory formation and retrieval			
	Research on Memory Reconstruction and Memory Improvement	1. Discuss suggestions to enhance deep processing of information			
		2. Identify strategies for improving memory			
		3. Describe research on memory reconstruction			
	Reading Lesson: Modules 31 - 33				
	Solving Problems and Making Decisions	Forming Concepts	1. Describe how and why concepts are formed in the mind		42m
			2. Examine how concepts are organized		
Problem Solving		1. Explore various types of problems and the steps of the problem solving process			
		2. Summarize common strategies used to solve problems			
Decision Making	1. Identify various types of decisions and strategies used to make decisions				
	2. Summarize various influences on decision making				
Reading Lesson: Modules 34 - 35					
Language	Structures of Language	1. Define language and its key properties	36m		
		2. Identify the basic structural units of language and how grammar is used in language systems			
	Learning Language	1. Summarize the stages of language development from infancy to childhood			
2. Compare and contrast different theories of language					
Reading Lesson: Module 36					
Unit Test	Unit Test		40m		
Motivation	Introduction to Unit 8			2m	
	Motivation	1. Define motivation and describe how it assists individuals in attaining goals			
		2. Describe various factors influencing the motivation of hunger and eating behaviors			
	Theories of Motivation	1. Compare and contrast intrinsic and extrinsic motivation, and describe factors influencing achievement motivation			
2. Compare and contrast the drive-reduction and incentive theories of motivation					

Motivation and Emotion		3. Discuss Abraham Maslow's hierarchy of needs, and explain the expectancy theory of motivation		
		Reading Lesson: Modules 37 - 40		
	Emotion	Theories of Emotion	1. Define emotion and describe the components of emotion	1h 2m
			2. Identify fundamental emotions individuals experience	
			3. Explain various theories of emotion	
		Factors of Emotion	1. Describe how culture influences emotion	
	2. Describe how emotion directly and indirectly influences behavior			
	3. Conduct short, more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation			
			Reading Lesson: Modules 41 - 42	
	Stress	Stress Factors	1. Identify major types of stress and influences on level of stress	51m
2. Explain cultural factors impacting stress level				
3. Identify possible psychological and physical effects of stress				
Stress Responses		1. Describe the physiological response to stress		
	2. Identify positive and negative coping strategies utilized to decrease stress			
		Reading Lesson: Modules 43 - 44		