**Introduction to Psychology - Psy 101**

**Course Outline**

**Chapter 1 – The Science of Psychology**

1. Defining Psychology and Exploring Its Roots
   1. The Psychological Frame of Mind
   2. Psychology as the Science of All Human Behavior
2. Psychology in Historical Perspective
   1. Structuralism
   2. Functionalism
3. Contemporary Approaches to Psychology
   1. The Biological Approach
   2. The Behavioral Approach
   3. The Psychodynamic Approach
   4. The Humanistic Approach
   5. The Cognitive Approach
   6. The Evolutionary Approach
   7. The Sociocultural Approach
4. Psychology’s Scientific Method.
   1. Observing some phenomenon
      1. Variable
      2. A Theory
   2. Formulating Hypotheses and Predictions
   3. Testing Through Empirical Research
      1. An Operational Definition
   4. Drawing Conclusion
   5. Evaluating Conclusions
5. Types of Psychological Research
   1. Descriptive Research
   2. Observation
   3. Surveys and Interviews
   4. Case Studies
   5. Correlational Research
      1. Correlation Coefficient
      2. Correlation is not Causation
   6. Longitudinal designs
   7. Experimental Research
      1. Random assignment
      2. Independent and Dependent Variables
      3. Experimental and Control Groups
      4. Cautions About Experimental Research
      5. Validity – External and Internal
6. Research Flaws
   1. Experimenter Bias
   2. Demand Characteristics
   3. Research Participant Bias
   4. Placebo Effect
7. Research Samples and Settings
   1. Population.
   2. Sample
   3. Random Sample
8. The Research Setting
9. Conducting Ethical Research

**Chapter 2 – The Brain and Behavior**

1. The Nervous System
   1. Characteristics of the Nervous System
   2. Complexity
   3. Integration
   4. Adaptability / Plasticity
2. Electrochemical Transmission
   1. Pathways in the Nervous System.
3. Divisions of the Nervous System
   1. The Central Nervous System (CNS)
   2. The Peripheral Nervous System (PNS)
      1. Somatic Nervous System
      2. Autonomic Nervous System.
         1. Sympathetic nervous System
         2. Parasympathetic System
4. Cell in the Nervous System
   1. Neurons
   2. Mirror Neurons
   3. Glial cells
5. Specialized Cell Structures
   1. Dendrites
   2. Cell Body
   3. Axon
   4. Myelin Sheath
   5. Terminal Branches and Buttons
6. The Neural Impulse
   1. Semipermeable Membrane.
   2. Ions & Ion Channels
   3. Resting Potential
   4. Action Potential
   5. Polarized vs. Depolarized
   6. All-or-Nothing Principle
7. Synapses and Neurotransmitters
   1. Synaptic Transmission
   2. Synapses
   3. Synaptic Gap
   4. Terminal Buttons
   5. Neurotransmitters
   6. Neurochemical Messengers
      1. Acetylcholine
      2. GABA
      3. Norepinephrine
      4. Dopamine.
      5. Serotonin
      6. Endorphins
      7. Oxytocin
   7. Drugs and Neurotransmitters
      1. Agonist.
      2. Antagonist.
   8. Neural Networks
8. Structures of the Brain and Their Functions
   1. Brain Research
      1. Brain Lesioning
      2. Electrical Recording Electroencephalograph (EEG)
      3. Brain Imaging
         1. Computerized Axial Tomography (CAT Scan or CT Scan)
         2. Positron-Emission Tomography or PET Scan
         3. Magnetic Resonance Image (MRI)
         4. Functional Magnetic Resonance Image (fMRI)
      4. Transcranial Magnetic Stimulation (TMS).
   2. How the Brain Is Organized
      1. The Hindbrain
         1. Medulla
         2. Cerebellum
         3. Pons
         4. Brain Stem
      2. The Midbrain
         1. Reticular Formation
         2. Brain Stem
      3. The Forebrain
         1. Limbic System
            1. Amygdala
            2. Hippocampus
         2. Thalamus
         3. Basal Ganglia
         4. Basal Ganglia
         5. Hypothalamus
   3. The Cerebral Cortex
   4. The Cerebral Hemispheres and Split-Brain Research
   5. The Role Of The Corpus Callosum
   6. Hemispheric Differences In Functioning
9. Brain Damage, Plasticity, and Repair
   1. Collateral sprouting
   2. Substitution of Function
   3. Neurogenesis
   4. Brain Tissue Implants
   5. Brain Grafts
   6. Stem Cells
10. Genetics and Behavior
    1. Chromosomes, Genes, and DNA
    2. The Study of Genetics
    3. Dominant Recessive Genes
    4. Polygenic Inheritance
    5. Genotype.
    6. Phenotype

**Chapter 5 - Learning**

1. Types of Learning
   1. Behaviorism
   2. Associative Learning / Operant Conditioning
   3. Observational Learning.
2. Classical Conditioning
   1. Ivan Pavlov’s Studies
      1. Unconditioned Stimulus (US)
      2. An Unconditioned Response (UR)
      3. A Conditioned Stimulus (CS)
      4. A Conditioned Response (CR)
   2. Important Terms and Processes
      1. Acquisition
         1. Contiguity
         2. Contingency
      2. Generalization
      3. Discrimination
      4. Extinction
      5. Spontaneous Recovery
   3. Classical Conditioning in Humans
      1. Explaining Fears
      2. Breaking Habits
         1. Counterconditioning
         2. Aversive conditioning
      3. Placebo Effects
      4. Immune and Endocrine Systems
         1. Immunosuppression
      5. Taste Aversion Learning
      6. Drug Habituation
3. Operant Conditioning
   1. B. F. Skinner’s Operant Conditioning
      1. Shaping
      2. Principles of Reinforcement
         1. Positive Reinforcement
         2. Negative Reinforcement
         3. Avoidance Learning
         4. Learned Helplessness
      3. Types of Reinforcers
         1. Primary Reinforcer
         2. Secondary Reinforcer
      4. Principles of Operant Conditioning
         1. Generalization
         2. Discrimination
         3. Extinction
      5. Schedules of Reinforcement
         1. Continuous Reinforcement
         2. Partial Reinforcement
            1. Fixed-Ratio Schedule
            2. Variable-Ratio Schedule
            3. Fixed-Interval Schedule
            4. Variable-Interval Schedule
      6. Punishment
         1. Positive Punishment
         2. Negative Punishment
      7. Applied Behavior Analysis / Behavior Modification
4. Observational Learning
   1. Albert Bandura
   2. Four Main Processes
      1. Attention
      2. Retention
      3. Motor reproduction.
      4. Reinforcement
         1. Vicarious Reinforcement
         2. Vicarious Punishment
5. Cognitive Factors in Learning
   1. Purposive Behavior
      1. Expectancy Learning and Information
      2. Latent Learning
   2. Insight Learning
6. Biological, Cultural, and Psychological Factors in Learning
   1. Biological Constraints
      1. Instinctive Drift
      2. Preparedness
   2. Cultural Influences
   3. Psychological Constraints

**Chapter 6 – Memory**

1. The Nature of Memory
2. Encoding
3. Storage
4. Retrieval
5. Memory Encoding
   1. Attention
6. Selective Attention
7. Divided Attention
8. Sustained Attention (also called Vigilance )
9. Multitasking
   1. Levels of Processing
10. The Shallow Level of Processing
11. The Intermediate Level of Processing
12. The Deepest Level of Processing
    1. Elaboration.
    2. Imagery
       1. Dual-Code
13. Memory Storage
    1. Storage - The Atkinson-Shiffrin Theory
       1. Sensory Memory
          1. Echoic Memory
          2. Iconic Memory
       2. Short-Term Memory
          1. Chunking
          2. Rehearsal
       3. Working Memory
          1. Phonological Loop
          2. Visuospatial Sketchpad
          3. Central Executive
       4. Long-Term Memory
          1. Explicit Memory (Declarative Memory)
             1. Episodic Memory
             2. Semantic Memory
          2. Implicit memory (Nondeclarative Memory)
             1. Procedural Memory
             2. Classical Conditioning
             3. Priming
14. Organization in Memory
    1. Schemas and Scripts
    2. Connectionism, or Parallel Distributed Processing (PDP)
15. Where Memories Are Stored?
    1. Neurons
    2. Brain Structures
       1. Explicit Memory
       2. Implicit Memory
16. Memory Retrieval
    1. Serial Position Effect
       1. The Primacy Effect
       2. The Recency Effect
    2. Retrieval Cues and the Retrieval Task
       1. Recall and Recognition
       2. Encoding Specificity Principle
       3. Context-Dependent Memory
    3. Special Cases of Retrieval
       1. Autobiographical memories,
       2. Emotional Memories
          1. Flashbulb Memory
       3. Traumatic Events
       4. Repressed Memories
          1. Motivated Forgetting
       5. Eyewitness Testimony
17. Forgetting
    1. Encoding Failure
    2. Retrieval Failure
       1. Interference
          1. Proactive Interference.
          2. Retroactive Interference
       2. Decay
       3. Tip-of-the-Tongue Phenomenon
       4. Prospective Memory
          1. Time-Based Prospective Memory
          2. Event-Based Prospective Memory
       5. Amnesia
          1. Anterograde Amnesia
          2. Retrograde Amnesia

**Chapter 8 – Development**

1. Exploring Human Development
   1. Nature and Nurture
      1. Nature
      2. Nurture
   2. Early Experiences
      1. Resilience
   3. Three Major Domains of Development
      1. Physical Processes
      2. Cognitive Processes
      3. Socioemotional Processes
2. Physical Development
   1. Prenatal Physical Development
      1. Conception and the Zygote
      2. The Course of Prenatal Development
         1. Germinal Period
         2. Embryonic Period
         3. Fetal Period
      3. Threats to the Fetus
         1. Teratogens
            1. Fetal Alcohol Spectrum Disorders(FASD)
         2. Sexually Transmitted Infections (STIs)
         3. A Preterm Infant
   2. Physical Development in Infancy and Childhood
      1. Reflexes
      2. Motor Skills
      3. Perceptual Skills
      4. The Brain
   3. Physical Development in Adolescence
      1. Puberty
      2. The Adolescent Brain
   4. Physical Development in Adulthood
      1. Early Adulthood
      2. Middle and Late Adulthood
         1. Biological Theories of Aging
            1. Cellular-Clock Theory
            2. Free-Radical Theory
            3. Hormonal Stress Theory
         2. Aging and the Brain
3. Cognitive Development
   1. Cognitive Development from Childhood into Adulthood
      1. Piaget’s Theory of Cognitive Development
         1. Schemas
            1. Assimilation
            2. Accommodation
         2. Piaget’s Stages of Cognitive Development
            1. Sensorimotor Stage
            2. Preoperational Stage
            3. Concrete Operational Stage
            4. Formal Operational Stage
      2. Vygotsky’s SocioCulture Theory of Cognitive Development
   2. Cognitive Processes in Adulthood
      1. Cognition in Early Adulthood
      2. Cognition in Middle Adulthood
      3. Cognition in Late Adulthood
4. Socioemotional Development
   1. Socioemotional Development in Childhood
      1. Socioemotional Development in Infancy
         1. Temperament
            1. Easy Child
            2. Difficult Child
            3. Slow-to-Warm-Up
         2. Attachment
            1. Formation of Attachment
            2. Types of Attachment
      2. Erikson’s Theory of Socioemotional Development
         1. Socioemotional Development in Childhood
            1. Trust vs. Mistrust
            2. Autonomy vs. Shame and Doubt
            3. Initiative vs. Guilt
            4. Industry vs. Inferiority
      3. Parenting and Childhood Socioemotional Development
         1. Authoritarian Parenting
         2. Authoritative Parenting
         3. Neglectful Parenting
         4. Permissive Parenting
   2. Socioemotional Development in Adolescence
      1. Erikson’s identity versus identity confusion
      2. Marcia’s Theory of Identity Status
         1. Exploration and Commitment
         2. Four Identity Statuses
            1. Identity Diffusion
            2. Identity Moratorium
            3. Identity Foreclosure
            4. Identity Achievement
   3. Socioemotional Development in Emerging Adulthood
      1. Features of Emerging Adulthood
         1. Identity Exploration
         2. Instability
         3. Self-Focused
         4. Feeling “In Between”
         5. Age of Possibilities
      2. Socioemotional Development in Early Adulthood
         1. Intimacy vs. Isolation
         2. Marriage
            1. Gottman’s Four Principles

Nurturing Fondness and Admiration

Turning Toward each other as Friends

Giving up Some Power

Solving Conflicts Together

* + 1. Socioemotional Development in Middle Adulthood
       1. Generativity vs. Stagnation
    2. Socioemotional Development and Aging
       1. Integrity vs. Despair
       2. Socioemotional Selectivity Theory

1. Gender Development
   1. Biology and Gender Development
   2. Cognitive Aspects of Gender Development
      1. Gender Schema
   3. Socioemotional Experience and Gender Development
   4. Gender Similarities Hypothesis
   5. Nature and Nurture Revisited: The John/Joan Case
2. Moral Development
   1. Kohlberg’s Theory
      1. Preconventional Level
      2. Conventional Level
      3. Postconventional Level
   2. Critics of Kohlberg
   3. Moral Development in a Socioemotional Context
      1. Prosocial Behavior
3. Death, Dying, and Grieving
   1. Terror Management Theory
   2. Kubler-Ross’s Stages of Dying
      1. Denial.
      2. Anger
      3. Bargaining
      4. Depression
      5. Acceptance

**Chapter 10 – Personality**

1. Psychodynamic Perspectives
   1. Freud’s Psychoanalytic Theory
      1. Structures of Personality
         1. Id
         2. Ego
         3. Superego
      2. Defense Mechanisms
         1. Displacement
         2. Repression
         3. Denial
         4. Sublimation
      3. Psychosexual Stages of Personality Development
         1. Oral Stage
         2. Anal Stage
         3. Phallic Stage
         4. Latency Period
         5. Genital Stage
   2. Karen Horney’s Sociocultural Approach
   3. Jung’s Analytical Theory
      1. Collective Unconscious
      2. Archetypes
   4. Alfred Adler’s Individual Psychology
      1. Compensation
2. Humanistic Perspectives
   1. Abraham Maslow’s Approach
   2. Carl Rogers’s Approach
      1. Unconditional Positive Regard
      2. Conditions of Worth
      3. Self-Concept
      4. Promoting Optimal Functioning
3. Trait Perspectives
   1. Gordon Allport’s Approach
   2. Five-Factor Model of Personality
      1. Neuroticism
      2. Extraverts
      3. Openness
      4. Agreeableness
      5. Conscientiousness
      6. Neuroticism, Extraversion, and Well-Being
4. Social Cognitive Perspectives
   1. Bandura’s Social Cognitive Approach
      1. Observational Learning
      2. Personal Control
         1. Internal Locus of Control
         2. External Locus of Control
      3. Self-Efficacy
   2. Mischel’s Contributions
      1. Situationism
      2. Cognitive-Affective Processing System(CAPS) Theory
5. Biological Perspectives
   1. Personality and the Brain
      1. Eysenck’s Reticular Activation System (RAS) Theory
      2. Gray’s Reinforcement Sensitivity Theory
         1. Behavioral Approach System (BAS)
         2. Behavioral Inhibition System (BIS)
      3. The Role of Neurotransmitters
   2. Personality and Behavior Genetics
6. Personality Assessment
   1. Self-Report Tests
      1. The Minnesota Multiphasic Personality Inventory (MMPI)
      2. Assessments of the Big Five Factors
   2. Projective Tests
      1. Rorschach Inkblot Test
      2. Thematic Apperception Test (TAT)

**Chapter 11 – Social Psychology**

1. Social Cognition
   1. Person Perception
      1. Physical Attractiveness and Other Perceptual Cues
         1. Stereotype
         2. Self-Fulfilling Prophecy
      2. First Impressions
   2. Attribution
      1. Characteristics of Attributions
         1. Internal/External
         2. Stable/Unstable
         3. Controllable/Uncontrollable
      2. Attributional Errors and Biases
         1. Fundamental Attribution Error.
      3. Heuristics in Social Information Processing
         1. False Consensus Effect
   3. The Self as a Social Object
      1. Positive Illusion
      2. Self-Serving Bias
      3. Stereotype Threat
      4. Social Comparison
   4. Attitudes
      1. Attitudes Predicting Behavior
      2. Behavior Predicting Attitudes
      3. Cognitive Dissonance Theory
      4. Effort Justification
      5. Self-Perception Theory
   5. Persuasion
      1. Elements of Persuasion
         1. The Communicator (source)
         2. The Medium
         3. The Target (audience)
         4. The Message
      2. The Elaboration Likelihood Model
         1. Central Route and Peripheral Route
      3. Persuasion Strategies
         1. Foot-in-the-Door Technique
         2. Door-in-the-Face Technique
      4. Resisting Persuasion
         1. Inoculation
2. Social Behavior
   1. Altruism (vs. Egoism)
      1. Evolutionary Views of Altruism
      2. Psychological Factors in Altruism
         1. Reciprocity
         2. Empathy
      3. Sociocultural Factors in Altruism
         1. Market Economy
         2. Religions
      4. Altruism and Gender
      5. The Bystander Effect
      6. Media Influences
   2. Aggression
      1. Evolutionary Views
      2. Genetic Basis
      3. Neurobiological Factors
      4. Psychological Factors
         1. Frustrating and Aversive Circumstances
         2. Cognitive Determinants
         3. Observational Learning
      5. Sociocultural Factors
         1. Cultural Variations and the Culture of Honor
         2. Media Violence
      6. Aggression and Gender
         1. Overt Aggression
         2. Relational Aggression
3. Social Influence
   1. Conformity and Obedience
      1. Conformity: Asch’s Experiment
         1. Informational Social Influence
         2. Normative Social Influence
      2. Obedience: Milgram’s Experiments
      3. Situational Factors
         1. The Stanford Prison Experiment
   2. Group Influence
      1. Deindividuation
      2. Social Contagion
      3. Group Performance
         1. Social Facilitation
         2. Social Loafing
      4. Group Decision Making
         1. Risky Shift
         2. Group Polarization
         3. Groupthink
4. Intergroup Relations
   1. Group Identity: Us vs. Them
      1. Social Identity Theory
      2. In-Group and Out-Group
      3. Ethnocentrism
      4. Prejudice
      5. Discrimination
5. Close Relationships
   1. Attraction
      1. Proximity, Acquaintance, and Similarity
      2. Mere Exposure Effect
      3. Evolutionary Approaches to Attraction
   2. Attachment
      1. Secure Attachment Style
      2. Avoidant Attachment Style
      3. Anxious Attachment Style
   3. Love
      1. Romantic Love
      2. Affectionate Love
   4. Models of Close Relationships
      1. Social Exchange Theory
      2. The Investment Model

**Chapter 12 – Psychological Disorders**

1. Abnormal Behavior
   1. Three Criteria of Abnormal Behavior
      1. Deviant.
      2. Maladaptive
      3. Personal distress.
   2. Theoretical Approaches to Psychological Disorders
      1. The Biological Approach
         1. Medical Model
      2. The Psychological Approach
      3. The Sociocultural Approach
      4. The Biopsychosocial Model
   3. Classifying Abnormal Behavior
      1. The DSM-IV Classification System
      2. Five Dimensions
2. Anxiety Disorders
   1. Generalized Anxiety Disorder
   2. Panic Disorder
   3. Phobic Disorder
   4. Obsessive–Compulsive Disorder (OCD)
   5. Posttraumatic Stress Disorder (PTSD)
3. Mood Disorders
   1. Depressive Disorders
      1. Major Depressive Disorder
      2. Dysthymic Disorder
      3. Biological Factors
      4. Psychological Factors
      5. Sociocultural Factors
   2. Bipolar Disorder
      1. Causes of Bipolar Disorder:
   3. Suicide
      1. Biological Factors
      2. Psychological Factors
      3. Sociocultural Factors
4. Eating Disorders
   1. Anorexia Nervosa
   2. Bulimia Nervosa
   3. Binge-Eating Disorder (BED)
   4. Causes and Treatments
5. Dissociative Disorders
   1. Dissociative Amnesia and Fugue
   2. Dissociative Identity Disorder
6. Schizophrenia
   1. Symptoms of Schizophrenia
      1. Positive Symptoms
         1. Hallucinations
         2. Delusions
         3. Referential thinking
         4. Catatonia
      2. Negative Symptoms
         1. Flat Affect
      3. Cognitive Symptoms
   2. Causes of Schizophrenia
      1. Biological Factors
         1. Heredity
         2. Structural Brain Abnormalities
         3. Problems in Neurotransmitter Regulation
      2. Psychological Factors
         1. Diathesis-Stress Model
      3. Sociocultural Factors
7. Personality Disorders
   1. Antisocial Personality Disorder (ASPD)
   2. Borderline Personality Disorder
8. Combating Stigma
   1. The Consequences of Stigma
   2. Overcoming Stigma

**Chapter 13 – Therapies**

1. Biological Therapies
   1. Drug Therapy
      1. Antianxiety Drugs
      2. Antidepressant Drugs
      3. Antipsychotic Drugs
   2. Electroconvulsive Therapy
   3. Psychosurgery
      1. Prefrontal Lobotomy
2. Psychotherapy
   1. Psychodynamic Therapies
      1. Psychoanalysis
         1. Free association
         2. Interpretation
         3. Dream analysis
         4. Transference
         5. Resistance.
      2. Contemporary Psychodynamic Therapies
   2. Humanistic Therapies
      1. Client-Centered Therapy (also called Rogerian Therapy).
         1. reflective speech,
         2. Unconditional Positive Regard
         3. Nondirective
   3. Behavior Therapies
      1. Classical Conditioning Techniques
         1. Systematic Desensitization
         2. Operant Conditioning Approaches
   4. Cognitive Therapies
      1. Cognitive Restructuring
      2. Rational-Emotive Behavior Therapy (REBT)
      3. Beck’s Cognitive Therapy
      4. Cognitive-Behavior Therapy
         1. Self-Efficacy
         2. Self-Instructional Methods
   5. Therapy Integrations
      1. Dialectical Behavioral Therapy (DBT)
3. Sociocultural Approaches and Issues in Treatment
   1. Group Therapy
   2. Family and Couples Therapy
   3. Self-Help Support Groups
   4. Community Mental Health
      1. Deinstitutionalization
   5. Cultural Perspectives
4. The Effectiveness of Psychotherapy
   1. Research on the Effectiveness of Psychotherapy
   2. Health and Wellness Benefits of Psychotherapy
   3. Well-being therapy (WBT)
   4. Common Themes in Effective Psychology