Chapter 1: Introduction to Psychology

1.1. What Is Psychology?

- What is Psychology?
- Understand the etymology of the word “psychology”
- Define psychology
- Understand the merits of an education in psychology

1.2. History of Psychology

- Understand the importance of Wundt and James in the development of psychology
- Appreciate Freud’s influence on psychology
  - Describe basic tenets of Freud’s theory
  - Examine methodology of Freud’s psychoanalysis
- Understand the basic tenets of Gestalt psychology
  - Understand real-world application of Gestalt’s theories today
  - Understand the basic tenets of Gestalt psychology
- Appreciate the important role that behaviorism played in psychology’s history
  - Appreciate the important role that behaviorism played in psychology’s history
  - Describe the role and function Skinner played in further developing the science of behaviorism
- Outline the main differences between Structuralism, Freudian, and Gestalt principles and Behaviorism
  - Outline the main differences between Structuralism, Freudian, and Gestalt principles and Behaviorism
- Describe how behaviorism helped to established psychology as a science
  - Describe how behaviorism helped to established psychology as a science
- Understand basic tenets of humanism
  - Understand basic tenets of humanism
  - Understand how “client-centered therapy” differed from other forms of therapy
- Understand how the cognitive revolution shifted psychology’s focus back to the mind
  - Describe the "cognitive revolution"
  - Understand how the cognitive revolution shifted psychology’s focus back to the mind

1.3. Contemporary Psychology

- Appreciate the diversity of interests and foci within psychology
  - Describe the American Psychological Association (APA)
  - Describe the Association for Psychological Science (APS)
  - Appreciate the diversity of interests and foci within psychology
- Understand basic interests and applications in each of the described areas of psychology
  - Define identified areas of psychology
• Describe applications of identified areas of psychology
• Describe basic interests of identified areas of psychology
• Summarize basic interests and applications of identified areas of psychology
• Demonstrate familiarity with some of the major concepts or important figures in each of the described areas of psychology
  • Describe major concepts
  • Define concepts/figures
  • Describe the scope of major concepts in each of the areas of psychology

1.4. Careers in Psychology

• Understand educational requirements for careers in academic settings
  • Understand educational requirements for careers in academic settings
• Understand the demands of a career in an academic setting
  • Describe demands of career in academic settings
  • Examine importance of training leading to an academic career
• Understand career options outside of academic settings
  • Understand career options outside of academic settings

Chapter 2: Psychological Research

2.1. Why Is Research Important?

• Explain how scientific research addresses questions about behavior
  • Explain how scientific research addresses questions about behavior
• Discuss how scientific research guides public policy
  • Discuss how scientific research guides public policy
• Appreciate how scientific research can be important in making personal decisions
  • Describe how scientific research can be important in making personal decisions
  • Examine ways in which scientific research can be used in making personal decisions

2.2 Approaches to Research

• Describe the different research methods used by psychologists
  • Describe the different research methods used by psychologists
• Discuss the strengths and weaknesses of case studies, naturalistic observation, surveys, and archival research
  • Identify the strengths and weaknesses of case studies, naturalistic observation, surveys, and archival research
  • Discuss strengths and weaknesses of case studies, naturalistic observation, surveys, and archival research
• Compare longitudinal and cross-sectional approaches to research
  • Describe benefits of research methodology
  • Apply the approach of longitudinal and cross-sectional approaches to research
2.3. Analyzing Findings

- Explain what a correlation coefficient tells us about the relationship between variables
  - Explain correlation coefficient
  - Examine correlation coefficient
- Recognize that correlation does not indicate a cause-and-effect relationship between variables
  - Recognize that correlation does not indicate a cause-and-effect relationship between variables
- Discuss our tendency to look for relationships between variables that do not really exist
  - Define types of bias
  - Discuss our tendency to look for relationships between variables
- Explain random sampling and assignment of participants into experimental and control groups
  - Define sampling and assignment
  - Describe sampling and assignment
- Discuss how experimenter or participant bias could affect the results of an experiment
  - Define key terms related to bias
  - Examine ways experimenter or participant bias could affect the results of an experiment
- Identify independent and dependent variables
  - Define independent and dependent variables
  - Examine the relationship between independent and dependent variables

2.4. Ethics

- Discuss how research involving human subjects is regulated
  - Define key terms related to regulation of human research
  - Describe how human research is regulated
- Summarize the processes of informed consent and debriefing
  - Summarize the processes of informed consent and debriefing
  - Examine issues that arise with informed consent
- Explain how research involving animal subjects is regulated
  - Define role of IACUC
  - Examine duty of IACUC in regulating animal research

Chapter 3: Biopsychology

3.1. Human Genetics

- Explain the basic principles of the theory of evolution by natural selection
  - Explain the basic principles of the theory of evolution by natural selection
  - Examine the interaction of evolutionary psychology and behavioral genetics
- Describe the differences between genotype and phenotype
  - Define key terms related to genotype and phenotype
  - Describe the differences between genotype and phenotype
- Discuss how gene-environment interactions are critical for expression of physical and psychological characteristics
• Discuss how gene-environment interactions are critical for expression of physical and psychological characteristics

3.2. Cells of the Nervous System

• Identify the basic parts of a neuron
  • Identify the basic parts of a neuron
  • Examine the various parts and roles of a neuron
• Describe how neurons communicate with each other
  • Describe how neurons communicate with each other
  • Define key terms related to neuronal communication
• Explain how drugs act as agonists or antagonists for a given neurotransmitter system
  • Describe neurotransmitter system impacted by drugs
  • Explain how drugs act as agonists or antagonists for a given neurotransmitter system

3.3. Parts of the Nervous System

• Describe the difference between the central and peripheral nervous systems
  • Define key terms related to CNS and PNS
  • Describe the difference between the central and peripheral nervous systems
• Explain the difference between the somatic and autonomic nervous systems
  • Define key terms related to SNS and ANS
  • Explain the difference between the somatic and autonomic nervous systems
• Differentiate between the sympathetic and parasympathetic divisions of the autonomic nervous system
  • Define/describe key terms related to sympathetic and parasympathetic divisions of the ANS
  • Differentiate between the sympathetic and parasympathetic divisions of the autonomic nervous system

3.4. The Brain and Spinal Cord

• Explain the functions of the spinal cord
  • Differentiate various structures of the spinal cord
  • Explain the functions of the spinal cord
• Identify the hemispheres and lobes of the brain
  • Describe hemispheres of the brain
  • Describe structures of the brain
  • Describe lobes of the brain
• Describe the types of techniques available to clinicians and researchers to image or scan the brain
  • Describe importance of imaging
  • Describe techniques of imaging

3.5. The Endocrine System
Chapter 4: States of Consciousness

4.1. What Is Consciousness?

- Understand what is meant by consciousness
  - Understand what is meant by consciousness
- Explain how circadian rhythms are involved in regulating the sleep-wake cycle, and how circadian cycles can be disrupted
  - Understand biological rhythms and sleep
  - Explain how circadian rhythms are involved in regulating the sleep-wake cycle, and how circadian cycles can be disrupted
- Discuss the concept of sleep debt
  - Define key terms related to sleep debt
  - Discuss the concept of sleep debt

4.2. Sleep and Why We Sleep

- Describe areas of the brain involved in sleep
  - Describe concepts of sleep rebound
  - Describe areas of the brain involved in sleep
- Understand hormone secretions associated with sleep
  - Understand hormone secretions associated with sleep
  - Describe hormones related to sleep
- Describe several theories aimed at explaining the function of sleep
  - Describe evolutionary role of sleep
  - Describe cognitive role of sleep

4.3. Stages of Sleep

- Differentiate between REM and non-REM sleep
  - Define key terms related to REM and NREM
  - Differentiate between REM and non-REM sleep
- Describe the differences between the four stages of non-REM sleep
  - Describe stage 1
  - Describe stage 2
  - Describe stage 3
  - Describe stage 4
• Understand the role that REM and non-REM sleep play in learning and memory
  • Understand the role that REM and non-REM sleep play in learning and memory
  • Describe relationship between REM and depression
• Describe different theories on the role of dreams in psychology
  • Describe the historic perspective in the role of dream
  • Describe modern perspective in the role of dream

4.4. Sleep Problems and Disorders

• Describe the symptoms and treatments of insomnia
  • Describe symptoms of insomnia
  • Examine treatments of insomnia
• Recognize the symptoms of several parasomnias
  • Define parasomnia
  • Recognize the symptoms of several parasomnias
  • Describe underlying neurological causes associated with parasomnia
• Describe the symptoms and treatments for sleep apnea
  • Describe symptoms of sleep apnea
  • Describe treatments of sleep apnea
• Recognize risk factors associated with sudden infant death syndrome (SIDS) and steps to prevent it
  • Define SIDS
  • Examine risk-factors associated with SIDS
• Describe the symptoms and treatments for narcolepsy
  • Describe difference between narcolepsy and cataplexy
  • Describe the symptoms and treatments for narcolepsy

4.5. Substance Use and Abuse

• Describe the diagnostic criteria for substance use disorders
  • Describe the diagnostic criteria for substance use disorders
  • Describe aspects of substance abuse
• Identify the neurotransmitter systems impacted by various categories of drugs
  • Identify the neurotransmitter systems impacted by various categories of drugs
• Describe how different categories of drugs affect behavior and experience
  • Describe how depressants affect behavior
  • Describe how stimulants affect behavior
  • Describe how opioids affect behavior
  • Describe how hallucinogens affect behavior

4.6. Other States of Consciousness

• Define hypnosis and meditation
  • Define hypnosis and meditation
• Understand the similarities and differences of hypnosis and meditation
• Describe hypnosis and meditation
• Understand the similarities and differences of hypnosis and meditation

Chapter 5: Sensation and Perception

5.1. Sensation versus Perception

• Distinguish between sensation and perception
  • Define key terms related to sensation and perception
• Describe the concepts of absolute threshold and difference threshold
  • Define key terms related to absolute and difference threshold
  • Describe the concepts of absolute threshold and difference threshold
• Discuss the roles attention, motivation, and sensory adaptation play in perception
  • Discuss the roles attention, motivation, and sensory adaptation play in perception

5.2. Waves and Wavelengths

• Describe important physical features of wave forms
  • Describe parts of wave forms
  • Describe physical features of wave forms
• Show how physical properties of light waves are associated with perceptual experience
  • Describe electromagnetic spectrum
  • Show how physical properties of light waves are associated with perceptual experience
• Show how physical properties of sound waves are associated with perceptual experience
  • Define key terms associated with sound waves
  • Show how physical properties of sound waves are associated with perceptual experience

5.3. Vision

• Describe the basic anatomy of the visual system
  • Define key terms associated with anatomy of visual system
  • Describe the basic anatomy of the visual system
• Discuss how rods and cones contribute to different aspects of vision
  • Describe role of rods and cones
  • Discuss how rods and cones contribute to different aspects of vision
• Describe how monocular and binocular cues are used in the perception of depth
  • Describe depth perception
  • Describe how monocular and binocular cues are used in the perception of depth

5.4. Hearing

• Describe the basic anatomy and function of the auditory system
  • Define key terms related to auditory system
  • Describe role of hair cells
• Explain how we encode and perceive pitch
  • Describe temporal theory
  • Explain how we encode and perceive pitch
• Discuss how we localize sound
  • Describe monaural and binaural cues
  • Discuss how we localize sound
• Describe various forms of hearing loss, causes, and interventions
  • Describe various forms of hearing loss, causes, and interventions
  • Examine causes of deafness and treatments associated with it

5.5. The Other Senses

• Describe the basic functions of the chemical senses
  • Describe taste
  • Describe smell
• Explain the basic functions of the somatosensory, nociceptive, and thermoceptive sensory systems
  • Explain the basic functions of the somatosensory, nociceptive, and thermoceptive sensory systems
• Describe the basic functions of the vestibular, proprioceptive, and kinesthetic sensory systems
  • Describe the basic functions of the vestibular, proprioceptive, and kinesthetic sensory systems

5.6. Gestalt Principles of Perception

• Explain the figure-ground relationship
  • Describe the figure-ground relationship
  • Explain the figure-ground relationship
• Define Gestalt principles of grouping
  • Define Gestalt principles of grouping
  • Examine Gestalt principles of grouping
• Define Gestalt principles of continuity
  • Define Gestalt principles of continuity
  • Examine Gestalt principles of continuity
• Describe how perceptual set is influenced by an individual’s characteristics and mental state
  • Describe how perceptual set is influenced by an individual’s characteristics and mental state
  • Examine how perceptual set is influenced by an individual’s characteristics and mental state

Chapter 6: Learning

6.1. What Is Learning?

• Explain how learned behaviors are different from instincts and reflexes
6.2. Classical Conditioning

- Explain how classical conditioning occurs
  - Define key terms related to classical conditioning
- Describe real-world application of classical conditioning
  - Describe real-world application of classical conditioning
  - Define the real world application of classical conditioning
- Summarize the processes of acquisition, extinction, spontaneous recovery, generalization, and discrimination
  - Summarize the processes of acquisition, extinction, spontaneous recovery, generalization, and discrimination
- Describe behaviorism
  - Describe behaviorism

6.3. Operant Conditioning

- Define operant conditioning
  - Define operant conditioning
  - Examine the differences between operant and classical conditioning
- Explain the difference between reinforcement and punishment
  - Define key terms related to consequences
  - Explain the difference between reinforcement and punishment
  - Describe features of reinforcement and punishment
- Distinguish between reinforcement schedules
  - Define key terms related to reinforcement schedules
  - Distinguish between reinforcement schedules
- Describe cognition and latent learning
  - Describe cognition and latent learning
  - Define key terms related to cognitive learning

6.4. Observational Learning (Modeling)

- Define observational learning
  - Describe observational learning
  - Define observational learning
• Discuss the steps in the modeling process
  • Discuss the steps in the modeling process
  • Define key terms related to modeling
• Explain the prosocial and antisocial effects of observational learning
  • Explain the prosocial and antisocial effects of observational learning

Chapter 7: Thinking and Intelligence

7.1. What Is Cognition?

• Describe cognition
  • Describe cognition
• Distinguish concepts and prototypes
  • Define concepts and prototypes
  • Distinguish concepts and prototypes
• Explain the difference between natural and artificial concepts
  • Explain the difference between natural and artificial concepts
• Define and describe schema
  • Define and describe schema

7.2. Language

• Define language and demonstrate familiarity with the components of language
  • Define language and demonstrate familiarity with the components of language
• Understand how the use of language develops
  • Understand how the use of language develops
  • Describe overgeneralization
• Explain the relationship between language and thinking
  • Explain the relationship between language and thinking

7.3. Problem Solving

• Describe problem solving strategies
  • Describe problem solving strategies
• Define algorithm and heuristic
  • Define algorithm and heuristic
  • Describe use of algorithm and heuristic
• Explain some common roadblocks to effective problem solving
  • Explain some common roadblocks to effective problem solving
  • Define common roadblocks to effective problem solving

7.4. What Are Intelligence and Creativity?

• Define intelligence
  • Define intelligence
7.5. Measures of Intelligence

- Explain how intelligence tests are developed
  - Explain how intelligence tests are developed
- Describe the history of the use of IQ tests
  - Describe the history of the use of IQ tests
- Describe the purposes and benefits of intelligence testing
  - Describe the purposes and benefits of intelligence testing

7.6. The Source of Intelligence

- Describe how genetics and environment affect intelligence
  - Examine the relationship between genetics, environment, and intelligence
  - Describe how genetics and environment affect intelligence
- Explain the relationship between IQ scores and socioeconomic status
  - Explain the relationship between IQ scores and socioeconomic status
- Describe the difference between a learning disability and a developmental disorder
  - Describe the difference between a learning disability and a developmental disorder

**Chapter 8: Memory**

8.1. How Memory Functions

- Discuss the three basic functions of memory
  - Define key terms related to the functions of memory
  - Discuss the three basic functions of memory
- Distinguish between various types of encoding
  - Describe encoding
  - Distinguish between various types of encoding
- Describe the three stages of memory storage
  - Describe the three stages of memory storage
  - Apply knowledge regarding three stages of memory
- Describe and distinguish between procedural and declarative memory and semantic and episodic memory
  - Distinguish between procedural and declarative
  - Distinguish between semantic and episodic
8.2. Parts of the Brain Involved with Memory

- Explain the brain functions involved in memory
  - Explain the brain functions involved in memory
- Recognize the roles of the hippocampus, amygdala, and cerebellum
  - Recognize the roles of the hippocampus, amygdala, and cerebellum

8.3. Problems with Memory

- Compare and contrast the two types of amnesia
  - Compare and contrast the two types of amnesia
- Discuss the unreliability of eyewitness testimony
  - Discuss the unreliability of eyewitness testimony
- Discuss encoding failure
  - Discuss encoding failure
- Discuss the various memory errors
  - Discuss the various memory errors
- Compare and contrast the two types of interference
  - Compare and contrast the two types of interference

8.4. Ways to Enhance Memory

- Recognize and apply memory-enhancing strategies
  - Recognize and apply memory-enhancing strategies
- Recognize and apply effective study techniques
  - Recognize and apply effective study techniques

Chapter 9: Lifespan Development

9.1. What Is Lifespan Development?

- Define and distinguish between the three domains of development: physical, cognitive and psychosocial
  - Define and distinguish between the three domains of development: physical, cognitive and psychosocial
- Discuss the normative approach to development
  - Discuss the normative approach to development
- Understand the three major issues in development: continuity and discontinuity, one common course of development or many unique courses of development, and nature versus nurture
  - Understand continuity v incontinuity
  - Understand common v unique course
  - Understand nature v nurture
9.2. Lifespan Theories

- Discuss Freud’s theory of psychosexual development
  - Discuss Freud’s theory of psychosexual development
- Describe the major tasks of child and adult psychosocial development according to Erikson
  - Describe the major tasks of child and adult psychosocial development according to Erikson
  - Define stages of psychosocial development
- Discuss Piaget’s view of cognitive development and apply the stages to understanding childhood cognition
  - Discuss Piaget’s view of cognitive development and apply the stages to understanding childhood cognition
  - Discuss Piaget’s view of beginning development
  - Discuss Piaget’s view of early development
  - Discuss Piaget’s view of later development
- Describe Kohlberg’s theory of moral development
  - Describe Kohlberg’s theory of moral development

9.3. Stages of Development

- Describe the stages of prenatal development and recognize the importance of prenatal care
  - Describe the stages of prenatal development and recognize the importance of prenatal care
  - Describe the importance of prenatal care
- Discuss physical, cognitive, and emotional development that occurs from infancy through childhood
  - Discuss physical development through childhood
  - Discuss cognitive development through childhood
  - Discuss emotional development through childhood
- Discuss physical, cognitive, and emotional development that occurs during adolescence
  - Discuss physical development in adolescence
  - Discuss cognitive development in adolescence
  - Discuss emotional development in adolescence
- Discuss physical, cognitive, and emotional development that occurs in adulthood
  - Discuss physical development in adulthood
  - Discuss cognitive development in adulthood
  - Discuss emotional development in adulthood

9.4. Death and Dying

- Discuss hospice care
  - Discuss hospice care
- Describe the five stages of grief
• Describe the five stages of grief
• Define living will and DNR

**Chapter 10: Emotion and Motivation**

10.1. Motivation

• Define intrinsic and extrinsic motivation
  • Define intrinsic and extrinsic motivation
• Understand that instincts, drive reduction, self-efficacy, and social motives have all been proposed as theories of motivation
  • Understand that instincts, drive reduction, self-efficacy, and social motives have all been proposed as theories of motivation
  • Define key terms related to motivation theory
• Explain the basic concepts associated with Maslow’s hierarchy of needs
  • Explain the basic concepts associated with Maslow’s hierarchy of needs

10.2. Hunger and Eating

• Describe how hunger and eating are regulated
  • Describe how hunger and eating are regulated
• Differentiate between levels of overweight and obesity and the associated health consequences
  • Differentiate between levels of overweight and obesity and the associated health consequences
  • Define key terms related to levels of weight
• Explain the health consequences resulting from anorexia and bulimia nervosa
  • Explain the health consequences resulting from anorexia and bulimia nervosa

10.3. Sexual Behavior

• Understand basic biological mechanisms regulating sexual behavior and motivation
  • Understand basic biological mechanisms regulating sexual behavior and motivation
• Appreciate the importance of Alfred Kinsey’s research on human sexuality
  • Appreciate the importance of Alfred Kinsey’s research on human sexuality
• Recognize the contributions that William Masters and Virginia Johnson’s research made to our understanding of the sexual response cycle
  • Recognize the contributions that William Masters and Virginia Johnson’s research made to our understanding of the sexual response cycle
  • Define sexual orientation and gender identity
  • Define sexual orientation and gender identity

10.4. Emotion

• Explain the major theories of emotion
  • Describe components of emotion and emotion theory
Chapter 11: Personality

11.1. What Is Personality?

- Define personality
- Define early theories about personality development

11.2. Freud and the Psychodynamic Perspective

- Describe the assumptions of the psychodynamic perspective on personality development
- Define and describe the nature and function of the id, ego, and superego
- Define and describe the defense mechanisms
- Define and describe the psychosexual stages of personality development

11.3. Neo-Freudians: Adler, Erikson, Jung, and Horney

- Discuss the concept of the inferiority complex
- Discuss the core differences between Erikson’s and Freud’s views on personality
- Discuss Jung’s ideas of the collective unconscious and archetypes
- Discuss the work of Karen Horney, including her revision of Freud’s “penis envy”

11.4. Learning Approaches

- Describe the behaviorist perspective on personality
- Describe the cognitive perspective on personality
• Describe the social cognitive perspective on personality
  • Examine the theory of locus of control

11.5. Humanistic Approaches

• Discuss the contributions of Abraham Maslow and Carl Rogers to personality development
  • Discuss temperament and describe the three infant temperaments identified by Thomas and Chess

11.6. Biological Approaches

• Discuss the findings of the Minnesota Study of Twins Reared Apart as they relate to personality and genetics
  • Discuss the evolutionary perspective on personality development

11.7. Trait Theorists

• Discuss early trait theories of Cattell and Eysenck
  • Discuss the Big Five factors and describe someone who is high and low on each of the five trait

11.8. Cultural Understandings of Personality

• Discuss personality differences of people from collectivist and individualist cultures
  • Discuss the three approaches to studying personality in a cultural context

11.9. Personality Assessment

• Discuss the Minnesota Multiphasic Personality Inventory
Chapter 12: Social Psychology

12.1. What Is Social Psychology?

- Define social psychology
  - Define social psychology
- Describe situational versus dispositional influences on behavior
  - Describe situational versus dispositional influences on behavior
- Describe the fundamental attribution error
  - Describe the fundamental attribution error
  - Describe variables of attribution error

12.2. Self-presentation

- Describe social roles and how they influence behavior
  - Describe social roles and how they influence behavior
- Explain what social norms are and how they influence behavior
  - Explain what social norms are and how they influence behavior
- Define script
  - Define script
- Describe the findings of Zimbardo’s Stanford prison experiment
  - Describe the findings of Zimbardo’s Stanford prison experiment

12.3. Attitudes and Persuasion

- Define attitude
  - Define attitude
- Describe how people’s attitudes are internally changed through cognitive dissonance
  - Describe how people’s attitudes are internally changed through cognitive dissonance
- Explain how people’s attitudes are externally changed through persuasion
  - Explain how people’s attitudes are externally changed through persuasion
- Describe the peripheral and central routes to persuasion
  - Describe the peripheral and central routes to persuasion

12.4. Conformity, Compliance, and Obedience

- Explain the Asch effect
  - Explain the Asch effect
- Define conformity and types of social influence
  - Define conformity and types of social influence
• Describe Stanley Milgram’s experiment and its implications
  • Describe Stanley Milgram’s experiment and its implications
• Define groupthink, social facilitation, and social loafing
  • Define groupthink, social facilitation, and social loafing

12.5. Prejudice and Discrimination

• Define and distinguish among prejudice, stereotypes, and discrimination
  • Define and distinguish among prejudice, stereotypes, and discrimination
• Provide examples of prejudice, stereotypes, and discrimination
  • Provide examples of prejudice, stereotypes, and discrimination
• Explain why prejudice and discrimination exist
  • Explain why prejudice and discrimination exist

12.6. Aggression

• Define aggression
  • Define aggression
• Define cyberbullying
  • Define cyberbullying
• Describe the bystander effect
  • Describe the bystander effect
• Describe altruism
  • Describe altruism

12.7. Prosocial Behavior

• Describe conditions that influence the formation of relationships
  • Describe conditions that influence the formation of relationships
• Identify what attracts people to each other
  • Identify what attracts people to each other
• Describe the triangular theory of love
  • Describe the triangular theory of love
• Explain social exchange theory in relationships
  • Explain social exchange theory in relationships

Chapter 13: Industrial-Organizational Psychology

13.1. What Is Industrial and Organizational Psychology?

• Understand the scope of study in the field of industrial and organizational psychology
  • Understand the scope of study in the field of industrial and organizational psychology
• Describe the history of industrial and organizational psychology
  • Describe the history of industrial and organizational psychology
13.2. Industrial Psychology: Selecting and Evaluating Employees

- Explain the aspects of employee selection
  - Explain the aspects of employee selection
- Describe the kinds of job training
  - Describe the kinds of job training
- Describe the approaches to and issues surrounding performance assessment
  - Describe the approaches to and issues surrounding performance assessment
- Examine legal protections for employees
  - Examine legal protections for employees

13.3. Organizational Psychology: The Social Dimension of Work

- Define organizational psychology
- Explain the measurement and determinants of job satisfaction
  - Explain the measurement and determinants of job satisfaction
- Describe key elements of management and leadership
  - Describe key elements of management and leadership
- Explain the significance of organizational culture
  - Explain the significance of organizational culture

13.4. Human Factors Psychology and Workplace Design

- Describe the field of human factors psychology
  - Describe the field of human factors psychology
- Explain the role of human factors psychology in safety, productivity, and job satisfaction
  - Explain the role of human factors psychology in safety, productivity, and job satisfaction

Chapter 14: Stress, Lifestyle, and Health

14.1. What Is Stress?

- Differentiate between stimulus-based and response-based definitions of stress
  - Differentiate between stimulus-based and response-based definitions of stress
- Define stress as a process
  - Define stress as a process
- Differentiate between good stress and bad stress
  - Differentiate between good stress and bad stress
- Describe the early contributions of Walter Cannon and Hans Selye to the stress research field
  - Describe the early contributions of Walter Cannon and Hans Selye to the stress research field
- Understand the physiological basis of stress and describe the general adaptation syndrome
  - Understand the physiological basis of stress and describe the general adaptation syndrome
14.2. Stressors

- Describe different types of possible stressors
- Explain the importance of life changes as potential stressors
- Describe the Social Readjustment Rating Scale
- Understand the concepts of job strain and job burnout

14.3. Stress and Illness

- Explain the nature of psychophysiological disorders
- Describe the immune system and how stress impacts its functioning
- Examine issues related to type A and type B responses
- Describe how stress and emotional factors can lead to the development and exacerbation of cardiovascular disorders, asthma, and tension headaches

14.4. Regulation of Stress

- Define coping and differentiate between problem-focused and emotion-focused coping
- Describe the importance of perceived control in our reactions to stress
- Explain how social support is vital in health and longevity
- Describe stress-reduction

14.5. The Pursuit of Happiness

- Define and discuss happiness, including its determinants
- Describe the field of positive psychology and identify the kinds of problems it addresses
- Explain the meaning of positive affect and discuss its importance in health outcomes
- Describe the concept of flow and its relationship to happiness and fulfillment
Chapter 15: Psychological Disorders

15.1. What Are Psychological Disorders?

- Understand the problems inherent in defining the concept of psychological disorder
  - Understand the problems inherent in defining the concept of psychological disorder
- Describe what is meant by harmful dysfunction
  - Describe what is meant by harmful dysfunction
- Identify the formal criteria that thoughts, feelings, and behaviors must meet to be considered abnormal and, thus, symptomatic of a psychological disorder
  - Identify the formal criteria that thoughts, feelings, and behaviors must meet to be considered abnormal and, thus, symptomatic of a psychological disorder

15.2. Diagnosing and Classifying Psychological Disorders

- Explain why classification systems are necessary in the study of psychopathology
  - Explain why classification systems are necessary in the study of psychopathology
- Describe the basic features of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
  - Describe the basic features of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
- Discuss changes in the DSM over time, including criticisms of the current edition
  - Discuss changes in the DSM over time, including criticisms of the current edition
- Identify which disorders are generally the most common
  - Identify which disorders are generally the most common

15.3. Perspectives on Psychological Disorders

- Discuss supernatural perspectives on the origin of psychological disorders, in their historical context
  - Discuss supernatural perspectives on the origin of psychological disorders, in their historical context
- Describe modern biological and psychological perspectives on the origin of psychological disorders
  - Describe modern biological and psychological perspectives on the origin of psychological disorders
- Describe the diathesis-stress model and its importance to the study of psychopathology
  - Describe the diathesis-stress model and its importance to the study of psychopathology

15.4. Anxiety Disorders

- Distinguish normal anxiety from pathological anxiety
  - Distinguish normal anxiety from pathological anxiety
• List and describe the major anxiety disorders, including their main features and prevalence
  • Describe generalized anxiety
  • List and describe the major anxiety disorders, including their main features and prevalence
  • Describe panic
  • Describe specific phobia
  • Describe social anxiety
  • Describe basic psychological and biological factors that are suspected to be important in the etiology of anxiety disorder
    • Describe basic psychological and biological factors that are suspected to be important in the etiology of anxiety disorder

15.5. Obsessive-Compulsive and Related Disorders

• Describe the main features and prevalence of obsessive-compulsive disorder, body dysmorphic disorder, and hoarding disorder
  • Describe the main features and prevalence of obsessive-compulsive disorder, body dysmorphic disorder, and hoarding disorder
  • Understand some of the factors in the development of obsessive-compulsive disorder
    • Understand some of the factors in the development of obsessive-compulsive disorder

15.6. Posttraumatic Stress Disorder

• Describe the nature and symptoms of posttraumatic stress disorder
  • Describe the nature and symptoms of posttraumatic stress disorder
  • Identify the risk factors associated with this disorder
    • Identify the risk factors associated with this disorder
  • Understand the role of learning and cognitive factors in its development
    • Understand the role of learning and cognitive factors in its development

15.7. Mood Disorders

• Distinguish normal states of sadness and euphoria from states of depression and mania
  • Distinguish normal states of sadness and euphoria from states of depression and mania
  • Describe the symptoms of major depressive disorder and bipolar disorder
    • Describe the symptoms of major depressive disorder and bipolar disorder
  • Understand the differences between major depressive disorder and persistent depressive disorder, and identify two subtypes of depression
    • Understand the differences between major depressive disorder and persistent depressive disorder, and identify two subtypes of depression
  • Define the criteria for a manic episode
  • Define the criteria for a manic episode
  • Discuss the relationship between mood disorders and suicidal ideation, as well as factors associated with suicide
• Discuss the relationship between mood disorders and suicidal ideation, as well as factors associated with suicide

15.8. Schizophrenia

• Recognize the essential nature of schizophrenia, avoiding the misconception that it involves a split personality
  • Recognize the essential nature of schizophrenia, avoiding the misconception that it involves a split personality
• Categorize and describe the major symptoms of schizophrenia
  • Categorize and describe the major symptoms of schizophrenia
  • Define key terms related to schizophrenia
• Understand the interplay between genetic, biological, and environmental factors that are associated with the development of schizophrenia
  • Understand the interplay between genetic, biological, and environmental factors that are associated with the development of schizophrenia
• Discuss the importance of research examining prodromal symptoms of schizophrenia
  • Discuss the importance of research examining prodromal symptoms of schizophrenia

15.9. Dissociative Disorders

• Describe the essential nature of dissociative disorders
  • Describe the essential nature of dissociative disorders
• Identify and differentiate the symptoms of dissociative amnesia, depersonalization/derealization disorder, and dissociative identity disorder
  • Identify and differentiate the symptoms of dissociative amnesia, depersonalization/derealization disorder, and dissociative identity disorder
• Discuss the potential role of both social and psychological factors in dissociative identity disorder
  • Discuss the potential role of both social and psychological factors in dissociative identity disorder

15.10. Personality Disorders

• Describe the nature of personality disorders and how they differ from other disorders
  • Describe the nature of personality disorders and how they differ from other disorders
• List and distinguish between the three clusters of personality disorders
  • List and distinguish between the three clusters of personality disorders
• Identify the basic features of borderline personality disorder and antisocial personality disorder, and the factors that are important in the etiology of both
  • Identify the basic features of borderline personality disorder and antisocial personality disorder, and the factors that are important in the etiology of both

15.11. Disorders in Childhood
• Describe the nature and symptoms of attention deficit/hyperactivity disorder and autism spectrum disorder
  • Discuss the nature and symptoms of attention deficit/hyperactivity disorder and autism spectrum disorder
• Discuss the prevalence and factors that contribute to the development of these disorders
  • ADHD
  • ASD

**Chapter 16: Therapy and Treatment**

16.1. Mental Health Treatment: Past and Present

• Explain how people with psychological disorders have been treated throughout the ages
  • Explain how people with psychological disorders have been treated throughout the ages
• Discuss deinstitutionalization
  • Discuss deinstitutionalization
• Discuss the ways in which mental health services are delivered today
  • Discuss the ways in which mental health services are delivered today
• Distinguish between voluntary and involuntary treatment
  • Distinguish between voluntary and involuntary treatment

16.2. Types of Treatment

• Distinguish between psychotherapy and biomedical therapy
  • Distinguish between psychotherapy and biomedical therapy
• Recognize various orientations to psychotherapy
  • Recognize various orientations to psychotherapy
• Discuss psychotropic medications and recognize which medications are used to treat specific psychological disorders
  • Discuss psychotropic medications and recognize which medications are used to treat specific psychological disorders

16.3. Treatment Modalities

• Distinguish between the various modalities of treatment
  • Distinguish between the various modalities of treatment
• Discuss benefits of group therapy
  • Discuss benefits of group therapy

16.4. Substance-Related and Addictive Disorders: A Special Case

• Recognize the goal of substance-related and addictive disorders treatment
  • Recognize the goal of substance-related and addictive disorders treatment
• Discuss what makes for effective treatment
  • Discuss what makes for effective treatment
Describe how comorbid disorders are treated
- Describe how comorbid disorders are treated

16.5. The Sociocultural Model and Therapy Utilization

- Explain how the sociocultural model is used in therapy
  - Explain how the sociocultural model is used in therapy
- Discuss barriers to mental health services among ethnic minorities
  - Discuss barriers to mental health services among ethnic minorities