Unit 1 - Introduction

Definition of Psychology

Goals of psychology

Common research methods

Different types of psychologists

Introspection

Gestalt perspective

Various perspectives – behaviorism, biological, humanistic

Research methods – surveys, testing, case studies, longitudinal, cross sectional

Natural observation

Target populations

Concerns regarding generalizations

Parts of an experiment – control groups, variables,

Placebo

Double blind and single blind studies

Reasons for deception and replication

Unit 2 – Learning

Classical conditioning – US, UR, CS, and CR

Operant conditioning – positive and negative reinforcement

Schedule of reinforcement

Cognitive view of learning

Observational learning

Generalization

Spontaneous recovery

Types of memories – semantic, episodic, implicit

Processes of memories – encoding, storage, retrieval

Maintenance and elaborative rehearsal

Context and state dependent memories

Stages of memory – sensory, short, long

Methods of improving memories –

Tasks of memories

Decay and interference

Types of amnesia

Functional fixedness and mental set

Problem solving techniques –algorithms and Heuristic – representative, anchoring

Language acquisition device

Divergent and convergent thinkers

Prototypes

Inductive and deductive reasoning

Aspects of language – morphemes, phonemes

Theories of intelligence – Thurstone, Sternberg, Gardner, Spearman

IQ – and average scores

Intelligence

Wechsler versus Binet Scales

Heredity and Intelligence

Unit 3 – Body and Mind

Nervous systems – peripheral and central, parasympathetic and sympathetic

Methods of studying the brain

Heredity studies

Fight or flight

Importance of the hypothalamus

How Information is received in the brain

Brocas and Wernikes’ areas

Perception

Signal detection theory

Sensory adaptation

Sensory versus conductive deafness

Types of consciousness

Levels of consciousness

Importance of sleep

Theories of dreams

Unit 4 – Health and Adjustment

Stress

Types of conflict

Type A versus Type B people

Things that influence effects of stress

Ways to reduce stress

Connection between immune system and stress

Types of frustrations

Defensive and active coping

DSM-IV

Criteria for a psychological disorder

Reasons for disorders based on different perspectives

Dissociative Identity Disorder

Conversion disorders

Mood disorders

Major Depressive Disorder

Characteristic of a personality disorder

Psychotherapy

Methods of psychoanalysis

Goal of humanistic therapy

Person centered therapy

Goal of cognitive and behavioral therapy