

PSYCHOLOGY, SEMESTER B

Credits: 0.5

COURSE OVERVIEW AND GOALS

This one-semester course is intended for you to familiarize yourself with various theories of psychology and analyze human behavior.

In Psychology, Semester B, you will explain the established theories of cognitive, psychosocial, and moral development. You will identify the factors that influence interpersonal relationships, recognize the origins and effects of violence, and describe prevention and treatment options for addictive behavior. You will explain abnormal behavior and describe different types of psychological disorders. You will trace the history of psychological counseling and therapy and describe strategies used for problem solving and coping with stress. You will describe some key statistical concepts used in psychological research and testing, and identify career opportunities in psychology.

This course consists of 12 lessons organized into four units, five Course Activities, and five Discussions. Each lesson contains one or more Lesson Activities. You will grade your work in the Lesson Activities by comparing it to sample responses. You will submit the Course Activities to your teacher for grading.

By the end of this course, you will be able to do the following:

- ❖ Analyze established theories of cognitive, psychosocial, and moral development.
- ❖ Evaluate behavioral and social learning theories.
- ❖ Evaluate various factors that influence interpersonal relationships.
- ❖ Analyze the origins and effects of violence.
- ❖ Evaluate addictive behavior and analyze the issues related to obesity.
- ❖ Assess and differentiate the different types of psychological disorders.
- ❖ Assess abnormal behaviors and their characteristics.
- ❖ Assess the effectiveness of past and present methods of therapy.
- ❖ Evaluate strategies used for and obstacles associated with problem solving and decision making.
- ❖ Evaluate cognitive and behavioral strategies used for dealing with stress.
- ❖ Evaluate statistical concepts used in psychological research and testing.
- ❖ Evaluate different subfields and career opportunities in psychology.

COURSE COMPONENTS AND GRADING RUBRIC

The table gives a breakdown of the weight for each component in the course. Weight represents the percentage of the total score coming from each activity.

Course Components	Count	Weight
Pretests. <i>Pretests are optional assessments, typically designed for credit recovery use. If a student shows mastery of a lesson's objective, the student may be automatically exempted from that lesson in the upcoming unit. Typically, teachers do not choose to employ exemptive pretests for first-time credit courses. Pretests are not included as a component of the student's final grade.</i>	4	0%
Module. <i>Each module in this course contains an interactive tutorial and an associated mastery test. Tutorials may include one or more Lesson Activities that constitute tasks associated with the tutorial. This course also includes practice questions to prepare students for the mastery test. The module score comes from a student's score on the mastery test.</i>	12	30%
Discussion. <i>Online discussions allow for higher-order thinking about terminal objectives. An online threaded discussion mirrors the educational experience of a classroom discussion. Teachers can initiate a discussion by asking a complex, open-ended question. Students can engage in the discussion by responding both to the question and to the thoughts of others. Each unit in a course has one predefined discussion topic; teachers may add more discussion topics.</i>	5	15%
Posttest. <i>The posttest appears at the end of the unit and mirrors the pretest in structure, content, and complexity.</i>	4	20%
Course Activity. <i>Course Activities are similar to Unit Activities in scope but may be found at any point in the course, either to prepare the student for new learning or to act as a performance-based activity required for a learning objective. Like Unit Activities, Course Activities include simple rubrics, and sample answers are available for teachers. Course Activities are teacher graded.</i>	5	20%
End of Semester Test. <i>The end of semester test (EOS) appears at the end of the course. Students are delivered a few items from every tutorial in the course in order to assess the major course objectives.</i>	1	15%
Total	31	100%

*Teachers may manually adjust these weights if desired, per district grading requirements.

UNIT 1: EXPLORING HUMAN DEVELOPMENT AND BEHAVIOR (DAYS 1 – 17)

In this unit, you will analyze theories of cognitive, psychosocial, moral development, behavioral, and social learning. You will begin by examining Piaget's stages of cognitive development, assess his views on moral judgment in children, and analyze Erikson's psychosocial stages across the lifespan. Next, you will analyze Kohlberg's stages of moral development and explore how they explain moral reasoning. Additionally, you will analyze key behavioral theories, including Pavlov's classical conditioning and Skinner's operant conditioning, and examine Bandura's social learning theory and observational learning model. Finally, you will analyze how these learning theories are applied to classroom environments to support effective instruction and promote positive learning behaviors.

Lesson	Lesson Objective
Syllabus and Orientation	Review the Student Orientation and Course Syllabus at the beginning of this course.
Cognitive, Psychosocial, and Moral Development Theories	Analyze established theories of cognitive, psychosocial, and moral development.
Behavioral and Social Theories	Evaluate behavioral and social learning theories.
Theories and Tests	Assess and compare psychological theories and tests.

UNIT 2: UNDERSTANDING RELATIONSHIPS, VIOLENCE, AND ADDICTION (DAYS 18 – 38)

In this unit, you will analyze the factors that influence interpersonal relationships, the origins and effects of violence, and assess addictive behaviors and issues related to obesity. You will begin by examining the foundations of attraction, analyzing the importance of communication, and exploring how cultural factors shape relationships. You will also examine the influences that contribute to the maintenance or dissolution of relationships. Next, you will examine the causes of violence, assess its psychological effects, and strategies for its reduction. Finally, you will analyze the causes of addictive behavior, explore prevention and treatment options, and examine the psychological and health-related issues of obesity, including strategies for prevention.

Lesson	Lesson Objective
Interpersonal relationships	Evaluate various factors that influence interpersonal relationships.
Violence	Analyze the origins and effects of violence.
Addiction	Evaluate addictive behavior and analyze the issues related to obesity.
Social Assimilation	Analyze social assimilation and the challenges immigrants face.

UNIT 3: NAVIGATING THE MIND: DISORDERS, THERAPY, AND DECISION-MAKING (DAYS 39 – 64)

In this unit, you will assess types of psychological disorders, abnormal behaviors and their characteristics, analyze therapeutic approaches, and explore strategies related to problem-solving and decision making. You will begin by examining the criteria for diagnosing psychological disorders and multiple theoretical perspectives, including those that frame abnormal behavior as challenges in living rather than clinical conditions. You will also analyze anxiety, mood, dissociative, and personality disorders, and interpret the symptoms of schizophrenia. Next, you will explore the origins of abnormal behavior and their major categories and characteristics. Additionally, you will examine the history and effectiveness of types of psychological counseling and therapy, and assess the ethical considerations in therapy and various counseling approaches. Finally, you will explore elements of thought, analyze strategies for problem-solving, decision making, and conflict resolution, and explore effective goal-setting techniques.

Lesson	Lesson Objective
Psychological Disorders	Assess and differentiate the different types of psychological disorders.
Abnormal Behavior	Assess abnormal behaviors and their characteristics.
Psychological Counseling and Therapy	Assess the effectiveness of past and present methods of therapy.
Problem Solving and Decision Making	Evaluate strategies used for and obstacles associated with problem solving and decision making.

Understanding Abnormal Behavior

Identify and analyze abnormal behavior and treatment.

UNIT 4: PATHWAYS IN PSYCHOLOGY: STRESS MANAGEMENT, RESEARCH METHODS, AND CAREERS (DAYS 65 – 90)

In this unit, you will analyze strategies for managing stress, statistical concepts used in psychological research, and assess subfields and career opportunities in psychology. You will begin by examining sources of stress, individual responses to stressors, and techniques for coping with stress. Next, you will examine statistical tools such as measures of central tendency and dispersion, and analyze how these tools support psychological research and theory testing. You will also examine APA standards and ethical considerations related to the collection, storage, and use of psychological data. Finally, you will examine key subfields of psychology, distinguish between areas such as clinical, cognitive, and forensic psychology, and analyze related career paths along with the necessary skills and educational requirements.

Lesson	Lesson Objective
Stress Management	Evaluate cognitive and behavioral strategies used for dealing with stress.
Stress Management Strategies	Identify sources of stress and examine stress management strategies.
Statistics and Testing	Evaluate statistical concepts used in psychological research and testing.
Career Opportunities in Psychology	Evaluate different subfields and career opportunities in psychology.
Fields and Careers	Assess the main career paths and fields of psychology.