

# PSYCHOLOGY 1 - SCHEDULE FOR 2023-2024

## Theme for this year – Developing Productive Habits

This is a schedule of the class for the 2023-2024 school year.

If you have any questions about the dates or times, please feel free to email me over the summer at: [appmrsg@gmail.com](mailto:appmrsg@gmail.com)

Although the schedule for covering chapters is suggested in this schedule, it is not “set in stone” It is subject to change depending on the students’ comprehension of the material.

*As a part of our theme for this year, students will find optional assignments to help them develop productive habits and make thoughtful decisions. Each month we will have a theme highlighting different techniques for developing one of these concepts. Students will be encouraged to work on these techniques through the optional assignment. These assignments will not be graded but will be counted as extra credit. Rewards for completing these assignments will be two-fold: developing productive habits and thoughtful decisions, and extra credit for an improved grade in the class.*

**Week 1 - Zoom Orientation Session and Introduction to Psychology (this meeting will be held during our regularly scheduled class time).** Learn how to access and navigate the website. You will complete a few short assignments (not graded) to practice using the site. We will also be going over important information on how the class is “run”. I will be discussing grading, assignments, and class participation.

**Week 2** - The Story of Psychology: the origins and work of psychology.  
Reading for this week is in the prologue.

*Our Theme Assignment for this month will be assessing the habit cycle*

**Week 3** – This week we will be covering most of **chapter one** (not the statistics portion of the chapter). I will be introducing you to the science of psychology and how research is done. We will also cover careers in psychology, and the ethics of studying people and animals

**Week 4** – We are jumping ahead in the book, and this week we will be covering the **first half of Chapter 13 Social Psychology**. We will be looking at social thinking, our attitudes and actions, social conformity, compliance, persuasion, and obedience.

**Week 5** – We will be **finishing chapter 14** as we study prejudice, aggression, group behavior, conflict resolution, aggression and attraction, and altruistic behavior.

**Week 6-- Chapter 2 – part 1** -The Biology of the Mind. This week you will learn how neurons in your brain control all your behavior and thoughts. We will study neurotransmitters and their importance in your emotions and actions.

*Our Theme Assignment for this month will be on motivation*

**Week 7 - Chapter 2 – part 2**– More interesting neuroscience as we take a deep dive into the brain, its structures, and their functions.

**Week 8 - Chapter 3 – part 1** - Consciousness and Sleep. Our topics for this week will include sleep – its function, and the disorders that can occur – and dreams – the reasons and types of dreams.

**Week 9- Chapter 3 –part 2**– Drugs and Addiction. Our topics for this week include tolerance and addiction, types of psychoactive drugs and prevention strategies.

**Week 10 – Chapter 4** - Nature, Nurture and Human Diversity. We will be looking at twin and adoption studies as we determine the nature and nurture of our behavior.

*We will complete this chapter in one week.*

*Our Theme Assignment for this month will be on emotions and habits*

**Week 11 – Chapter 5-part 1** – Child and Adolescent Development, a fascinating look at the cognitive and emotional development of infants and children.

**Week 12 – Chapter 5 –part 2**– We will be studying adolescent development, adulthood, tackling topics such as moral development, social development, and attachment.

**Week 13 – Chapter 6 – part 1** - Sensation – A fascinating look at color vision, visual organization, and interpretation; how we hear, taste, smell, and experience pain.

**Thanksgiving Break -- Gooble, Gooble!!!**

**Week 14 – Chapter 6 – part 2** Perception. The second half of this chapter will have you amazed as we study optical illusions, sensory adaptation, mind sets, and contextual effects to perception.

*Our Theme Assignment for this month will be growing “tiny” good habits*

**Week 15 – Chapter 7-part 1** – Our topics for this week include classical conditioning a la Pavlov and his dogs, and the updated version of classical learning via prediction.

**Week 16 - Chapter 7-part 2** – Operant conditioning and Observational Learning. We will be looking at rewards and punishment and at how we model others' behavior.

### **Christmas Break**

**Week 17 – Chapter 8 –part 1** – Memory and the Brain. A look at the parts of our brain which control different kinds of memory, and a fascinating study of memory storage and retrieval.

*Our Theme Assignment for this month will be untangling bad habits*

**Week 18 – Chapter 8 –part 2** – Forgetting and False Memories. We will discuss ways to improve our memory, the inaccuracy of eyewitness testimony, and how to discern true and false memories.

**Week 19 - Chapter 9-** Thinking and Language. A look at how we solve problems and make decisions. We will also cover the topic of how we learn human language. *Note: we will finish this chapter in one week.*

**Week 20 - Chapter 10 – part 1** – Our topics this week include defining intelligence and how we measure this very illusive concept.

**Week 21 - Chapter 10 – part 2** – Intelligence Assessment and Statistics. This week we will be looking at how we measure intelligence and studying the basics of using statistics in psychology research.

*In our Theme Assignment for this month, we will be taking a practical look at heuristics and algorithms in decision-making*

**Week 22 – Chapter 11** – A look at what motivates us, including drives incentives and the need to belong. *Note: we will finish this chapter in one week.*

**Week 23 – Chapter 12- part 1** – Emotions and Nonverbal Communication. This week we will study the theories of emotion and look at how we express our emotions.

**Week 24 - Chapter 12 – part 2** –Stress, Health, and Happiness. A study of what makes us stressed, the body's reaction to stress as well as looking at what makes us happy and the ways we can avoid the negative reactions to stress.

**Week 25 – Chapter 13 – part 1** - Early Personality Theories. In this chapter we cover Freud, Jung, Adler, and many of the older personality theories.

*Our Theme Assignment for this month will be learning ways to set reasonable goals*

**Week 26 – Chapter 13 part 2** - Social Cognitive and Trait Theories of Personality. We will be looking at some of the more “modern” theories of personality including the trait and social cognitive theories. We will also explore the origins of the self.

**Week 27 - Topics in Psychology:** An in-depth look at some popular topics in psychology including, stress, Grit and growth mindset, consciousness, and artificial intelligence.

### **Spring Break**

**Week 28 – Chapter 15 –part 1** – Psychology Disorders. This is the chapter you have all been waiting for! We will be covering anxiety, depression, and many other related disorders.

*Our Theme Assignment for this month will be on evaluating goal and habit outcomes*

**Week 29 – Chapter 15 – part 2** – Our topics for this week will include the psychological disorders of schizophrenia, personality disorders, dissociative and somatic disorders, and learning disorders.

**Week 30 - Chapter 16 part 1** – Therapy - You will be taking a first-hand look at many of the therapies which are used to treat psychological disorders.

**Week 31 – Chapter 16 part 2** – Biomedical Therapies. This week we will learn many of the medications and other medical therapies used to treat psychological disorders.

**Final Exam in AP Psychology (this exam must be taken ONLY if the student DOES NOT complete a research study)**