

Psychology provides a solid overview of the field's major domains: methods, biopsychology, cognitive and developmental psychology, and variations in individual and group behavior.

By focusing on significant scientific research and on the questions that are most important to psychologists, students see psychology as an evolving science. Each topic clusters around challenge questions, such as "What is happiness?" Students answer these questions before, during, and after they interact with direct instruction.

This course is built to state standards and informed by the American Psychological Association's National Standards for High School Psychology Curricula. The teaching methods draw from the National Science Teachers Association (NSTA) teaching standards.

Length: One semester

UNIT 1: PSYCHOLOGY AS A SCIENCE

LESSON 1: WHAT GOOD IS PSYCHOLOGY?

Study: What Good Is Psychology?

Consider why people often "make sense," while at other times they do things that make no sense at all.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Grand Questions of Psychology

Learn about the field of psychology by looking at some of the big questions that psychologists are trying to answer.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Grand Questions of Psychology

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Read: Careers in Psychology

Learn about some of the main career paths within psychology.

Duration: 0 hrs 30 mins Scoring: 0 points

Journal: Can Science Answer It?

Choose a question about people that is especially interesting to you. How is it related to any of the big questions that psychologists are studying? Do you think that science can answer your question?

Duration: 0 hrs 40 mins Scoring: 30 points

LESSON 2: CORRELATION VERSUS CAUSATION

Study: Poll: Correlation versus Causation

Do full moons cause more crime? Do dogs and cats reduce heart disease in humans? Learn about whether one thing can cause another to happen, and take a poll to record what you think.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Correlation versus Causation

"People who are taking psychology courses are less likely to have heart attacks than other people." Get to the bottom of statements like this.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Correlation versus Causation

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: What's Going on Here?

Take a look at your answers to the poll at the beginning of this lesson. Were any of your ideas about correlation and causation wrong? How would you change them?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 3: OBSERVATIONAL STUDIES

Study: Poll: Observational Studies

Consider a situation in which you and your friends witnessed the same event but later disagreed on what you saw.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Observational Studies

Learn about surveys and other types of information-gathering studies in which the researcher does not exert control over the subjects.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Observational Studies

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Practice: Help to Design a Survey

Help to design a survey on a topic that interests you.

Duration: 1 hr Scoring: 50 points

LESSON 4: EXPERIMENTS

Study: Poll: Experiments

Think about an experiment that would answer the question, "Can people really learn about math or history by playing a video game?"

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Experiments

Learn about studies in which the researcher exerts control over the subjects and observes how they react.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Experiments

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Read: Ethics in Experiments: Don't be Cruel

Learn why and how scientists must now show their experimental designs to review boards to make sure that the human subjects will not be harmed.

Duration: 0 hrs 30 mins Scoring: 0 points

Discuss: Level Up in the Video Game Experiment

Take a look at your answers to the poll at the beginning of this lesson. How would you improve on your design?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 5: PSYCHOLOGY AS A SCIENCE WRAP-UP

Review: Psychology as a Science

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 50 mins Scoring: 0 points

Test (CS): Psychology as a Science

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

Test (TS): Psychology as a Science

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

UNIT 2: THE BRAIN AND THE BODY

LESSON 1: THE NERVOUS SYSTEM AND ENDOCRINE SYSTEM

Study: Poll: How Many Nervous Systems?

Share your thoughts about the many things your nervous system does.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: A Tour of the Nervous System

Learn about the different systems that make up our nervous system, including the central nervous system, which includes the brain.

Duration: 0 hrs 35 mins Scoring: 0 points

Read: The Endocrine System

Learn about another system in your body that affects (and is affected by) the nervous system.

Duration: 0 hrs 30 mins Scoring: 0 points

Quiz: The Nervous System and Endocrine System

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Journal: Thoughts and Feelings

Try to solve a puzzle while you pay attention to your feelings and your actions.

Duration: 0 hrs 40 mins Scoring: 30 points

LESSON 2: THE BRAIN

Study: Poll: What is Most Impressive?

Consider what the human brain can do that computers cannot.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: A Tour of the Brain

Learn the parts of the brain and what they do.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: The Brain

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: Think about A Robot Brain

Apply what you have learned about the brain by thinking about what a robot's brain would need to do if it were to act like a human.

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 3: SENSATION

Study: Poll: Can you Sense It?

Answer some questions about what senses are made of.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Sensation

Learn how the human body senses information, from within and from without.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Sensation

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: Experience that Sense Again

Take a look at your answers to the poll at the beginning of this lesson. Given what you have learned, how do you think of your senses differently?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 4: PERCEPTION AND THE EMBODIED MIND

Study: Poll: What do you See?

Look at images and answer poll questions about what you see.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Perception and the Embodied Mind

Learn how your senses and your body form a sense of where you are and what is happening.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Perception and the Embodied Mind

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Practice: Perception and Metaphors

Use what you have learned about perception and the embodied mind to make discoveries about how you think.

Duration: 1 hr Scoring: 50 points

LESSON 5: THE BRAIN AND THE BODY WRAP-UP

Review: The Brain and the Body

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 50 mins Scoring: 0 points

Test (CS): The Brain and the Body

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

Test (TS): The Brain and the Body

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

UNIT 3: THINKING, FEELING, AND CONSCIOUSNESS

LESSON 1: WHAT IS CONSCIOUSNESS?

Study: Poll: What is Consciousness?

Construct your definition of consciousness.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Consciousness

Learn about what it means to be conscious, and what our brains do to make us conscious.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Consciousness

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Journal: Interview with a Robot

Revisit the answers you gave in the Polls at the beginning of this lesson, and write a story about an interview with a robot that is trying to prove that it is conscious.

Duration: 0 hrs 40 mins Scoring: 30 points

LESSON 2: THINKING AND FEELING

Study: Poll: How Do You Choose?

Think about what it means to "go with your gut." Consider whether feelings are separate from thinking or whether they are closely related.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Cognition and Emotions

Learn some of the major theories about thinking and feeling.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Cognition and Emotion

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: Rethinking Thoughts and Emotions

Go back to your poll answers at the beginning of this lesson. How have your ideas changed about the ways in which thoughts affect emotions and emotions affect thoughts?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 3: MEMORY

Study: Poll: What Do You Remember?

Think about why we remember some things but forget others.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Memory

Learn about significant theories on memory.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Memory

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: Have Your Memories Changed?

Go back to your poll answers at the beginning of this lesson. How have your ideas changed about why we remember some things and forget others?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 4: SLEEP AND DREAMING

Study: Poll: Sleep and Dreaming

Consider how much sleep you need and why you need it.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Sleep, Dreaming, and Sleep Disorders

Learn about these altered states of consciousness from the standpoint of scientific research.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Sleep and Dreaming

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Practice: Why Do We Sleep?

Write your best explanation of why people sleep and dream and how you would test your explanation.

Duration: 1 hr Scoring: 50 points

LESSON 5: THINKING, FEELING, AND CONSCIOUSNESS WRAP-UP

Review: Thinking, Feeling, and Consciousness

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 50 mins Scoring: 0 points

Test (CS): Thinking, Feeling, and Consciousness

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

Test (TS): Thinking, Feeling, and Consciousness

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

UNIT 4: DEVELOPING THROUGHOUT LIFE

LESSON 1: DIMENSIONS OF DEVELOPMENT

Study: Poll: What is Development?

Consider some questions about how you have changed and developed.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Dimensions of Development

Learn about the dimensions of physical, mental, and social development.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Dimensions of Development

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: What Does Development Look Like?

Take a look at your answers to the poll at the beginning of this lesson. How have your ideas about development changed?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 2: THEMES OF DEVELOPMENT

Study: Poll: How Have You Changed?

Imagine reunions with your classmates in 20 years 30 years and 40 years. How do you think you will change and how will you stay the same?

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Themes of Human Development

Learn about the questions that developmental psychologists have debated, and that form themes running through all dimensions and stages of development.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Themes of Development

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Journal: Interview an Older Person

Interview someone who is 60 or older. Ask this person how he or she has both changed and stayed the same since he or she was your age.

Duration: 0 hrs 40 mins Scoring: 30 points

LESSON 3: COGNITIVE AND LANGUAGE DEVELOPMENT IN CHILDHOOD

Study: Poll: Misconceptions

Consider some questions about your own misconceptions, and how you discovered and changed them.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Cognitive and Language Development in Childhood

Learn about how thinking and language develop early in life.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Cognitive and Language Development in Childhood

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: Misconceptions

Take a look at your answers to the poll at the beginning of this lesson. How have your ideas changed about the kind of parent you would like to be?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 4: LIFE STAGES AND MORAL DEVELOPMENT

Study: Life Stages and Moral Development

Consider questions on what marks the difference between life stages.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Life Stages and Moral Development

Learn how psychologists have defined life stages, and learn about studies of moral development.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Life Stages and Moral Development

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Practice: Developing Throughout Life

Write about how people develop through life stages.

Duration: 1 hr Scoring: 50 points

LESSON 5: DEVELOPING THROUGHOUT LIFE WRAP-UP

Review: Developing throughout Life

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 50 mins Scoring: 0 points

Test (CS): Developing throughout Life

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

Test (TS): Developing throughout Life

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

UNIT 5: SOCIAL PSYCHOLOGY

LESSON 1: ATTRIBUTION AND ATTITUDES

Study: Poll: Whose fault Was it?

Consider whether free will really does exist, and think about what this implies about people being accountable for their actions.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Attribution and Attitudes

Consider the reasons for people's actions and why they may hold themselves accountable or attribute their actions to their circumstances.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Attribution and Attitudes

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Journal: Attribution and Attitudes

Write about what causes people to behave or react in a certain way.

Duration: 0 hrs 40 mins Scoring: 30 points

LESSON 2: CONFORMITY AND OBEDIENCE

Study: Poll: Abu Ghraib

Think about U.S. soldiers' actions at the Abu Ghraib prison, and consider whether it was their own choice or their circumstances that led them to act as they did.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Conformity and Obedience

Consider how much influence other people exert on our behavior.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Conformity and Obedience

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: Abu Ghraib

Take a look at your answers to the poll at the beginning of this lesson. Does the Prison Experiment change your thinking on whether the people or the system was to blame?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 3: SOCIAL RELATIONSHIPS

Study: Poll: Social Relationships

Think about why we are attracted to some people more than others.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Friendship, Love, and Attraction

Consider how we are attracted to one another and whether there are different kinds of love.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Friendship, Love, and Attraction

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: Why Are You Friends?

Take a look at your answers to the poll at the beginning of this lesson. How have your ideas about attraction changed?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 4: GROUP CONFLICT AND GROUP INTERACTION

Study: Group Conflict and Group Interaction

Consider how people think of themselves as part of a group and whether it is necessary to see the world as divided between "us" and "them."

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Group Conflict and Group Interaction

Learn how groups interact with each other by cooperating, fighting, or a combination of both.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Group Conflict and Group Interaction

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Practice: Intergroup Conflict

Use what you have learned to write about how intergroup conflict might be prevented.

Duration: 1 hr Scoring: 50 points

LESSON 5: SOCIAL PSYCHOLOGY WRAP-UP

Review: Social Psychology

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 50 mins Scoring: 0 points

Test (CS): Social Psychology

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

Test (TS): Social Psychology

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

UNIT 6: DISORDERS AND WELLNESS

LESSON 1: MENTAL ILLNESS

Study: Poll: What Is Normal?

Consider the difference between being normal and not normal, and whether such a distinction really exists.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: What Are Psychological Disorders?

Learn how labels such as "mentally" ill are applied and misapplied, and learn how attitudes toward mental illness have changed.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Mental Illness

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: What Is Normal?

Take a look at your answers to the poll at the beginning of this lesson. Have your ideas about mental illness changed?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 2: ANXIETY AND MOOD DISORDERS

Study: Poll: Anxiety and Mood Disorders

Consider how to help a friend who has been feeling sad or anxious for many days.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Anxiety and Mood Disorders and Their Treatments

Learn about the most common types of psychological disorders and about common methods of treatment.

Duration: 0 hrs 35 mins Scoring: 0 points

Explore: Preventing Suicide

Learn about the warning signs of suicide and how to help someone who is suicidal.

Duration: 0 hrs 15 mins Scoring: 0 points

Quiz: Anxiety and Mood Disorders

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Journal: Anxiety Disorders, Mood Disorders, and Stigma

Write about how a better understanding of mental illnesses can remove social stigmas and help people seek treatment.

Duration: 0 hrs 40 mins Scoring: 30 points

LESSON 3: DISSOCIATIVE DISORDERS AND SCHIZOPHRENIA

Study: Poll: Schizophrenia

Consider what comes to your mind and other people's minds when they hear that someone has a schizophrenic disorder.

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Dissociative Disorders and Schizophrenia

Learn about these disorders and common treatments for them.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Dissociative Disorders and Schizophrenia

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Discuss: What Are Dissociative Disorders and Schizophrenia?

Take a look at your answers to the poll at the beginning of this lesson. How have your ideas changed about these disorders?

Duration: 0 hrs 25 mins Scoring: 15 points

LESSON 4: POSITIVE PSYCHOLOGY AND HAPPINESS

Study: Poll: What Is Happiness?

Consider what defines "happiness."

Duration: 0 hrs 15 mins Scoring: 0 points

Study: Positive Psychology and Happiness

Learn theories about happiness and well-being.

Duration: 0 hrs 35 mins Scoring: 0 points

Quiz: Positive Psychology

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 25 mins Scoring: 30 points

Explore: The Geography of Happiness

Learn about the geography of happiness.

Duration: 0 hrs 20 mins Scoring: 0 points

Practice: Happiness

Given what you have learned in this lesson, write about what tends to make people happy.

Duration: 1 hr Scoring: 50 points

LESSON 5: DISORDERS AND WELLNESS WRAP-UP

Review: Disorders and Wellness

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 50 mins Scoring: 0 points

Test (CS): Disorders and Wellness

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

Test (TS): Disorders and Wellness

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 50 points

UNIT 7: REVIEW AND EXAM

LESSON 1: REVIEW AND EXAM

Review: Review

Prepare for the exam by reviewing key concepts covered in this course.

Duration: 3 hrs Scoring: 0 points

Exam: Exam

Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in this course.

Duration: 1 hr 30 mins Scoring: 60 points

Final Exam: Exam

Take a teacher-scored exam covering important concepts and skills throughout the course.

Duration: 0 hrs 50 mins Scoring: 60 points