

PSYCHOLOGY

Introduction to Psychology

- Explain the purposes of psychology and outline its value as a subject of study.
- Outline the basic history of psychology as a discipline and describe its perspectives.
- Identify such figures as Aristotle, Freud, Skinner, Jung, Maslow, and Milgram.

Research Methods

- Explain the scientific method and the basic steps involved in scientific research.
- Discuss the basic ethical concerns outlined by the APA in conducting research.

Biopsychology

- Outline the makeup and operation of the central and peripheral nervous systems.
- Describe the main components and functions of the human brain.
- Explain the nature of the endocrine system and the purposes of its main glands.
- Differentiate between genes and chromosomes.
- Describe the relative importance of heredity and environment in one's characteristics.
- Outline the basic principles of human sensation and perception.
- Describe the basic anatomy and functions of human vision, hearing, touch, taste, and smell, as well as the vestibular and kinesthetic senses.

Consciousness

- Discuss the nature of consciousness and describe its various states.
- Describe the general nature of learning and the main concepts of cognitive learning.

Learning/Memory/Intelligence

- Explain the basic concepts of classical and operant conditioning and their applications.
- Describe the different kinds of memory and how memory processes information.
- Explain what is involved in forgetting, including the various forms of amnesia.
- Describe five ways to improve a person's memory.
- Explain the various approaches to creativity and problem solving.
- Outline processes by which people use reason, form judgments, and make decisions.
- Define the concept of intelligence as it is most often understood in psychology.
- Discuss how to measure intelligence and the controversies surrounding such testing.
- Describe the theories of multiple intelligences, retardation, and giftedness.

Human Development

- Outline the stages of human development from the prenatal period through childhood.
- Describe the nature of development—cognitive, language, and moral—in children.
- Explain the importance of attachment in the development of young children.
- Identify the various styles of parenting and discuss their effects on children.
- Characterize the nature of physical, cognitive, and moral development in adolescence.
- Explain what is involved in attaining an identity during adolescence.
- Discuss important dimensions of the social world of adolescents.
- Summarize the typical challenges of young, middle, and late adulthood (Erick Erickson's Stages)
- Explain cognitive development in adulthood.
- Describe the stages of dying and how they apply to other life experiences.

Emotion/Motivation/Stress

- Outline the basic theories of motivation.
- Summarize the principles of cognitive-dissonance theory.
- Describe basic theories that relate emotions to human motivation.
- Explain the nature and symptoms of psychological disorders.
- Describe the nature of health psychology and its basic concerns.
- Discuss the sources of stress and some moderators of stress.
- Differentiate between Type A personalities and Type B personalities.
- Explain how the body responds to stress and some ways to cope with stress.