

Myer's Psychology Syllabus

What is Psychology: Psychology is the study of the behavior and mental processes. Psychology is a science that seeks to describe, predict, understand and influence **maladaptive**, *[patterns that can hurt self and others]*, thoughts and behavior. There are multiple theories and approaches in Psychology, some successful for one type of disorder but not for another. Motivation, moods, memory, reactions, attitudes, perceptions, attraction, talent, what you enjoy – or despise – all of these things have their roots in your Psychology. While Psychology is in the Social Science curriculum; it is in reality a Behavioral Science that often overlaps with the Natural Sciences.

How This Applies to Me: Have you ever experienced a physical reaction to an emotional situation? Sweating, shaking or stomach discomfort before a big test, a game, a presentation or performance? Have you ever known someone was talking about you when you walked into a room even without anyone saying anything? Has a certain smell or song ever brought back a strong memory? Have you found yourself attracted to someone you have nothing in common with? Have your sleep patterns changed since you reached adolescence? All of these situations have much to do with brain chemistry and illustrate the intrinsic connection between mind and body. While we cannot always control our feelings and behaviors, we can understand and manage them with awareness using psychological and neurobiological tools.

We all learn differently, react differently and process information differently, *[one reason why eye witness testimony is the least reliable type of evidence in court]*, however there are theories that sometimes prove that we are more predictable than we realize. Why is there evil in the world? There are Psychologists that have theories that can explain that too.

My hope is that you will hang in there for the first several units which are designed to prepare you for an introductory college level Psychology Course, (all the while having fun doing it – that's a promise!), and as we progress and build a strong foundation – move along to aspects of Psychology that you can use as tools to understand yourselves and others and improve and build the "Hardy Personality" that will help you in life.

Respect & Tolerance: This course covers material that you may not have discussed in prior courses which is also why it is usually an upper classmen elective. This class is a safety net. It must remain so. If you are not prepared for the maturity and tolerance that are crucial in this class. The ability to accept other points of view, "agree but disagree" politely and respect the viewpoints of others – this will result in your removal from this class. For clarification purposes, *this can be done at any time during the semester*.

Course Outline (this is a survey course-some content may not get covered):

Introduction to Early Psychology & Psychologists: Goals of Psychology (DPUI), describe, predict, understand and influence maladaptive behavior. Wundt, Titchener, James, Empathy, Structural vs. Functionalism, Kohlberg, Stream of Consciousness, Introspection (pros/cons) and longevity of early practices.

Approaches to Psychology: Humanistic, Bio-psychological (Neurobiological), Neuroplasticity, Behaviorism, Cognitive, Sociocultural, (*World of Jenks: Chad*), Psychoanalytic, Freud's Psychoanalytic Theory, ID Ego Super Ego, Rogers, Maslow, Gardner, Pavlov, Watson, Raynor, Skinner, Harlow, **Behavior Modification Project.** Classical and Operant Condition, ratios of enforcement, Maslow's Hierarchy of Needs, Erikson's Psychosocial stages, Bobo Doll experiment, Root causes of maladaptive behavior as categorized by theory/Approaches to manage maladaptive behavior as categorized by theory. **Activity:** *Here is your first celebrity patient – diagnose and solve with approach possibilities – PRESENTATIONS.*

Research Methods & Ethics/Treatment of the Developmentally Disabled: APA Standards to Psychological Experimentation (1971), Ethics, Zimbardo and Milgram Experiments, Harry Harlow Rhesus Monkey Experiments and Attachment theory, (20/20 *A Man and His Goose and Imprinting – true love*), Conrad Lorenz, Zimbardo's stairway to evil (TED) *Why Good People Do Bad Things*. Independent variable, dependent variable, experimental group, control group, control, population, survey, random sample, representative sample, double blind study, placebo, case study, longitudinal study, cross sectional study, field study, naturalistic observation, mean, median, mode, correlation, cause, informed consent, lab study (pros/cons of each study). Unethical treatment of the developmentally disabled: ***"Willowbrook – 25 Years Later"***. Capstone Writing Activity

- **Neurobiology:** Cerebral Cortex, midbrain, upper brain, reptilian brain, lower brain, brain stem, limbic system, cerebrum, cerebral spinal fluid, blood brain barrier, neurons (motor, sensory and inter), CNS and PNS and parasympathetic and autonomic NS, cerebellum, corpus callosum (*Ed's Split Brain Surgery – neuroplasticity*), Phineas Gage, (*My Lobotomy @ Ed Dully 2003*), sensory cortex, motor cortex, parietal lobe, temporal lobe, medulla oblongata, amygdala, frontal lobe, occipital lobe, optic nerve, right/left brain dominance theory, Broca's area, Wernicke's area, hippocampus, thalamus, pons, hypothalamus, RAS, reflexes vs reactions, (DPT, Moro, Cohen, Fencer, Babinski (child vs adult), myelin, axons, dendrites, spinal cord (injuries/para/quadra/plegia), neurotransmitters, soma, multiple sclerosis, Huntington's disease, A.L.S., Parkinson's Disease, Encephalitis Lethargica and connection to Streptococcus Auto Immune Reactions, adrenalin, fight/flight, Chronic Encephalopathy (frequent concussion syndrome – professional and school sports), endorphins, GABA, dopamine, serotonin, acetylcholine, neurotransmitters, University of Utah Genetics Dept: "role of endocrine system, dominant and recessive traits, MRI, PET, CAT scans. Dr. Oliver Sacks, Film: *Awakenings @ 1996*
- **Sensory Adaptation, Attention & Gestalt:** Detection thresholds, discrimination thresholds, absolute thresholds, signal detection theory, just noticeable difference, subliminal perception. Adaptation, habituation, dis-habituation, attention, selective, filter, divided, multitasking, ADD, ADHD, Vanderbilt Assessment, bottom up processing, top down processing, visual perception, relative size, visual cliff, Gestalt approach and optical illusions.
- **States of Consciousness, Sleep, Dreaming & Psychoactive Substances:** unconsciousness, coma, Glasgow Coma Scale, DSMV-VI, Freudian Slips, repression, amnesia (anterograde/retrograde), dissociative fugue states, melatonin, hallucinations, circadian rhythm, stages 1-4, REM, NREM, sleep spindles (2), hypnagogic reflex (1), Somnambulism (3), Enuresis, (3), Sleep talking (2), deprivation, needs of adolescence, ages/changes, healthy sleep tips, sleep study and experiment (pajamas, sleeping bag and pillows invited!), nightmares, dreams, (types)

dream theories: Freudian/Jungian, Activation Synthesis Model, Lucid, ESP?, REM Rebound, circadian system symptoms – role in Bipolar Disorder and sleep as a therapeutic approach, ways to maximize healthy sleep, sleep diaries, night terrors, SIDS (sudden infant death syndrome), hypnosis (neodissociative theory, hidden observer theory, posthypnotic suggestion theory), psychoactive drug effects: depressants, stimulants, barbiturates, tranquilizers narcotics, aspiration during alcohol poisoning and death.(University of Utah Genetics Dept: *“Mouse Party” interactive cartoon simulation of how your brain responds to drugs.* Use of sleep aid – avoiding over use. **Overdose:** *how it happens.*

- **Cognition, Learning & Memory:** short/long/flashbulb/sensory/iconic/semantic/episodic/state dependent/working memory. Learning: styles: auditory/visual/spatial/kinesthetic/ logical/photographic/shaping/stages/ Piaget’s Development of Children’s Learning, Pre/Concrete/Formal Operational, learned helplessness, testing, Creativity and Innovation - *The famous Box of Creativity”. Google’s test questions – not about computers!, divergent vs. convergent thinkers. Emotional Intelligence: “The Handshake Game”, Testing and education in the US and Elsewhere, The unified test we will ALL create, and ALL fail – yet we are all experts!
- **Defense Mechanisms, Stress & Coping:** Online Personality Tests based on Meyers Briggs and the Big 5, self-efficacy, trait, archetype, regression, denial, sublimation, suppression, Munchausen’s by Proxy, internal/external locus of control, compensation, rationalization, projection, displacement, passive aggression. Grief and grieving, Post-Traumatic Stress Disorder PTSD. Film: *“Reign Over Me.”* © 2006.
- **Abnormal Psychology: Developmental, Psychological & Personality Disorders** abnormal behavior, DSM-IV-TR (adults and children), Scales for severity, anxiety, panic disorder, GAD, OCD, PTSD, phobias, conversion disorders, somatoform disorders, hypochondriasis, and (social media-chondria), clinical depression, bipolar disorder I and II and ONC) otherwise not categorized, seasonal affective disorder, Schizophrenia (disorganized, catatonic, paranoid, undifferentiated), causes?, 20/20 Childhood Schizophrenia & 20/20 Interactive “Inside the Mind of a Schizophrenic” simulation., personality disorders: paranoid, dependent, narcissistic, antisocial, histrionic, dissociative identify disorder, Soci/Psychopathy (*The Sociopath Next Door* © Martha Stout) , Dr. Robert Hare’s Psychopathy Scale, autism, Asperger’s disorder, treatment modalities: psychopharmacology, antipsychotics, antidepressants, MAO inhibitors, SSRI’s, lithium Benzodiazepines, types of therapy.

Resources:

- Holt Psychology-Principles in Practice (book & online)
- <http://psychologyking.weebly.com/>
- <http://www.vcsd.k12.ny.us/Page/8134>
- <http://bevmyer.weebly.com/psychology.html>
- Quizlet
- Discovery Education
- Various online videos demonstrating Case Studies and/or concepts

Week	Topic	Goal	Assignment
1	<ul style="list-style-type: none"> Intro to Psych-see webpage: http://www.vcsd.k12.ny.us/Page/8134 See PowerPoint for notes 	<ul style="list-style-type: none"> To learn History To Learn Famous Psychologists To learn Approaches 	<ul style="list-style-type: none"> Vocab over Chapter Heinz's Dilemma Case Study-Survey Family Members Set goals – due at end
2	<ul style="list-style-type: none"> Intro to Psych- https://www.youtube.com/watch?v=oQPFoDkGFrU – Bill Nye https://www.youtube.com/watch?v=vJG698U2Mvo – selective attention PowerPoint continued... 	<ul style="list-style-type: none"> To learn History To Learn Famous Psychologists To learn Approaches 	Sticky Note Self Talk Case Studies <ul style="list-style-type: none"> Little Albert Pavlov's Dogs Stanford Prison Harlow's Monkeys
3	Review & Test	Reinforce Concepts Learned	Test
4	Scientific Method Overview	To review the procedures of the method	Vocab over Chapter
5	The Brain & Mid Quarter Project (Biology & Behavior) <ul style="list-style-type: none"> Water Boy...medulla oblongata: https://www.youtube.com/watch?v=UfC4u5GCy3I Brain Games videos 	To learn parts of the brain and how it affects psychology	<ul style="list-style-type: none"> Vocabulary Brain Model Worksheets over nervous system after watching videos/reading Project – 20-30 min observation with 1 page report
6	Ch. 4 (Sensation & Perception) & Ch. 5 (Consciousness)		
8	Ch. 6 (Learning, Ch. 7 (Memory)		
9 ** Absences	Ch. 8 (Thinking & Language)		
10	Ch. 9 (Intelligence)		
11	Ch. 10 (Infancy & Childhood)		

12	Ch. 11 (Adolescence) & Ch. 12 (Adult)		
13	Ch. 13 (motivation & emotion)		
14	Inside Out Video & Project - PP/Video of My Development		
15	Ch. 14 (Theories of Personalities) & Ch. 15 (Psychology Tests) & Ch. 16 (Gender Roles)		
16	Ch. 17 (Stress & Health), Ch. 18 (Psych Disorders), Ch. 19 (Methods of Therapy)		
17	Ch. 20 & 21- Social... & Review		
18	Research paper over famous person...case study		
19	Wrap up – vocab test		