



Department of Teaching & Learning
Parent/Student Course Information

Psychology I/II
Grades 10-12

Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.

COURSE DESCRIPTION

Psychology I examines such topics as the principles of learning, processes of thinking, development of personality, measurement of intellectual ability, theories of learning and memory and the effects of heredity and environment on human behavior. The topics addressed in Psychology I are examined in greater depth in Psychology II. These include principles of learning, processes of thinking, development of personality, measurement of intellectual ability and the study of heredity and environment. New topics introduced include psychological statistics, testing, developmental psychology, sensation and perception.

Psychology I/II is a one-year elective course offered to students in grades ten through twelve and 1 credit.

PREREQUISITE

None

OPTIONS FOR NEXT COURSE

Psychology II or
Any other semester elective

REQUIRED STUDENT TEXTBOOK

Psychology: Principles in Practice (Holt McDougal, 2010)

SUPPLEMENTARY MATERIALS

The teacher may choose to supplement the textbooks with materials to extend and enrich the student's understanding of course topics. These materials will be drawn from daily newspapers, periodicals, television and other visual media, primary source documents, simulations, computer programs and online resources.

VIRGINIA BEACH STANDARDS AND OBJECTIVES PSYCHOLOGY I

Unit 1: Introduction to Psychology

- PSYI.1.1 Define the purpose and goals of psychology.
- PSYI.1.2 Trace the historical development of psychology.
- PSYI.1.3 Describe how the psychological perspectives explain behavior.
- PSYI.1.4 Describe the research methods of observation utilized by behavioral scientists.
- PSYI.1.5 Describe the components of an experiment.
- PSYI.1.6 Identify ethical issues in research studies.
- PSYI.1.7 Investigate career opportunities in the fields of psychology.
- PSYI.1.8 Explain the difference between a psychologist and a psychiatrist.

Unit 2: Biological Bases of Behavior

- PSYI.2.1 Describe the structure and functions of the neuron.
- PSYI.2.2 Identify the major divisions of the nervous system.
- PSYI.2.3 Describe the function of the peripheral nervous system.
- PSYI.2.4 Describe the structure and function of the major regions of the brain.
- PSYI.2.5 Identify the methods used to analyze brain activity.
- PSYI.2.6 Explain the function of the right and left hemispheres.
- PSYI.2.7 Describe the parts and function of the endocrine system.
- PSYI.2.8 Assess the effects of heredity and environment on human behavior.

Unit 3: Sensation and Perception

- PSYI.3.1 Explain the concepts of threshold, adaptation and constancy.
- PSYI.3.2 Describe the operation of sensory systems.
- PSYI.3.3 Identify examples of principles of perception.
- PSYI.3.4 Identify factors that influence sensation and perception.
- PSYI.3.5 Assess controversies related to sensation and perception.

Unit 4: Learning

- PSYI.4.1 Describe the origins, principles and applications of classical conditioning.
- PSYI.4.2 Describe the origins, principles and applications of operant conditioning.
- PSYI.4.3 Describe the origins, principles and applications of observational learning.

Unit 5: Thinking and Language

- PSYI.5.1 Describe the process of encoding.
- PSYI.5.2 Describe the three types of information storage.
- PSYI.5.3 Describe the process of retrieval.
- PSYI.5.4 Describe unusual types of memory.
- PSYI.5.5 Describe causes of forgetting and methods to improve memory.

Unit 6: Memory

- PSYI.6.1 Explain and give examples of the components of thinking.
- PSYI.6.2 Describe methods of problem solving.
- PSYI.6.3 Analyze obstacles that inhibit problem-solving.
- PSYI.6.4 Identify the basic elements of language.
- PSYI.6.5 Describe factors affecting language acquisition.

Unit 7: States of Consciousness

- PSYI.7.1 Describe the physiological and psychological functions of sleep.
- PSYI.7.2 Describe the stages of sleep.
- PSYI.7.3 Describe sleep disorders.
- PSYI.7.4 Describe artificial variations of consciousness.

Unit 8: Developing Child

- PSYI.8.1 Assess the effect of maternal behavior on pre-natal development.
- PSYI.8.2 Describe the process of physical development.
- PSYI.8.3 Describe the process of social development.
- PSYI.8.4 Describe the process of cognitive development.
- PSYI.8.5 Describe the process moral development.

VIRGINIA BEACH STANDARDS AND OBJECTIVES PSYCHOLOGY II

Unit 1: Adolescence and Adulthood

- PSYII.1.1 Describe the physical development of adolescence.
- PSYII.1.2 Describe the cognitive and social development of adolescents.
- PSYII.1.3 Describe the aspects of identity formation.
- PSYII.1.4 Describe the social changes associated with adulthood.
- PSYII.1.5 Describe the physical changes associated with adulthood.
- PSYII.1.6 Describe the social changes associated with old age.
- PSYII.1.7 Describe the physical changes associated with old age.
- PSYII.1.8 Describe the cognitive changes associated with old age.
- PSYII.1.9 Describe the personal and societal aspects of thanatology.

Unit 2: Motivation and Emotion

- PSYII.2.1 Summarize the major theories of motivation.
- PSYII.2.2 Describe the physical and psychological characteristics of hunger and thirst.
- PSYII.2.3 Identify examples of learned (psychological) drives.
- PSYII.2.4 Describe both the universal and environmentally determined expressions of emotions.
- PSYII.2.5 Summarize the major theories of experiencing emotion.

Unit 3: Personality

- PSYII.3.1 Describe components of psychoanalytic/personality theory.
- PSYII.3.2 Describe the characteristics of learning personality theory.
- PSYII.3.3 Describe the characteristics of humanistic personality theory.
- PSYII.3.4 Describe the characteristics of trait-perspective personality theory.
- PSYII.3.5 Describe the characteristics of social-cognitive personality theory.
- PSYII.3.6 Describe the major types of personality tests.

Unit 4: Intelligence and Testing

- PSYII.4.1 Define intelligence.
- PSYII.4.2 Trace the historical development of intelligence testing.
- PSYII.4.3 Describe components of test construction.
- PSYII.4.4 Describe the spectrum of intellectual abilities.
- PSYII.4.5 Describe the difference between achievement and aptitude tests.

Unit 5: Psychological Disorders

- PSYII.5.1 Describe the standards used to measure abnormal behavior.
- PSYII.5.2 Describe the classifications of psychological disorders.
- PSYII.5.3 Describe the anxiety disorders.
- PSYII.5.4 Describe the dissociative disorders.
- PSYII.5.5 Describe the somatoform disorders.
- PSYII.5.6 Describe the mood disorders.
- PSYII.5.7 Describe schizophrenia.
- PSYII.5.8 Describe personality disorders.
- PSYII.5.9 Describe disorders.
- PSYII.5.10 Describe how each of the major perspectives explain disordered behavior.

Unit 6: Therapies

- PSYII.6.1 Identify the types of therapists.
- PSYII.6.2 Assess the advantages and disadvantages of individual and group (family) therapy.
- PSYII.6.3 Describe the approaches and techniques of therapies.

Unit 7: Stress

- PSYII.7.1 Identify the types of stress.
- PSYII.7.2 Describe the causes of stress.
- PSYII.7.3 Describe the four types of conflict.
- PSYII.7.4 Describe the responses to stress.
- PSYII.7.5 Evaluate strategies for coping with stress and promoting wellness.

Unit 8: Social Psychology

- PSYII.8.1 Explain factors that influence how individuals think about one another.
PSYII.8.2 Describe social factors that can influence individual behavior.
PSYII.8.3 Describe factors that can influence how individuals relate to each other

CITIZENSHIP GOALS

- Accepting responsibility for completing assignments and tasks
- Valuing the worth and dignity of all individuals
- Respecting the rights, property, beliefs and opinions of others
- Resolving conflicts through compromise or consensus
- Accepting the rights and responsibilities of citizenship
- Developing a positive self-image
- Appreciating one's place in society
- Appreciating the American culture and valuing its principles, beliefs and freedoms

SKILLS

- Study Skills
 - Taking organized and useful notes from lectures, discussions and varied sources of information
 - Using varied and diverse sources of information
- Chart/Graph Skills
 - Drawing inferences from charts, graphs, tables and maps
 - Using charts, graphs, tables and maps to organize, display and depict data
 - Making and interpreting special purpose maps
- Problem-Solving/Decision-Making Skills
 - Using the problem-solving approach to find a possible solution to a psychological problem
 - Stating hypotheses, analyzing and interpreting data and drawing conclusions
- Critical Thinking Skills
 - Recognizing stated and unstated assumptions
 - Evaluating conflicting sources of information
- Communication Skills
 - Preparing oral and written reports, projects and presentations
 - Listening actively to the ideas and thoughts of others
 - Contributing ideas and thoughts to class discussion

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For further information, please call (757) 263-1070

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