

Tick one box per statement: ☐ not yet ☐ nearly ☐ confident. / /

1. Biological Bases of Behavior

1.1 Interaction of Heredity and Environment

- ☐☐☐ Explain the relationship between heredity and environment in shaping behavior and mental processes.

1.2 Overview of the Nervous System

- ☐☐☐ Differentiate among the subsystems of the human nervous system and their functions.

1.3 The Neuron and Neural Firing

- ☐☐☐ Explain how the structures and functions of typical neurons in the central nervous system affect behavior and mental processes.
- ☐☐☐ Explain how the basic process of neural transmission is related to behavior and mental processes.
- ☐☐☐ Explain how psychoactive drugs affect behavior and mental processes.

1.4 The Brain

- ☐☐☐ Explain how the structures and functions of the brain apply to behavior and mental processes.

1.5 Sleep

- ☐☐☐ Explain how the sleep/wake cycle affects behavior and mental processes throughout the day and night.

1.6 Sensation

- ☐☐☐ Explain how the process of sensation is related to behavior and mental processes.
- ☐☐☐ Explain how the structures and functions of the visual sensory system relate to behavior and mental processes.
- ☐☐☐ Explain how the structures and functions of the auditory sensory system relate to behavior and mental processes.
- ☐☐☐ Explain how the structures and functions of the chemical sensory systems relate to behavior and mental processes.
- ☐☐☐ Explain how the structures and functions of the touch sensory system relate to behavior and mental processes.
- ☐☐☐ Explain how the structures and functions of the pain sensory system relate to behavior and mental processes.
- ☐☐☐ Explain how the structures and functions that maintain balance (vestibular) and body movement (kinesthetic) relate to behavior and mental processes.

2. Cognition

2.1 Perception

- ☐☐☐ Explain how internal and external factors influence perception.

- ☐☐☐ Explain how visual perceptual processes produce correct or incorrect interpretations of stimuli.

2.2 Thinking, Problem-Solving, Judgments, and Decision-Making

- ☐☐☐ Explain how psychological concepts and theories account for thinking, problem-solving, judgment, and decision-making.

2.3 Introduction to Memory

- ☐☐☐ Explain how the types, structures, and processes of memory work.

2.4 Encoding Memories

- ☐☐☐ Explain how different encoding processes work to get information into memory.

2.5 Storing Memories

- ☐☐☐ Explain how memory storage processes retain information in memory.

2.6 Retrieving Memories

- ☐☐☐ Explain how memory retrieval processes get information out of memory.

2.7 Forgetting and Other Memory Challenges

- ☐☐☐ Explain possible reasons why memory failure or errors may occur.

2.8 Intelligence and Achievement

- ☐☐☐ Explain how modern and historical theories describe intelligence.
- ☐☐☐ Explain how intelligence is measured.
- ☐☐☐ Explain how systemic issues relate to the quantitative and qualitative uses of intelligence assessments.
- ☐☐☐ Explain how academic achievement is measured and experienced as compared to intelligence.

3. Development and Learning

3.1 Themes and Methods in Developmental Psychology

- ☐☐☐ Explain how enduring themes inform developmental psychology.
- ☐☐☐ Describe ways cross-sectional and longitudinal research design methods used in developmental psychology inform understanding about behavior and mental processes.

3.2 Physical Development Across the Lifespan

- ☐☐☐ Explain how physical development before birth applies to behavior and mental processes.
- ☐☐☐ Explain how physical development in infancy and childhood apply to behavior and mental processes.
- ☐☐☐ Explain how physical development in adolescence applies to behavior and mental processes.
- ☐☐☐ Explain how physical development in adulthood applies to behavior and mental processes.

3.3 Gender and Sexual Orientation

- ☐☐☐ Describe how sex and gender influence socialization and other aspects of development.

3.4 Cognitive Development Across the Lifespan

- ☐☐☐ Explain how theories of cognitive development apply to behavior and mental processes.

3.5 Communication and Language Development

- ☐☐☐ Explain how key components of language and communication apply to behavior and mental processes.
- ☐☐☐ Explain how language develops in humans.

3.6 Social-Emotional Development Across the Lifespan

- ☐☐☐ Explain how social development relates to behavior and mental processes.

3.7 Classical Conditioning

- ☐☐☐ Explain how classical conditioning applies to behavior and mental processes.

3.8 Operant Conditioning

- ☐☐☐ Explain how operant conditioning applies to behavior and mental processes.

3.9 Social, Cognitive, and Neurological Factors in Learning

- ☐☐☐ Explain how social learning applies to behavior and mental processes.
- ☐☐☐ Explain how cognitive factors in learning apply to behavior and mental processes.

4. Social Psychology and Personality

4.1 Attribution Theory and Person Perception

- ☐☐☐ Explain how attribution theory applies to behavior and mental processes.
- ☐☐☐ Explain how locus of control (internal and external) applies to behavior and mental processes.
- ☐☐☐ Explain how person perception applies to behavior and mental processes.

4.2 Attitude Formation and Attitude Change

- ☐☐☐ Explain how stereotypes and implicit attitudes contribute to the behaviors and mental processes of prejudice and discrimination.
- ☐☐☐ Explain how belief perseverance and cognitive dissonance apply to attitude formation and change.

4.3 Psychology of Social Situations

- ☐☐☐ Explain how the social situation affects behavior and mental processes.
- ☐☐☐ Explain how being in a group can affect an individual's behavior and mental processes.
- ☐☐☐ Explain how prosocial behavior affects behavior and mental processes.

4.4 Psychodynamic and Humanistic Theories of Personality

- ☐☐☐ Explain how the psychodynamic theory of personality defines and assesses personality.
- ☐☐☐ Explain how the humanistic theory of personality defines and assesses personality.

4.5 Social-Cognitive and Trait Theories of Personality

- ☐☐☐ Explain how the social-cognitive theory of personality defines and assesses personality.

- ☐☐☐ Explain how trait theories of personality define and assess personality.

4.6 Motivation

- ☐☐☐ Explain how theories about motivation apply to behavior and mental processes.
- ☐☐☐ Explain how eating and belongingness motivate behavior and mental processes.

4.7 Emotion

- ☐☐☐ Explain how theories of emotion apply to behavior and mental processes.
- ☐☐☐ Explain how social norms and experiences influence the expression of emotions.

5. Mental and Physical Health

5.1 Introduction to Health Psychology

- ☐☐☐ Explain how health psychology addresses issues of physical health and wellness as they apply to behavior and mental processes.
- ☐☐☐ Explain how stress applies to behavior and mental processes.
- ☐☐☐ Explain how reactions to stress apply to behavior and mental processes.
- ☐☐☐ Explain how the ways that people cope with stress applies to behavior and mental processes.

5.2 Positive Psychology

- ☐☐☐ Explain how positive psychology approaches the study of behavior and mental processes.
- ☐☐☐ Explain how positive subjective experiences apply to behavior and mental processes.

5.3 Explaining and Classifying Psychological Disorders

- ☐☐☐ Describe the approaches used to define behaviors and mental processes as psychological disorders.
- ☐☐☐ Explain how psychological perspectives define psychological disorders.
- ☐☐☐ Explain how interaction models define psychological disorders.

5.4 Selection of Categories of Psychological Disorders

- ☐☐☐ Describe the symptoms and possible causes of selected neurodevelopmental disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected schizophrenic spectrum disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected depressive disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected bipolar disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected anxiety disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected obsessive-compulsive disorders and related disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected dissociative disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected trauma and stressor-related disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected feeding and eating disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected personality disorders.

5.5 Treatment of Psychological Disorders

- ☐☐☐ Describe research and trends in the treatment of psychological disorders.
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- ☐☐☐ Describe ethical principles in the treatment of psychological disorders.
- ☐☐☐ Describe techniques used with psychological therapies.
- ☐☐☐ Explain how group therapy is different from individual therapy.
- ☐☐☐ Describe effective uses of hypnosis.
- ☐☐☐ Describe interventions derived from the biological perspective.