

AP Psychology Course Overview

This is a popular YEAR LONG course taken the Junior or Senior Year at Lakewood!
Register NOW! There is NO prerequisite required – for many students this is their first AP class!

Mr. Stennes teaches the course with plenty of activities, discussions, and diverse methods - the goal is for students to learn the academic curriculum of a college *Introduction to Psychology* class while also accidentally learning a lot about themselves.

Typical homework is to read and take notes on 10 or so pages from the book (David Myers, *Psychology* (9th edition), Worth Publishers. The textbook is provided by the school and Mr. Stennes teaches a memory-boosting method of reading notes called QTDASC.

Tests consist of multiple choice tests with a partner (to encourage discussion and learning) and then a short answer “FRQ” essay without a partner. The whole class is designed to prepare students for the AP Exam in May. The AP Exam (on the first Monday of AP Exams) consists of 100 multiple choice questions and 2 short “FRQ” essays.

Unit Topic	Some of the things we will study:
History and Research methods	<ul style="list-style-type: none">- Psychology is not easily defined, but the best definition is the <i>science</i> of behavior and mental processes. Our first unit introduces how psychologists use <i>experiments</i> to answer the many interesting questions about psychology.
Memory	<ul style="list-style-type: none">- Types of memory, where are memories stored?, techniques to help memory, false memories, how reliable and accurate is our memory?, etc.
Developmental psychology	<ul style="list-style-type: none">- Intellectual, moral, and social development from birth and throughout the lifespan.
Sensation and perception	<ul style="list-style-type: none">- Students will study visual illusions, colors, smells, how we perceive information, mistakes we make, and why. Quickly answer: How many F's does the following passage in the box contain? <div data-bbox="696 1583 1183 1787" style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;"><p>Finished files are the result of years of scientific study combined with the experience of years.</p></div>- *see back for answer

States of consciousness	- Meaning of dreams, sleep stages, sleep disorders, hypnosis, drugs, addiction, and treatment.
Learning, Cognition, and Language	- Learning, heuristics, puzzles, learning disabilities, how do we solve problems?, what interferes with problem solving? For example: the average American watches television for nine years of our life – how does this impact behavior?
Intelligence	- Is there one intelligence or many intelligences?, what makes a person creative?, how do you measure intelligence?, Is it from genetics or environment?, etc.
Motivation	- 5 theories on why we do what we do and then case studies on the motivations for hunger, sex, and achievement in the work place.
Emotion	- How they work, happiness, stress, and healthiness.
The brain	- We will learn how our powerful brain is organized, how it works, key parts, and how incredibly important it is in understanding our behavior, etc.
Personality	- In this unit we will take many personality tests and determine our strengths and weaknesses. We will also study Freudian psychology, the origins of an individual's personality, and disorders.
Abnormal behavior	- Causes and characteristics of the many types of psychological disorders - Depressive disorders, schizophrenia, and Anxiety disorders (like PTSD and OCD).
Treatment of abnormal behavior	- The basics of group therapy, cognitive behavioral therapy, and biological therapy will be discussed and evaluated.
Social psychology	- This is often a favorite unit. Students will exam how and why people conform or obey, how groups impact behavior, and much more!

Contact Mr. Stennes if you have more questions: dstennes@jeffco.k12.co.us or in room A204