

## **Psychology II Learning Targets**

### **Units**

#### **I. Sensation, Perception and States of Consciousness (Modules 7-11)**

- 1A: I can define and apply the basic principles of sensation.
- 1B: I can explain the basic principles and concepts of perception and how it helps us understand what we sense.
- 1C: I can explain the basic elements of sleep and also its benefits, stages, explanations and disorders.
- 1D: I can define different psychoactive drugs and explain their effects.
- 1E: I can identify hypnosis and assess its effectiveness.

#### **II. Development (Modules 12-15)**

- 2A: I can explain the physical and cognitive developments that occur from the prenatal stage to childhood.
- 2B: I can describe the cognitive, social and physical developments that occur in adolescence.
- 2C: I can explore and analyze the social, cognitive, and physical changes that take place in early and late adulthood; including happiness and life satisfaction.
- 2D: I can identify the major theories and stages surrounding language development.

#### **III. Personality (Modules 29-30)**

- 5A: I can explain personality through both the psychodynamic and humanistic perspectives and how both theories have evolved.
- 5B: I analyze and describe the trait and social cognitive theories on personality

#### **IV. Motivation, Emotions, Stress, and Wellness (Modules 27, 28, 36, 37)**

- 4A: I can explain the major theories surrounding motivation.
- 4B: I can describe the basic elements of emotion, historical and modern approaches and what affects how people communicate emotions.
- 4C: I can explain stress and its effects on our physical health and behavior.
- 4D: I can analyze the research and ideas related to promoting wellness.

#### **V. Social Psychology (Modules 19-22)**

- 3A: I can explain how social thinking and influence contribute to the way we behave and make decisions while a part of a group.
- 3B: I can describe various types of social relations including attractiveness, aggression, generalized beliefs and group conflict.
- 3C: I can apply the importance of nature and nurture in a sociocultural context.
- 3D: I can explain the key ideas surrounding the psychology of culture and gender.