

Psychology I Can Statements

Objective
I can define the nine major parts of the brain and one function each controls
I can define the different parts of a neuron and explain how each part works
I can explain how neurons work in the central nervous system.
I can explain how neurotransmitters impact mental health.
I can explain how the central and peripheral nervous systems work, and how they are different.
I can explain how the endocrine system works, and how it is different than the nervous system.
I can identify and explain the function of the major hormones of the endocrine system.
I can identify the dream theorists and one distinctive feature of each of their theories.
I can identify the different stages of the sleep cycles and their particular features.
I can explain how sleep impacts mental health.
I can explain what hypnosis is, how it works, and what it is used for in terms of physical and mental health.
I can explain what biofeedback is, how it works, and what it is used for in terms of physical health.
I can explain what meditation is, identify one technique of meditation, and explain how it impacts mental and physical health.
I can define nature and nurture.
I can explain the nature/nurture debate that exists in psychology, and identify one strength and weakness of both sides of the argument, using evidence (including twin studies and the John/Joan study) and personal examples to support each argument.
I can define the 6 major branches of psychology.
Using one example of human behavior, I can explain how each of the 6 branches of psychology would explain that behavior.
I can define the different theories of motivation.
I can explain one human behavior using the different theories of motivation.
I can define the different theories of emotion.
I can explain one human behavior using the different theories of emotion.
I can define the different stages of memory and the different types of memory.
I can identify and give examples of each type of memory hindrance
I can identify and give examples of techniques to improve short-term memories.
I can explain Pavlov's experiment in classical conditioning (in my own words).
I can define UCS, UCR, CS, and CR, and identify those 4 parts in an example.

I can define operant conditioning and its elements (shaping, chaining, punishment, primary reinforcer, and secondary reinforcer).
Using an example, I can identify the major parts of operant conditioning being used.
I can define and give an example of the different types of social learning.
Objective
I can give a brief overview of the psychological disorders presented in class.
I can use technology and media to present information on a disorder assigned in class.
I can summarize some of the major causes of psychological disorders.
I can define the different types of therapy
Given examples of maladaptive behavior, I can choose a type of therapy most appropriate to help, and outline a therapy plan using that therapy's techniques.
I can use the diagnostic tools of the DSMV to analyze a patient case study.
I can list the Robust 5 personality traits, and Raymond Cattell's 16 source traits.
I can discuss the usefulness of personality testing, both in personal life and therapy.
I can define id, ego, super-ego, and give examples of each being modeled in behavior.
I can define the defense mechanisms, give examples of each, and identify which ones are being modeled.
I can define, give examples of, explain the origin, and indicate the pro's and con's of stereotypes
I can define attribution theory and the 3 attribution errors (and give examples of each).
I can define and give real-life examples of social inhibition, social facilitation, social loafing, group polarization, and groupthink.
I can define and give real-life examples of social norms.
I can discuss the impact of violating social norms on personal and social comfort
I can define and discuss the evidences for and against the existence of altruism.
I can summarize Asch's and Milgrim's study, in addition to one other significant sociological study.
I can define bystander effect and deindividuation, and discuss what causes them and way to prevent them.