

Instructor Preface

Student Preface: Skills for Student Success: How to Apply Psychology to Live Your Best Life

**CHAPTER 1: Thinking Critically With Psychological Science (Modules 1–3)**

1 The History and Scope of Psychology

2 Research Strategies: How Psychologists Ask and Answer Questions

3 Statistical Reasoning in Everyday Life

**CHAPTER 2: The Biology of Mind (Modules 4–7)**

4 Neural and Hormonal Systems

5 Tools of Discovery: Having Our Head Examined

6 Brain Regions and Structures

7 Damage Responses and Brain Hemispheres

**CHAPTER 3: Consciousness and the Two-Track Mind (Modules 8–10)**

8 Basic Consciousness Concepts

9 Sleep and Dreams

10 Drugs and Consciousness

**CHAPTER 4: Nature, Nurture, and Human Diversity (Modules 11–13)**

11 Behavior Genetics: Predicting Individual Differences

12 Evolutionary Psychology: Explaining Human Nature and Nurture

13 Cultural and Gender Diversity: Understanding Nature and Nurture

**CHAPTER 5: Developing Through the Life Span (Modules 14–17)**

14 Developmental Issues, Prenatal Development, and the Newborn

15 Infancy and Childhood

16 Adolescence and Emerging Adulthood

17 Adulthood

**CHAPTER 6: Sensation and Perception (Modules 18–20)**

18 Basic Concepts of Sensation and Perception

19 Vision: Sensory and Perceptual Processing

20 Hearing, Skin, Chemical, and Body Senses

**CHAPTER 7: Learning (Modules 21–23)**

21 Basic Learning Concepts and Classical Conditioning

22 Operant Conditioning

23 Biology, Cognition, and Learning

**CHAPTER 8: Memory (Modules 24–26)**

24 Studying and Encoding Memories

25 Storing and Retrieving Memories

26 Forgetting, Memory Construction, and Improving Memory

**CHAPTER 9: Thinking and Language (Modules 27–28)**

27 Thinking

28 Language and Thought

**CHAPTER 10: Intelligence (Modules 29–31)**

29 What Is Intelligence?

- 30 Intelligence Assessment and Dynamics
- 31 Genetic and Environmental Influences on Intelligence

**CHAPTER 11: What Drives Us: Hunger, Sex, Belongingness, and Achievement (Modules 32–35)**

- 32 Basic Motivational Concepts
- 33 Hunger
- 34 Sexual Motivation
- 35 Affiliation and Achievement

**CHAPTER 12: Emotions, Stress, and Health (Modules 36–40)**

- 36 Introduction to Emotion
- 37 Expressing Emotion
- 38 Experiencing Emotion
- 39 Stress and Illness
- 40 Health and Coping

**CHAPTER 13: Social Psychology (Modules 41–44)**

- 41 Social Thinking
- 42 Social Influence
- 43 Antisocial Relations
- 44 Prosocial Relations

**CHAPTER 14: Personality (Modules 45–47)**

- 45 Introduction to Personality and Psychodynamic Theories
- 46 Humanistic Theories and Trait Theories
- 47 Social-Cognitive Theories and the Self

**CHAPTER 15: Psychological Disorders (Modules 48–53)**

- 48 Introduction to Psychological Disorders
- 49 Anxiety Disorders, Obsessive Compulsive and Related Disorders, Trauma- and Stressor-Related Disorders, and Somatic Symptom and Related Disorders
- 50 Depressive Disorders and Bipolar Disorders
- 51 Schizophrenia
- 52 Dissociative, Personality, and Eating Disorders
- 53 Neurodevelopmental Disorders

**CHAPTER 16: Therapy (Modules 54–56)**

- 54 Introduction to Therapy and the Psychological Therapies
- 55 Evaluating Psychotherapies
- 56 The Biomedical Therapies and Preventing Psychological Disorders

Appendix A: The Story of Psychology: A Timeline

Appendix B: Career Fields in Psychology

Appendix C: Psychology at Work

Appendix D: Complete Module Reviews

Appendix E: Answers to Retrieval Practice and Module Test Questions