



**Online Courses for High School Students**  
1-888-972-6237

## **Personal Psychology II: Living in a Complex World**

Why do you sometimes remember song lyrics but can't remember where you left your phone, your keys, or even your shoes? How does language affect the way we think? Why is your personality so different from (or so similar) your brother's or sister's personality? Personal Psychology II: Living in a Complex World will you to explore what makes you 'you'. Why do some things motivate you more than others? How can you determine your IQ? If you've ever wanted to dive right into the depths of who you are and how you got to be you, jump on board and start your exploration now!

### **Course Highlights**

- Explore how we learn and remember. Investigate some common mental illnesses and their treatments.
- Examine the impact of stress on our emotions and mental health.
- Learn more about what influences your personality and emotions.

**Prerequisite:** Personal Psychology I

**Course Length:** One Semester

**Required Text:** There are no required textbook for this course.

**Materials List:** There are no required materials for this course.

## Course Outline

### **Unit 1: How We Learn**

In this unit, we will examine how the process of learning. We will think about what learning is and how it differs from natural knowledge. We will also consider several different theories of learning, including classical conditioning, operant conditioning and social learning such as modeling and vicarious conditioning. Finally, we will examine one technique that can help you learn written material better

### **Unit 2: Memory & Thought**

In this unit, we will discuss what memory is and what happens as we commit something to memory and recall it. We will discuss different types of memory, including sensory registers, short-term memory, and long-term memory, including factors that enhance and hinder memory at each level. We will also discuss common memory failures and disorders. Finally, we will discuss briefly how accurate our memories are and factors that influence this accuracy.

### **Unit 3: Thinking & Language**

In this unit, we will discuss thought and language. In doing so, we will look at what thinking is and how we categorize objects and situations in our minds. We will also examine decision making, problem solving, and reasoning, including the ways that we go about these mental processes and some of the problems that we may encounter as we do so. Finally, we will investigate the connections between thinking and language and examine the various elements of language.

### **Unit 4: Motivation and Emotion**

In this unit, we will examine the related areas of motivation and emotion. We'll discuss what motivation is and how different perspectives have thought about motivation. This will include perspectives on motivation such as Maslow's hierarchy of needs and self-determination theory. We will also discuss what emotions are and the three components that make up emotions. In doing so, we'll examine several theories which try to explain how emotions develop and relate to physiological functions.

### **Unit 5: Stress and Health**

In this unit, we will explore the areas of health and stress. In doing so, you will learn more about the history of health psychology and how the connection between mind and body was thought of through history. We will also discuss what stress is as well as the common stressors that individuals typically face in their lives. Finally, we will examine various coping mechanisms that individuals use to manage stress and its effects on our minds and bodies.

## **Unit 6: Personality and Individuality**

In this unit, we will discuss the topic of personality and why individuals have different personality traits. Psychologists have been very interested in how personality develops, the different traits that people have, and whether personality remains consistent throughout our lives. They have used various different approaches and theories to examine these issues. We will examine five of these approaches and how they explain aspects of personality. The approaches that we will discuss are the psychoanalytic, cognitive-social, trait, humanistic, and sociocultural theories.

## **Unit 7: Abnormal Psychology**

In this unit, we will discuss abnormal psychology. In doing so, we'll examine what psychopathology is and how abnormal behavior differs from normal behavior. We will also look at how abnormal behavior is classified and examine various types of psychological disorders, including anxiety, mood, personality, somatoform, and psychotic disorders.