

(Last Updated: May 14, 2024)

The IPSyO Syllabus is crafted in alignment with the National Standard for High School Curricula by APA. It encompasses "Introduction to Psychology and Scientific Inquiry" as foundational elements, along with five key domains.

Introduction to Psychology and Scientific Inquiry

1. Overview of Psychology

- Definition and Goals
- Early Schools of Thought
 - Structuralism
 - Functionalism
- Key Figures in Psychology
 - Wilhelm Wundt
 - William James
- Modern Perspectives
 - Psychodynamic
 - Behavioral Perspective
 - Cognitive Perspective
 - Humanistic Perspective
 - Biological Perspective
 - Evolutionary Perspective
 - Sociocultural Perspective

2. Scientific Inquiry and Research Methods

- The Scientific Method
 - Steps of the Scientific Method
 - Formulating Hypotheses
- Types of Research
 - Descriptive Research

- Correlational Studies
- Experimental Research
- Ethical Issues in Psychological Research
 - Informed Consent
 - Confidentiality
 - Ethical Guidelines
- Data Analysis and Interpretation
 - Statistical Methods
 - Interpreting Data
 - Reporting Research Findings

3. Research Design

- Introduction to Research Design
 - Definition and Importance
- Experimental Design
 - Independent and Dependent Variables
 - Control and Experimental Groups
 - Random Assignment
- Non-Experimental Design
 - Observational Studies
 - Case Studies
 - Surveys
- Validity and Reliability
 - Internal and External Validity
 - Measurement Reliability
- Sampling Methods
 - Probability Sampling
 - Non-Probability Sampling
- Data Collection Techniques
 - Surveys and Questionnaires
 - Interviews
 - Observations

Biological Bases of Behavior

1. Structure and Function of the Nervous System

- Neurons and Neurotransmission
- Central Nervous System (CNS)
 - Brain Structure and Function
 - Spinal Cord
- Peripheral Nervous System (PNS)
 - Somatic Nervous System
 - Autonomic Nervous System

2. Neurotransmitters and Their Functions

- Major Neurotransmitters
 - Dopamine
 - Serotonin
 - Acetylcholine
- Impact of Neurotransmitters on Behavior
- Disorders Related to Neurotransmitter Imbalance

3. The Brain and Behavior

- Brain Imaging Techniques
 - MRI, fMRI, PET
- Brain Structures and Their Functions
 - Cerebral Cortex
 - Limbic System
 - Brainstem
- Hemispheric Specialization

Cognition

1. Cognition

- Cognitive Process
- Thinking and Problem-Solving
 - Types of Thinking
 - Problem-Solving Strategies
 - Barriers to Effective Problem-Solving

- Decision Making
 - Rational and Intuitive Decision Making
 - Biases and Heuristics
- Language and Cognition

2. Memory

- Stages of Memory
 - Encoding
 - Storage
 - Retrieval
- Types of Memory
 - Short-Term Memory
 - Long-Term Memory
 - Working Memory
- Factors Affecting Memory
 - Memory Construction
 - Forgetting

3. Perception

- Sensory Processes
 - Sensory Systems
 - Sensory Adaptation
- Perceptual Processes
 - Gestalt Principles
 - Depth Perception
 - Perceptual Constancies

4. Intelligence

- Theories of Intelligence
 - Spearman, Gardner, Sternberg
- Intelligence Testing
 - IQ Tests
 - Cultural Considerations in Testing
- Heredity and Environment in Intelligence
 - Twin and Adoption Studies

Development and Learning

1. Life Span Development

- Theories of Development
 - Piaget's Cognitive Development
 - Erikson's Psychosocial Stages
 - Kohlberg's Moral Development
- Stages of Development
 - Prenatal Development
 - Childhood
 - Adolescence
 - Adulthood
- Influences on Development
 - Genetic Influences
 - Environmental Influences

2. Learning

- Classical Conditioning
 - Pavlov's Experiment
 - Principles of Classical Conditioning
- Operant Conditioning
 - Skinner's Operant Conditioning
 - Reinforcement and Punishment
- Observational Learning
 - Bandura's Social Learning Theory
 - Modeling and Imitation

3. Language

- Development of Language
 - Stages of Language Development
 - Critical Periods for Language Acquisition
- Theories of Language Acquisition
 - Nativist, Learning, and Interactionist Perspectives
- Language and Communication
 - Verbal and Nonverbal Communication

Social and Personality Psychology

1. Social Psychology

- Social Influence
 - Conformity, Compliance, and Obedience
 - Major Studies (Asch, Milgram)
- Group Behavior
 - Group Dynamics
 - Leadership and Decision Making
- Interpersonal Relationships
 - Attraction and Love
 - Aggression and Prosocial Behavior

2. Personality

- Theories of Personality
 - Psychoanalytic (Freud)
 - Trait Theories (Big Five)
 - Humanistic (Rogers, Maslow)
 - Social-Cognitive (Bandura)
- Personality Assessment
 - Objective Tests (MMPI, NEO-PI)
 - Projective Tests (Rorschach, TAT)
- Stability and Change in Personality
 - Longitudinal Studies
 - Factors Influencing Personality Change

3. Multiculturalism and Gender

- Cultural Influences on Behavior
 - Cross-Cultural Psychology
 - Cultural Relativism
- Gender Roles and Stereotypes
 - Gender Identity and Expression
 - Impact of Stereotypes
- The Impact of Diversity on Psychological Theory and Practice

- Intersectionality
- Multicultural Competence

4. Motivation and Emotion

- Theories of Motivation
 - Biological and Psychological Theories
 - Maslow's Hierarchy of Needs
- Biological and Psychological Aspects of Motivation
 - Hunger, Thirst, Sexual Motivation
- Theories of Emotion
 - James-Lange, Cannon-Bard, Schachter-Singer
- Expression and Regulation of Emotions
 - Emotional Intelligence
 - Coping Mechanisms

Mental and Physical Health

1. Psychological Disorders

- Classification of Disorders (DSM-5)
 - Anxiety Disorders
 - Mood Disorders
 - Psychotic Disorders
 - Personality Disorders
- Causes of Psychological Disorders
 - Biological, Psychological, and Sociocultural Factors
- Treatment of Psychological Disorders
 - Psychotherapy
 - Pharmacotherapy

2. Health Psychology

- Stress and Health
 - The Physiology of Stress
 - Coping Strategies
 - Impact of Stress on Health
- Health Behaviors and Lifestyle
 - Nutrition, Exercise, Substance Use

- Prevention and Intervention Programs
- The Role of Psychology in Medical Settings
 - Patient-Provider Interaction
 - Psychological Interventions in Chronic Illness

3. Therapies

- Types of Psychotherapy
 - Psychodynamic Therapy
 - Cognitive-Behavioral Therapy
 - Humanistic Therapy
- Biomedical Therapies
 - Medications
 - Electroconvulsive Therapy (ECT)
- Effectiveness of Psychotherapies
 - Evidence-Based Practices
 - Factors Influencing Therapy Outcomes