**Introduction to Psychology**

A picture containing wall, indoor

Description automatically generated

Open Educational Resources

Delta State University

Dr. Andrea Kunze & Dr. Jonathan Westfall

Table of Contents (\* Required Common Modules for PSY 101)

[Introduction to the Psychological Sciences 4](#_Toc123208172)

[**1.** **Introduction to Psychology\*** 4](#_Toc123208173)

[**2.** **History & Ethics in Psychology\*** 4](#_Toc123208174)

[**3.** **Psychological Research\*** 4](#_Toc123208175)

[**4.** **Statistics in Psychological Research\*** 4](#_Toc123208176)

[Biopsychology 5](#_Toc123208177)

[**5.** **The Nervous System\*** 5](#_Toc123208178)

[**6.** **The Endocrine (Hormone) System** 5](#_Toc123208179)

[**7.** **Basics of Consciousness\*** 5](#_Toc123208180)

[**8.** **States & Stages of Unconscious** 5](#_Toc123208181)

[**9.** **Altered States of Consciousness** 6](#_Toc123208182)

[Developmental Psychology 6](#_Toc123208183)

[**10.** **Lifespan Development Theories\*** 6](#_Toc123208184)

[**11.** **(Epi)genetics & Psychology\*** 6](#_Toc123208185)

[**12.** **Gender, Sex, and Sexuality\*** 6](#_Toc123208186)

[**13.** **Prenatal Development\*** 7](#_Toc123208187)

[**14.** **Infancy Through Child Development\*** 7](#_Toc123208188)

[**15.** **Adolescent Development\*** 7](#_Toc123208189)

[**16.** **The Emerging & Aging Adult\*** 7](#_Toc123208190)

[**17.** **Death & Dying** 8](#_Toc123208191)

[Sensation and Perception 8](#_Toc123208192)

[**18.** **Sensation & Perceptions\*** 8](#_Toc123208193)

[**19.** **Vision** 8](#_Toc123208194)

[**20.** **Hearing** 8](#_Toc123208195)

[**21.** **Other Senses** 8](#_Toc123208196)

[**22.** **Time & Multimodal Perception** 9](#_Toc123208197)

[**23.** **(In)attention\*** 9](#_Toc123208198)

[Cognitive Psychology 9](#_Toc123208199)

[**24.** **The Memory Process\*** 9](#_Toc123208200)

[**25.** **Problems With Memory\*** 9](#_Toc123208201)

[**26.** **Operant & Classical Conditioning\*** 9](#_Toc123208202)

[**27.** **Observational Learning & Other Influential Factors\*** 10](#_Toc123208203)

[**28.** **Thinking: Problem-solving & Decision-Making\*** 10](#_Toc123208204)

[**29.** **Thinking: Language & Communication\*** 10](#_Toc123208205)

[**30.** **Intellectual (dis)ability\*** 10](#_Toc123208206)

[**31.** **Creativity\*** 11](#_Toc123208207)

[Motivation and Emotions 11](#_Toc123208208)

[**32.** **Motivations: Types & Functions\*** 11](#_Toc123208209)

[**33.** **Emotions\*** 11](#_Toc123208210)

[Social and Personality Psychology 12](#_Toc123208211)

[**34.** **Personality: Theories & Traits\*** 12](#_Toc123208212)

[**35.** **Social Thinking & Influence\*** 12](#_Toc123208213)

[**36.** **Antisocial Behavior** 13](#_Toc123208214)

[**37.** **Prosocial Behavior** 13](#_Toc123208215)

[**38.** **Love & Attraction** 13](#_Toc123208216)

[Industrial/Organizational Psychology 13](#_Toc123208217)

[**39.** **Introduction to I/O Psychology** 13](#_Toc123208218)

[**40.** **Human Factors in Psychology** 14](#_Toc123208219)

[Psychological Health 14](#_Toc123208220)

[**41.** **Stress & Health Psychology\*** 14](#_Toc123208221)

[**42.** **Happiness & Positive Psychology** 14](#_Toc123208222)

[**43.** **Psychological Disorders: Diagnostics & Classifications\*** 15](#_Toc123208223)

[**44.** **Anxiety and OCD Related Disorders** 15](#_Toc123208224)

[**45.** **Mood Disorders** 15](#_Toc123208225)

[**46.** **Schizophrenia & Dissociative Disorders** 15](#_Toc123208226)

[**47.** **Personality Disorders** 15](#_Toc123208227)

[**48.** **Trauma & Addiction Disorders** 16](#_Toc123208228)

[**49.** **Childhood & Behavioral Disorders** 16](#_Toc123208229)

[**50.** **Psychological Treatment & Therapy\*** 16](#_Toc123208230)

# **Introduction to the Psychological Sciences**

## **Introduction to Psychology\***

**OpenStax**

* [1.1 What Is Psychology?](https://openstax.org/books/psychology-2e/pages/1-1-what-is-psychology)
* [1.3 Contemporary Psychology](https://openstax.org/books/psychology-2e/pages/1-3-contemporary-psychology)
* [1.4 Careers in Psychology](https://openstax.org/books/psychology-2e/pages/1-4-careers-in-psychology)

**NOBA**

* [Why Science?](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/why-science)
* [Thinking like a psychological scientist](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/thinking-like-a-psychological-scientist)

**Videos**

* <https://youtu.be/vo4pMVb0R6M>

## **History & Ethics in Psychology\***

**OpenStax**

* [1.2 History of Psychology](https://openstax.org/books/psychology-2e/pages/1-2-history-of-psychology)
* [2.4 Ethics](https://openstax.org/books/psychology-2e/pages/2-4-ethics)

**NOBA**

* [History of Psychology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/history-of-psychology)
* [The Replication Crisis in Psychology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-replication-crisis-in-psychology)

**Videos**

* <https://www.youtube.com/watch?v=zZ3l1jgmYrY>

## **Psychological Research\***

**OpenStax**

* [2.1 Why Is Research Important?](https://openstax.org/books/psychology-2e/pages/2-1-why-is-research-important)
* [2.2 Approaches to Research](https://openstax.org/books/psychology-2e/pages/2-2-approaches-to-research)

**NOBA**

* [Research Designs](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/research-designs)
* [Conducting Psych Research in Real World](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/conducting-psychology-research-in-the-real-world)

**Videos**

* <https://youtu.be/hFV71QPvX2I>

## **Statistics in Psychological Research\***

**OpenStax**

* [2.3 Analyzing Findings](https://openstax.org/books/psychology-2e/pages/2-3-analyzing-findings)

**NOBA**

* [Statistical Thinking](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/statistical-thinking)

**Videos**

* <https://youtu.be/sxQaBpKfDRk>

# **Biopsychology**

## **The Nervous System\***

**OpenStax**

* [3.2 Cells of the Nervous System](https://openstax.org/books/psychology-2e/pages/3-2-cells-of-the-nervous-system)
* [3.3 Parts of the Nervous System](https://openstax.org/books/psychology-2e/pages/3-3-parts-of-the-nervous-system)
* [3.4 The Brain and Spinal Cord](https://openstax.org/books/psychology-2e/pages/3-4-the-brain-and-spinal-cord)

**NOBA**

* [Neurons](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/neurons)
* [Nervous system](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-nervous-system)
* [Brain](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-brain)
* [Brain & Nervous System](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-brain-and-nervous-system)

**Videos**

* <https://www.youtube.com/watch?v=W4N-7AlzK7s>
* <https://www.youtube.com/watch?v=vHrmiy4W9C0>

## **The Endocrine (Hormone) System**

**OpenStax**

* [3.5 The Endocrine System](https://openstax.org/books/psychology-2e/pages/3-5-the-endocrine-system)

**NOBA**

* + [Hormones & Behavior](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/hormones-behavior)

## **Basics of Consciousness\***

**OpenStax**

* [4.1 What Is Consciousness?](https://openstax.org/books/psychology-2e/pages/4-1-what-is-consciousness)

**NOBA**

* [Consciousness](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/consciousness)
* [States of Consciousness](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/states-of-consciousness)

**Videos**

* <https://www.youtube.com/watch?v=jReX7qKU2yc>

## **States & Stages of Unconscious**

**OpenStax**

* + [4.2 Sleep and Why We Sleep](https://openstax.org/books/psychology-2e/pages/4-2-sleep-and-why-we-sleep)
  + [4.3 Stages of Sleep](https://openstax.org/books/psychology-2e/pages/4-3-stages-of-sleep)
  + [4.4 Sleep Problems and Disorders](https://openstax.org/books/psychology-2e/pages/4-4-sleep-problems-and-disorders)

**NOBA**

* [The Unconscious](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-unconscious)

**Videos**

* <https://www.youtube.com/watch?v=rMHus-0wFSo>

## **Altered States of Consciousness**

**OpenStax**

* [4.5 Substance Use and Abuse](https://openstax.org/books/psychology-2e/pages/4-5-substance-use-and-abuse)
* [4.6 Other States of Consciousness](https://openstax.org/books/psychology-2e/pages/4-6-other-states-of-consciousness)

**Videos**

* <https://www.youtube.com/watch?v=9PW1fwKjo-Y>

# **Developmental Psychology**

## **Lifespan Development Theories\***

**OpenStax**

* [9.1 What Is Lifespan Development?](https://openstax.org/books/psychology-2e/pages/9-1-what-is-lifespan-development)
* [9.2 Lifespan Theories](https://openstax.org/books/psychology-2e/pages/9-2-lifespan-theories)

**Videos**

* <https://www.youtube.com/watch?v=mhG-twzaE_g>
* <https://www.youtube.com/watch?v=aYCBdZLCDBQ>
* <https://www.youtube.com/watch?v=IhcgYgx7aAA&t>
* <https://www.youtube.com/watch?v=bounwXLkme4>

## **(Epi)genetics & Psychology\***

**OpenStax**

* [3.1 Human Genetics](https://openstax.org/books/psychology-2e/pages/3-1-human-genetics)

**NOBA**

* [Evolutionary Theories in Psychology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/evolutionary-theories-in-psychology)
* [Epigenetics](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/epigenetics-in-psychology)
* [Nature vs. Nurture Question](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-nature-nurture-question)

**Videos**

* <https://www.youtube.com/watch?v=kp1bZEUgqVI>
* <https://www.youtube.com/watch?v=_aAhcNjmvhc>
* <https://www.youtube.com/watch?v=tbSgU41FIac>

## **Gender, Sex, and Sexuality\***

**NOBA**

* [The Psychology of Human Sexuality](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-psychology-of-human-sexuality)
* [Human Sexual Anatomy and Physiology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/human-sexual-anatomy-and-physiology)
* [Gender](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/gender)

**Videos**

* <https://www.youtube.com/watch?v=Qymp_VaFo9M>
* <https://www.youtube.com/watch?v=Kqt-_ILgv5c>

## 

## **Prenatal Development\***

**OpenStax**

* [9.3 Stages of Development](https://openstax.org/books/psychology-2e/pages/9-3-stages-of-development)

**Videos**

* <https://www.youtube.com/watch?v=F_ssj7-8rYg>
* <https://www.youtube.com/watch?v=UA-Tk9qlG9A&t>

## **Infancy Through Child Development\***

**OpenStax**

* [9.3 Stages of Development](https://openstax.org/books/psychology-2e/pages/9-3-stages-of-development)

**NOBA**

* + [Attachment Through the Life Course](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/attachment-through-the-life-course)
  + [Cognitive Development in Childhood](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/cognitive-development-in-childhood)
  + [Social & Personality Development in Childhood](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/social-and-personality-development-in-childhood)

**Videos**

* <https://www.youtube.com/watch?v=8nz2dtv--ok>
* <https://www.youtube.com/watch?v=WjOowWxOXCg>
* <https://www.youtube.com/watch?v=fyO8pvpnTdE>

## **Adolescent Development\***

**OpenStax**

* [9.3 Stages of Development](https://openstax.org/books/psychology-2e/pages/9-3-stages-of-development)

**NOBA**

* + [Adolescent Development](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/adolescent-development)

**Videos**

* <https://www.youtube.com/watch?v=PzyXGUCngoU>
* <https://www.youtube.com/watch?v=MHs7vlcwRXY>

## **The Emerging & Aging Adult\***

**OpenStax**

* [9.3 Stages of Development](https://openstax.org/books/psychology-2e/pages/9-3-stages-of-development)

**NOBA**

* + [Emerging Adulthood](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/emerging-adulthood)
  + [The Family](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-family)
  + [The Developing Parent](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-developing-parent)
  + [Aging](file:////Users/andreakunze/Documents/DSU/Teaching/OpenStax%20%20•7.4What%20Are%20Intelligence%20and%20Creativity%3f%20%20NOBA%20%20•Creativity%20%20Videos%20%20•https://www.youtube.com/watch%3fv=cYhgIlTy4yY%20%20•https://www.youtube.com/watch%3fv=MTCOExd0hDk)

**Videos**

* <https://www.youtube.com/watch?v=narWy5Isbdw>
* <https://www.youtube.com/watch?v=QRw48_uCJ4Q>

## **Death & Dying**

**OpenStax**

* [9.4 Death and Dying](https://openstax.org/books/psychology-2e/pages/9-4-death-and-dying)

**Videos**

* <https://www.youtube.com/watch?v=YvZdXRP6Tig>

# **Sensation and Perception**

## **Sensation & Perceptions\***

**OpenStax**

* [5.1 Sensation versus Perception](https://openstax.org/books/psychology-2e/pages/5-1-sensation-versus-perception)

**NOBA**

* [Sensation & Perception](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/sensation-and-perception)

**Videos**

* <https://www.youtube.com/watch?v=unWnZvXJH2o>
* <https://www.youtube.com/watch?v=fxZWtc0mYpQ>

## **Vision**

**OpenStax**

* [5.2 Waves and Wavelengths](https://openstax.org/books/psychology-2e/pages/5-2-waves-and-wavelengths)
* [5.3 Vision](https://openstax.org/books/psychology-2e/pages/5-3-vision)

**NOBA**

* + [Vision](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/vision)

**Videos**

* <https://www.youtube.com/watch?v=o0DYP-u1rNM>

## **Hearing**

**OpenStax**

* [5.4 Hearing](https://openstax.org/books/psychology-2e/pages/5-4-hearing)

**NOBA**

* + [Hearing](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/hearing)

**Videos**

* <https://www.youtube.com/watch?v=Ie2j7GpC4JU>

## **Other Senses**

**OpenStax**

* [5.5 The Other Senses](https://openstax.org/books/psychology-2e/pages/5-5-the-other-senses)

**NOBA**

* + [Taste & Smell](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/taste-and-smell)
  + [Touch & Pain](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/touch-and-pain)
  + [Vestibular System](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-vestibular-system)

**Videos**

* <https://www.youtube.com/watch?v=mFm3yA1nslE>

## **Time & Multimodal Perception**

**NOBA**

* + [Time & Culture](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/time-and-culture)
  + [Multimodal Perception](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/multi-modal-perception)

**Videos**

* <https://www.youtube.com/watch?v=wwvkdqDoqdM>

## **(In)attention\***

**NOBA**

* + [Attention](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/attention)
  + [Inattentional Blindness](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/failures-of-awareness-the-case-of-inattentional-blindness)

**Videos**

* <https://www.youtube.com/watch?v=rMHus-0wFSo>

# **Cognitive Psychology**

## **The Memory Process\***

**OpenStax**

* [8.1 How Memory Functions](https://openstax.org/books/psychology-2e/pages/8-1-how-memory-functions)
* [8.2 Parts of the Brain Involved with Memory](https://openstax.org/books/psychology-2e/pages/8-2-parts-of-the-brain-involved-with-memory)

**NOBA**

* + [Memory (Encoding, Storage, and Retrieval)](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/memory-encoding-storage-retrieval)

**Videos**

* <https://www.youtube.com/watch?v=bSycdIx-C48&t>

## **Problems With Memory\***

**OpenStax**

* [8.3 Problems with Memory](https://openstax.org/books/psychology-2e/pages/8-3-problems-with-memory)
* [8.4 Ways to Enhance Memory](https://openstax.org/books/psychology-2e/pages/8-4-ways-to-enhance-memory)

**NOBA**

* + [Forgetting & Amnesia](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/forgetting-and-amnesia)
  + [Eye Witness Testimony and Memory Biases](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/eyewitness-testimony-and-memory-biases)

**Videos**

* <https://www.youtube.com/watch?v=HVWbrNls-Kw>

## **Operant & Classical Conditioning\***

**OpenStax**

* [6.1 What Is Learning?](https://openstax.org/books/psychology-2e/pages/6-1-what-is-learning)
* [6.2 Classical Conditioning](https://openstax.org/books/psychology-2e/pages/6-2-classical-conditioning)
* [6.3 Operant Conditioning](https://openstax.org/books/psychology-2e/pages/6-3-operant-conditioning)

**NOBA**

* + [Conditioning & Learning](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/conditioning-and-learning)

**Videos**

* <https://www.youtube.com/watch?v=qG2SwE_6uVM>

## **Observational Learning & Other Influential Factors\***

**OpenStax**

* + [6.4 Observational Learning (Modeling)](https://openstax.org/books/psychology-2e/pages/6-4-observational-learning-modeling)

**NOBA**

* + [Factors Influencing Learning](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/factors-influencing-learning)

**Videos**

* <https://www.youtube.com/watch?v=128Ts5r9NRE>
* <https://www.youtube.com/watch?v=XHIhkM1cAv4>

## **Thinking: Problem-solving & Decision-Making\***

**OpenStax**

* [7.1 What Is Cognition?](https://openstax.org/books/psychology-2e/pages/7-1-what-is-cognition)
* [7.3 Problem Solving](https://openstax.org/books/psychology-2e/pages/7-3-problem-solving)

**NOBA**

* + [Categories & Concepts](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/categories-and-concepts)
  + [Judgment & Decision-Making](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/judgment-and-decision-making)

**Videos**

* <https://www.youtube.com/watch?v=R-sVnmmw6WY>

## **Thinking: Language & Communication\***

**OpenStax**

* [7.2 Language](https://openstax.org/books/psychology-2e/pages/7-2-language)

**NOBA**

* + [Language & Language Use](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/language-and-language-use)

**Videos**

* <https://www.youtube.com/watch?v=s9shPouRWCs>
* <https://www.youtube.com/watch?v=u49uLLCUlEk>

## **Intellectual (dis)ability\***

**OpenStax**

* [7.4 What Are Intelligence and Creativity?](https://openstax.org/books/psychology-2e/pages/7-4-what-are-intelligence-and-creativity)
* [7.5 Measures of Intelligence](https://openstax.org/books/psychology-2e/pages/7-5-measures-of-intelligence)
* [7.6 The Source of Intelligence](https://openstax.org/books/psychology-2e/pages/7-6-the-source-of-intelligence)

**NOBA**

* + [Intelligence](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/intelligence)
  + [Emotional Intelligence](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/emotional-intelligence)
  + [Intellectual Abilities, Interests, and Mastery](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/intellectual-abilities-interests-and-mastery)

**Videos**

* <https://www.youtube.com/watch?v=9xTz3QjcloI>

## **Creativity\***

**OpenStax**

* + [7.4 What Are Intelligence and Creativity?](https://openstax.org/books/psychology-2e/pages/7-4-what-are-intelligence-and-creativity)

**NOBA**

* + [Creativity](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/creativity)

**Videos**

* <https://www.youtube.com/watch?v=cYhgIlTy4yY>
* <https://www.youtube.com/watch?v=MTCOExd0hDk>

# **Motivation and Emotions**

## **Motivations: Types & Functions\***

**OpenStax**

* [10.1 Motivation](https://openstax.org/books/psychology-2e/pages/10-1-motivation)
* [10.2 Hunger and Eating](https://openstax.org/books/psychology-2e/pages/10-2-hunger-and-eating)
* [10.3 Sexual Behavior](https://openstax.org/books/psychology-2e/pages/10-3-sexual-behavior)
* [11.4 Learning Approaches](https://openstax.org/books/psychology-2e/pages/11-4-learning-approaches)
* [11.5 Humanistic Approaches](https://openstax.org/books/psychology-2e/pages/11-5-humanistic-approaches)

**NOBA**

* + [Drive States](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/drive-states)
  + [Motives and Goals](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/motives-and-goals)
  + [Self-Efficacy](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/self-efficacy)

**Videos**

* <https://www.youtube.com/watch?v=9hdSLiHaJz8>
* <https://www.youtube.com/watch?v=O-4ithG_07Q>
* <https://www.youtube.com/watch?v=HLiasZwWTjA>
* <https://www.youtube.com/watch?v=_juPDoa3GBY>

## **Emotions\***

**OpenStax**

* [10.4 Emotion](https://openstax.org/books/psychology-2e/pages/10-4-emotion)

**NOBA**

* + [Functions of Emotions](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/functions-of-emotions)
  + [Culture & Emotions](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/culture-and-emotion)
  + [Knowledge Emotions](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/knowledge-emotions-feelings-that-foster-learning-exploring-and-reflecting)

**Videos**

* <https://www.youtube.com/watch?v=gAMbkJk6gnE>

# **Social and Personality Psychology**

## **Personality: Theories & Traits\***

**OpenStax**

* [11.1 What Is Personality?](https://openstax.org/books/psychology-2e/pages/11-1-what-is-personality)
* [11.2 Freud and the Psychodynamic Perspective](https://openstax.org/books/psychology-2e/pages/11-2-freud-and-the-psychodynamic-perspective)
* [11.3 Neo-Freudians: Adler, Erikson, Jung, and Horney](https://openstax.org/books/psychology-2e/pages/11-3-neo-freudians-adler-erikson-jung-and-horney)
* [11.5 Humanistic Approaches](https://openstax.org/books/psychology-2e/pages/11-5-humanistic-approaches)
* [11.6 Biological Approaches](https://openstax.org/books/psychology-2e/pages/11-6-biological-approaches)
* [11.7 Trait Theorists](https://openstax.org/books/psychology-2e/pages/11-7-trait-theorists)
* [11.8 Cultural Understandings of Personality](https://openstax.org/books/psychology-2e/pages/11-8-cultural-understandings-of-personality)
* [11.9 Personality Assessment](https://openstax.org/books/psychology-2e/pages/11-9-personality-assessment)

**NOBA**

* + [The Psychodynamic Perspective](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-psychodynamic-perspective)
  + [Personality Traits](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/personality-traits)
  + [Personality Stability & Change](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/personality-stability-and-change)
  + [Personality Assessment](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/personality-assessment)
  + [Self-regulation & Conscientiousness](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/self-regulation-and-conscientiousness)

**Videos**

* <https://www.youtube.com/watch?v=sUrV6oZ3zsk>
* <https://www.youtube.com/watch?v=IB1FVbo8TSs>
* <https://www.youtube.com/watch?v=VpX6ts5Z2cU>
* <https://www.youtube.com/watch?v=acg6HivAu5E>

## **Social Thinking & Influence\***

**OpenStax**

* [12.1 What Is Social Psychology?](https://openstax.org/books/psychology-2e/pages/12-1-what-is-social-psychology)
* [12.2 Self-presentation](https://openstax.org/books/psychology-2e/pages/12-2-self-presentation)
* [12.3 Attitudes and Persuasion](https://openstax.org/books/psychology-2e/pages/12-3-attitudes-and-persuasion)
* [12.4 Conformity, Compliance, and Obedience](https://openstax.org/books/psychology-2e/pages/12-4-conformity-compliance-and-obedience)

**NOBA**

* + [An Introduction to the Science of Social Psychology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/an-introduction-to-the-science-of-social-psychology)
  + [Research Methods in Social Psychology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/research-methods-in-social-psychology)
  + [Social Cognition & Attitudes](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/social-cognition-and-attitudes)
  + [Social Comparison](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/social-comparison)
  + [Psychology of Groups](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-psychology-of-groups)
  + [Persuasion](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/persuasion-so-easily-fooled)
  + [Conformity & Obedience](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/conformity-and-obedience)

**Videos**

* <https://www.youtube.com/watch?v=h6HLDV0T5Q8>
* <https://www.youtube.com/watch?v=UGxGDdQnC1Y>

## **Antisocial Behavior**

**OpenStax**

* [12.5 Prejudice and Discrimination](https://openstax.org/books/psychology-2e/pages/12-5-prejudice-and-discrimination)
* [12.6 Aggression](https://openstax.org/books/psychology-2e/pages/12-6-aggression)

**NOBA**

* + [Aggression and Violence](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/aggression-and-violence)
  + [Prejudice, Discrimination, and Stereotyping](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/prejudice-discrimination-and-stereotyping)

**Videos**

* <https://www.youtube.com/watch?v=7P0iP2Zm6a4>
* <https://www.youtube.com/watch?v=XoTx7Rt4dig>

## **Prosocial Behavior**

**OpenStax**

* [12.7 Prosocial Behavior](https://openstax.org/books/psychology-2e/pages/12-7-prosocial-behavior)

**NOBA**

* + [Helping and Prosocial Behavior](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/helping-and-prosocial-behavior)
  + [Positive Relationships](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/positive-relationships)
  + [Cooperation](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/cooperation)

**Videos**

* <https://www.youtube.com/watch?v=XoTx7Rt4dig>

## **Love & Attraction**

**NOBA**

* + [Love, Friendship, and Social Support](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/love-friendship-and-social-support)
  + [Attraction and Beauty](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/attraction-and-beauty)
  + [Biochemistry of Love](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/biochemistry-of-love)

**Videos**

* <https://www.youtube.com/watch?v=f_OPjYQovAE>
* <https://www.youtube.com/watch?v=169N81xAffQ>
* <https://www.youtube.com/watch?v=kpjeMaOirvg>

# **Industrial/Organizational Psychology**

## **Introduction to I/O Psychology**

**OpenStax**

* [13.1 What Is Industrial and Organizational Psychology?](https://openstax.org/books/psychology-2e/pages/13-1-what-is-industrial-and-organizational-psychology)
* [13.2 Industrial Psychology: Selecting and Evaluating Employees](https://openstax.org/books/psychology-2e/pages/13-2-industrial-psychology-selecting-and-evaluating-employees)
* [13.3 Organizational Psychology: The Social Dimension of Work](https://openstax.org/books/psychology-2e/pages/13-3-organizational-psychology-the-social-dimension-of-work)

**NOBA**

* + [Industrial/Organizational Psychology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/industrial-organizational-i-o-psychology)

**Videos**

* <https://www.ted.com/talks/jason_fried_why_work_doesn_t_happen_at_work>
* <https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe>

# 

## **Human Factors in Psychology**

**OpenStax**

* [13.1 What Is Industrial and Organizational Psychology?](https://openstax.org/books/psychology-2e/pages/13-1-what-is-industrial-and-organizational-psychology)
* [13.4 Human Factors Psychology and Workplace Design](https://openstax.org/books/psychology-2e/pages/13-4-human-factors-psychology-and-workplace-design)

**Videos**

* <https://www.youtube.com/watch?v=sujXaCtkCFo>

# **Psychological Health**

## **Stress & Health Psychology\***

**OpenStax**

* [14.1 What Is Stress?](https://openstax.org/books/psychology-2e/pages/14-1-what-is-stress)
* [14.2 Stressors](https://openstax.org/books/psychology-2e/pages/14-2-stressors)
* [14.3 Stress and Illness](https://openstax.org/books/psychology-2e/pages/14-3-stress-and-illness)
* [14.4 Regulation of Stress](https://openstax.org/books/psychology-2e/pages/14-4-regulation-of-stress)

**NOBA**

* + [Emotions & Wellbeing](file:////Users/andreakunze/Documents/DSU/Teaching/Emotion%20Experience%20and%20Well-Being%20By%20Brett%20Ford%20and%20Iris%20B.%20Mauss%20Emotions%20don’t%20just%20feel%20good%20or%20bad,%20they%20also%20contribute%20crucially%20to%20people’s%20well-being%20and%20health.%20In%20general,%20experiencing%20positive%20emotions%20is%20good%20for%20us,%20whereas%20experiencing%20negative%20emotions%20is%20bad%20for%20us.%20However,%20recent%20research%20…)
  + [The Healthy Life](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/the-healthy-life)

**Videos**

* <https://www.youtube.com/watch?v=4KbSRXP0wik>
* <https://www.youtube.com/watch?v=v-t1Z5-oPtU>
* <https://www.youtube.com/watch?v=WuyPuH9ojCE>

# 

## **Happiness & Positive Psychology**

**OpenStax**

* [14.5 The Pursuit of Happiness](https://openstax.org/books/psychology-2e/pages/14-5-the-pursuit-of-happiness)

**NOBA**

* [Positive Psychology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/positive-psychology)
* [Relationships & Wellbeing](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/relationships-and-well-being)
  + [Happiness: Science of Subjective Well-Being](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/happiness-the-science-of-subjective-well-being)
  + [Optimal Levels of Happiness](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/optimal-levels-of-happiness)

**Videos**

* <https://www.youtube.com/watch?v=8KkKuTCFvzI>

## **Psychological Disorders: Diagnostics & Classifications\***

**OpenStax**

* [15.1 What Are Psychological Disorders?](https://openstax.org/books/psychology-2e/pages/15-1-what-are-psychological-disorders)
* [15.2 Diagnosing and Classifying Psychological Disorders](https://openstax.org/books/psychology-2e/pages/15-2-diagnosing-and-classifying-psychological-disorders)
* [15.3 Perspectives on Psychological Disorders](https://openstax.org/books/psychology-2e/pages/15-3-perspectives-on-psychological-disorders)

**NOBA**

* + [History of Mental Illness](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/history-of-mental-illness)

**Videos**

* <https://www.youtube.com/watch?v=wuhJ-GkRRQc>

## **Anxiety and OCD Related Disorders**

**OpenStax**

* [15.4 Anxiety Disorders](https://openstax.org/books/psychology-2e/pages/15-4-anxiety-disorders)
* [15.5 Obsessive-Compulsive and Related Disorders](https://openstax.org/books/psychology-2e/pages/15-5-obsessive-compulsive-and-related-disorders)

**NOBA**

* + [Anxiety and Related Disorders](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/anxiety-and-related-disorders)
  + [Social Anxiety](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/social-anxiety)

**Videos**

* <https://www.youtube.com/watch?v=aX7jnVXXG5o>
* <https://www.youtube.com/watch?v=D64TZ-wcLCY>

## **Mood Disorders**

**OpenStax**

* [15.7 Mood and Related Disorders](https://openstax.org/books/psychology-2e/pages/15-7-mood-and-related-disorders)

**NOBA**

* + [Mood Disorders](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/mood-disorders)

**Videos**

* <https://www.youtube.com/watch?v=ZwMlHkWKDwM>

# 

## **Schizophrenia & Dissociative Disorders**

**OpenStax**

* [15.8 Schizophrenia](https://openstax.org/books/psychology-2e/pages/15-8-schizophrenia)
* [15.9 Dissociative Disorders](https://openstax.org/books/psychology-2e/pages/15-9-dissociative-disorders)

**NOBA**

* + [Schizophrenia Spectrum Disorders](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/schizophrenia-spectrum-disorders)

**Videos**

* <https://www.youtube.com/watch?v=uxktavpRdzU>

# 

## **Personality Disorders**

**OpenStax**

* [15.1 1Personality Disorders](https://openstax.org/books/psychology-2e/pages/15-11-personality-disorders)

**NOBA**

* + [Personality Disorders](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/personality-disorders)
  + [Psychopathy](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/psychopathy)

**Videos**

* <https://www.youtube.com/watch?v=4E1JiDFxFGk>

# 

## **Trauma & Addiction Disorders**

**OpenStax**

* [15.6 Posttraumatic Stress Disorder](https://openstax.org/books/psychology-2e/pages/15-6-posttraumatic-stress-disorder)
* [16.4 Substance-Related and Addictive Disorders: A Special Case](https://openstax.org/books/psychology-2e/pages/16-4-substance-related-and-addictive-disorders-a-special-case)

**Videos**

* <https://www.youtube.com/watch?v=343ORgL3kIc>
* <https://www.youtube.com/watch?v=eMVyZ6Ax-74>
* <https://www.youtube.com/watch?v=W-8jTTIsJ7Q>

## **Childhood & Behavioral Disorders**

**OpenStax**

* [15.1 0Disorders in Childhood](https://openstax.org/books/psychology-2e/pages/15-10-disorders-in-childhood)

**NOBA**

* + [ADHD and Behavioral Disorders](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/adhd-and-behavior-disorders-in-children)
  + [Autism: Insights from the Study of the Social Brain](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/autism-insights-from-the-study-of-the-social-brain)

**Videos**

* <https://www.youtube.com/watch?v=QkiW1tPP02s>
* <https://www.youtube.com/watch?v=j3PrAqJ-H9k>

## **Psychological Treatment & Therapy\***

**OpenStax**

* [16.1 Mental Health Treatment: Past and Present](https://openstax.org/books/psychology-2e/pages/16-1-mental-health-treatment-past-and-present)
* [16.2 Types of Treatment](https://openstax.org/books/psychology-2e/pages/16-2-types-of-treatment)
* [16.3 Treatment Modalities](https://openstax.org/books/psychology-2e/pages/16-3-treatment-modalities)
* [16.5 The Sociocultural Model and Therapy Utilization](https://openstax.org/books/psychology-2e/pages/16-5-the-sociocultural-model-and-therapy-utilization)

**NOBA**

* + [Therapeutic Orientations](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/therapeutic-orientations)
  + [Psychopharmacology](https://nobaproject.com/textbooks/introduction-to-psychology-the-full-noba-collection/modules/psychopharmacology)

**Videos**

* <https://www.youtube.com/watch?v=6nEL44QkL9w>
* <https://www.youtube.com/watch?v=w2efaHgJ93A>