# AP Psychology

**Syllabus Checklist · 大纲自查表**

Tick one box per statement: ☐ not yet ☐ nearly ☐ confident. 每条打一个勾：尚未掌握 / 快会了 / 有把握。

## 1. Biological Bases of Behavior 行为的生物学基础

### 1.1 Interaction of Heredity and Environment 遗传与环境的相互作用

☐☐☐ Explain the relationship between heredity and environment in shaping behavior and mental processes.

### 1.2 Overview of the Nervous System 神经系统概览

☐☐☐ Differentiate among the subsystems of the human nervous system and their functions.

### 1.3 The Neuron and Neural Firing 神经元与神经冲动

☐☐☐ Explain how the structures and functions of typical neurons in the central nervous system affect behavior and mental processes.

☐☐☐ Explain how the basic process of neural transmission is related to behavior and mental processes.

☐☐☐ Explain how psychoactive drugs affect behavior and mental processes.

### 1.4 The Brain 大脑

☐☐☐ Explain how the structures and functions of the brain apply to behavior and mental processes.

### 1.5 Sleep 睡眠

☐☐☐ Explain how the sleep/wake cycle affects behavior and mental processes throughout the day and night.

### 1.6 Sensation 感觉

☐☐☐ Explain how the process of sensation is related to behavior and mental processes.

☐☐☐ Explain how the structures and functions of the visual sensory system relate to behavior and mental processes.

☐☐☐ Explain how the structures and functions of the auditory sensory system relate to behavior and mental processes.

☐☐☐ Explain how the structures and functions of the chemical sensory systems relate to behavior and mental processes.

☐☐☐ Explain how the structures and functions of the touch sensory system relate to behavior and mental processes.

☐☐☐ Explain how the structures and functions of the pain sensory system relate to behavior and mental processes.

☐☐☐ Explain how the structures and functions that maintain balance (vestibular) and body movement (kinesthetic) relate to behavior and mental processes.

## 2. Cognition 认知

### 2.1 Perception 知觉

☐☐☐ Explain how internal and external factors influence perception.



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☐☐☐ Explain how visual perceptual processes produce correct or incorrect interpretations of stimuli.

### 2.2 Thinking, Problem-Solving, Judgments, and Decision-Making 思维、问题解决、判断与决策

☐☐☐ Explain how psychological concepts and theories account for thinking, problem-solving, judgment, and decision-making.

### 2.3 Introduction to Memory 记忆导论

☐☐☐ Explain how the types, structures, and processes of memory work.

### 2.4 Encoding Memories 记忆的编码

☐☐☐ Explain how different encoding processes work to get information into memory.

### 2.5 Storing Memories 记忆的存储

☐☐☐ Explain how memory storage processes retain information in memory.

### 2.6 Retrieving Memories 记忆的提取

☐☐☐ Explain how memory retrieval processes get information out of memory.

### 2.7 Forgetting and Other Memory Challenges 遗忘与其他记忆难题

☐☐☐ Explain possible reasons why memory failure or errors may occur.

### 2.8 Intelligence and Achievement 智力与成就

☐☐☐ Explain how modern and historical theories describe intelligence.

☐☐☐ Explain how intelligence is measured.

☐☐☐ Explain how systemic issues relate to the quantitative and qualitative uses of intelligence assessments.

☐☐☐ Explain how academic achievement is measured and experienced as compared to intelligence.

## 3. Development and Learning 发展与学习

### 3.1 Themes and Methods in Developmental Psychology 发展心理学的主题与研究方法

☐☐☐ Explain how enduring themes inform developmental psychology.

☐☐☐ Describe ways cross-sectional and longitudinal research design methods used in developmental psychology inform understanding about behavior and mental processes.

### 3.2 Physical Development Across the Lifespan 毕生的生理发展

☐☐☐ Explain how physical development before birth applies to behavior and mental processes.

☐☐☐ Explain how physical development in infancy and childhood apply to behavior and mental processes.

☐☐☐ Explain how physical development in adolescence applies to behavior and mental processes.

☐☐☐ Explain how physical development in adulthood applies to behavior and mental processes.

### 3.3 Gender and Sexual Orientation 性别与性取向

☐☐☐ Describe how sex and gender influence socialization and other aspects of development.

### 3.4 Cognitive Development Across the Lifespan 毕生的认知发展

- ☐☐☐ Explain how theories of cognitive development apply to behavior and mental processes.

### 3.5 Communication and Language Development 沟通与语言发展

- ☐☐☐ Explain how key components of language and communication apply to behavior and mental processes.
- ☐☐☐ Explain how language develops in humans.

### 3.6 Social-Emotional Development Across the Lifespan 毕生的社会性与情绪发展

- ☐☐☐ Explain how social development relates to behavior and mental processes.

### 3.7 Classical Conditioning 经典条件作用

- ☐☐☐ Explain how classical conditioning applies to behavior and mental processes.

### 3.8 Operant Conditioning 操作性条件作用

- ☐☐☐ Explain how operant conditioning applies to behavior and mental processes.

### 3.9 Social, Cognitive, and Neurological Factors in Learning 学习中的社会、认知与神经因素

- ☐☐☐ Explain how social learning applies to behavior and mental processes.
- ☐☐☐ Explain how cognitive factors in learning apply to behavior and mental processes.

## 4. Social Psychology and Personality 社会心理学与人格

### 4.1 Attribution Theory and Person Perception 归因理论与人际知觉

- ☐☐☐ Explain how attribution theory applies to behavior and mental processes.
- ☐☐☐ Explain how locus of control (internal and external) applies to behavior and mental processes.
- ☐☐☐ Explain how person perception applies to behavior and mental processes.

### 4.2 Attitude Formation and Attitude Change 态度的形成与改变

- ☐☐☐ Explain how stereotypes and implicit attitudes contribute to the behaviors and mental processes of prejudice and discrimination.
- ☐☐☐ Explain how belief perseverance and cognitive dissonance apply to attitude formation and change.

### 4.3 Psychology of Social Situations 社会情境心理学

- ☐☐☐ Explain how the social situation affects behavior and mental processes.
- ☐☐☐ Explain how being in a group can affect an individual's behavior and mental processes.
- ☐☐☐ Explain how prosocial behavior affects behavior and mental processes.

### 4.4 Psychodynamic and Humanistic Theories of Personality 精神动力学与人本主义人格理论

- ☐☐☐ Explain how the psychodynamic theory of personality defines and assesses personality.
- ☐☐☐ Explain how the humanistic theory of personality defines and assesses personality.

### 4.5 Social-Cognitive and Trait Theories of Personality 社会认知与特质人格理论

- ☐☐☐ Explain how the social-cognitive theory of personality defines and assesses personality.



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- ☐☐☐ Explain how trait theories of personality define and assess personality.

### 4.6 Motivation 动机

- ☐☐☐ Explain how theories about motivation apply to behavior and mental processes.
- ☐☐☐ Explain how eating and belongingness motivate behavior and mental processes.

### 4.7 Emotion 情绪

- ☐☐☐ Explain how theories of emotion apply to behavior and mental processes.
- ☐☐☐ Explain how social norms and experiences influence the expression of emotions.

## 5. Mental and Physical Health 心理健康与身体健康

### 5.1 Introduction to Health Psychology 健康心理学导论

- ☐☐☐ Explain how health psychology addresses issues of physical health and wellness as they apply to behavior and mental processes.
- ☐☐☐ Explain how stress applies to behavior and mental processes.
- ☐☐☐ Explain how reactions to stress apply to behavior and mental processes.
- ☐☐☐ Explain how the ways that people cope with stress applies to behavior and mental processes.

### 5.2 Positive Psychology 积极心理学

- ☐☐☐ Explain how positive psychology approaches the study of behavior and mental processes.
- ☐☐☐ Explain how positive subjective experiences apply to behavior and mental processes.

### 5.3 Explaining and Classifying Psychological Disorders 心理障碍的解释与分类

- ☐☐☐ Describe the approaches used to define behaviors and mental processes as psychological disorders.
- ☐☐☐ Explain how psychological perspectives define psychological disorders.
- ☐☐☐ Explain how interaction models define psychological disorders.

### 5.4 Selection of Categories of Psychological Disorders 心理障碍主要类别选介

- ☐☐☐ Describe the symptoms and possible causes of selected neurodevelopmental disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected schizophrenic spectrum disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected depressive disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected bipolar disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected anxiety disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected obsessive-compulsive disorders and related disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected dissociative disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected trauma and stressor-related disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected feeding and eating disorders.
- ☐☐☐ Describe the symptoms and possible causes of selected personality disorders.

### 5.5 Treatment of Psychological Disorders 心理障碍的治疗

- ☐☐☐ Describe research and trends in the treatment of psychological disorders.
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- ☐☐☐ Describe ethical principles in the treatment of psychological disorders.
- ☐☐☐ Describe techniques used with psychological therapies.
- ☐☐☐ Explain how group therapy is different from individual therapy.
- ☐☐☐ Describe effective uses of hypnosis.
- ☐☐☐ Describe interventions derived from the biological perspective.



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