This course is a general introduction to the scientific study of human behavior. An emphasis is placed upon learning, motivation, intelligence, feelings and emotions, personality, and methods of adjustment.

All DVDs are closed captioned.

Lesson 1 - Why Study Psychology?
Introduces psychology as a science of behavior and mental processes. It explains how understanding why we think and act as we do enhances our lives.

Lesson 2 - Research Methods in Psychology
Provides an overview of observational and descriptive research by illustrating how the scientific method is used to study the relationship between violent video games and aggression.

Lesson 3 - The Nervous System
Provides learning about the components of the nervous system and the methods used for studying the brain through the story of a hemispherectomy patient.

Lesson 4 - The Neuron and Neural Transmission
Illustrates how the brain communicates with the body by explaining what the neuron is, how it functions, and what happens to that communication when neurological disorders occur.

Lesson 5 - Sensation and Perception
Demonstrates how our senses gather information about the world around us. Perception is also covered in depth.

Lesson 6 – Consciousness
Illustrates how our consciousness and awareness vary throughout a typical day. It also explores the impact of circadian rhythms.

Lesson 7 - Learning: Classical and Operant Conditioning
Discusses Pavlov's classical conditioning experiment and how it demonstrates the process of learning by an association or relationship.

Lesson 8 - Learning: Observational and Cognitive Approaches
Discusses observational learning. The cognitive process of learning is illustrated using B.F. Skinner's research.

Lesson 9 – Memory
Answers the question of "What is memory?" and explains how our sense of identity relies on memories of personal history and connections with the people around us.
Lesson 10 - Language and Cognition
Explores the fact that most animals have the ability to communicate, but only humans have language, symbols for objects, actions, ideas, and feelings.

Lesson 11 – Intelligence
Explores what intelligence means in different environments and cultures and discusses nature versus nurture and the history and biases of intelligence testing.

Lesson 12 – Motivation
Offers an in-depth discussion of biological and social theories of motivation, intertwined with Bandura's presentation on the role of self-efficacy.

Lesson 13 – Emotions
Asks the following questions: What are emotions? Are they learned or are they innate? Are they expressed in the same way throughout most cultures?

Lesson 14 - Infant and Child Development
Provides an overview of Piaget's four stages of cognitive development.

Lesson 15 - Adolescent and Adult Development
Explains the significance of peer relationships and Kohlberg's moral development theory. Erikson's theory on human development and Kubler-Ross' five stages of dying and death complete the overview.

Lesson 16 - Gender and Sexuality
Explores the distinction between the terms sex and gender and describes the similarities and differences between men and women.

Lesson 17 - Personality Theories
Explores the three major theories of personality—Freudian, humanistic, and social-cognitive perspective—by examining the life of the former President of South Africa, Nelson Mandela.

Lesson 18 - Personality Traits
Looks at the ways we can evaluate and assess the many parts of our individual personalities.

Lesson 19 - Social Cognition
Focuses on how people form impressions of others and how people's behavior is affected by attitudes.

Lesson 20 – Attitudes
Analyzes the formation of attitudes and how they can be turned into prejudice. It also explores ways to prevent prejudice and how to appreciate individual and group diversity.

Lesson 21 - Group Influence
Influence explains individuality, group behavior, and deindividuation.

Lesson 22 - Stress, Health, and Coping
Chronicles a breast cancer survivor who employs successful coping strategies to aid in maintaining good health in stressful situations.
Lesson 23 - Understanding Psychological Disorders, Part 1
Presents research on obsessive/compulsive disorders, and examines the daily lives of patients with these disorders.

Lesson 24 - Understanding Psychological Disorders, Part 2
Examines schizophrenia, its symptoms, and types. It asks the question: Can some people who suffer from this disease live a relatively normal life?

Lesson 25 – Therapies
Examines four different styles of therapy treatment for mental disorders and discusses the role of each style of therapy.

Lesson 26 - Making Psychology Part of Your Life
Concludes the series by examining how psychology can be applied to all areas of our lives.