

Psychology: A Journey Los Angeles City College

Dennis Coon Santa Barbara City College



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About the Author



My first psychology course was taught by a woman whose intellect, warmth, and wisdom had a lot to do with my decision to major in psychology. In the years that followed, I was inspired and challenged by other gifted teachers. Their voices, as well as my own, can be heard throughout this book.

After earning a doctorate in psychology from the University of Arizona, Dennis Coon taught for 22 years at Santa Barbara City College, California. Throughout his career, Dr. Coon has especially enjoyed the challenge of teaching introductory psychology. He and his wife Sevren recently returned to Tucson, where he continues to teach, write, edit, and consult.

Dr. Coon is the author of **Introduction to Psychology**, as well as **Essentials of Psychology**. Together, these texts have been used by over 2 million students. Dr. Coon frequently serves as a reviewer and consultant to publishers, and he edited the best-selling trade book, **Choices**. He also helped design modules for **PsychNow!**, Wadsworth's interactive CD-ROM.

In his leisure hours, Dr. Coon enjoys hiking, photography, painting, woodworking, and music. He also designs, builds, and plays classical and steel string acoustic guitars. He has published articles on guitar design and occasionally offers lectures on this topic, in addition to his more frequent presentations on psychology. His recent return to Arizona has made it possible for him to fulfill a lifelong dream of using operant conditioning to teach scorpions to tap dance.



About the CD-ROM Content and Instructional Design Consultants

D. L. Seagle is an assistant professor of psychology at Chattanooga State Technical Community College in Chattanooga, Tennessee, and a certified school psychologist. She received a bachelor's degree from Emory & Henry College located in the Blue Ridge Mountains of Virginia and a master's degree from Middle Tennessee State University near Nashville. Professor Seagle, an active educational consultant for several private and public school systems, regards well-designed curriculum as one of the most important components in providing high-quality education for students of all ages.



Dr. K. H. Trotter received her Ph.D. in psychology, with a specialization in developmental psychology, from the University of Tennessee in 1996. She taught for several years as assistant professor at Chattanooga State and served as a behavior management specialist for the college's child development center. Currently, she teaches part time and works as a consultant developing software and other educational supplements.

► To the Student—The Journey Begins

Psychology is an exciting field. It is at once familiar, exotic, surprising, and challenging. Most of all, psychology is changing. Indeed, this book is just a "snapshot" of a colorful passing scene. Yet, change is what makes psychology especially fascinating: What, really, could be more intriguing than our evolving understanding of human behavior?

Psychology is about each of us. Psychology asks, "How can we step outside of ourselves to look objectively at how we live, think, feel, and act?" Psychologists believe the answer is through careful thought, observation, and inquiry. As simple as that may seem, it is the guiding light for all that follows in this text.

Each chapter of this book will take you into a different realm of psychology, such as personality, abnormal behavior, memory, consciousness, or human development. Each realm is complex and fascinating in its own right, with many pathways, landmarks, and even interesting detours, to be discovered. The title of this book, *Psychology: A Journey*, reflects the fact that learning is an adventure. Like any journey of discovery, your "tour" of psychology will help you to better understand yourself, others, and the world around you. It's definitely a trip worth taking.

I sincerely hope you will find human behavior as fascinating as I do. In the pages that follow, I have done all that I could imagine to make your first journey through psychology enjoyable and worthwhile.

Getting Started

A special CD-ROM has been included with this book to help you learn more about your-self and human behavior. *Psychology: An Interactive Journey* will make it easier for you to study, review, test yourself, relate new ideas to your own life, and directly experience psychology through interactive exercises. You'll also find valuable guidelines for effective reading, note taking, test taking, and time management. These study skills will help you get the most out of this text and your psychology course. Additional tips tell how to use the Internet, electronic databases, and CDs to extend your journey through psychology.

As you explore psychology, I hope the delight I have found in my own students' curiosity, insights, imagination, and interests will be apparent. Please view this book as a long letter from me to you. It is, in a very real sense, written about you, for you, and to you.

► To the Instructor—A Concise Survey of Psychology

This text is based on *Introduction to Psychology: Gateways to Mind and Behavior*, now in its ninth edition. *Introduction to Psychology* revolutionized textbooks by using psychological principles to help students learn more effectively. The innovations found in *Introduction to Psychology* have been so widely emulated that they are now regarded as standard features in psychology texts.

Psychology: A Journey was written to provide a concise, but complete, first course in psychology. It is organized into 14 chapters so that the entire field can be covered in a single term, at a pace of one chapter per week. Journey's brevity prompted me to select only the very "best" material from the many topics that could be presented. Nevertheless, Journey manages to cover not only essential topics at the core of psychology, but also many others at the cutting edge of current knowledge. Moreover, this is not just an edited book. New information, ancedotes, perspectives, and narratives appear throughout. The result is a concise text that is readable, manageable, informative, and motivating.

Text-Specific CD-ROM

Psychology: A Journey, is accompanied by an exciting new in-text CD-ROM, called Psychology: An Interactive Journey. The CD was created by Content and Instructional Design Consultants D. L. Seagle and K. H. Trotter, to enliven students' learning experiences. Interactive, CD-based instruction is an ideal way to bring psychology to life for the current, technologically attuned generation of college students. In essence, Psychology: An Interactive Journey serves as a "tour guide" for students, as they make their first foray into psychology. Professors Seagle and Trotter are enthusiastic users of instructional technologies in their own courses. Their expertise and talents are readily apparent in the CD they have produced. (The specific features of Psychology: An Interactive Journey are described later in this Preface.)

Readability and Narrative Emphasis

Selecting a textbook is half the battle in teaching a successful course. A good text does much of the work of imparting information to students. This frees class time for discussion, extra topics, or media presentations. It also leaves students asking for more. When a book overwhelms students or cools their interest, teaching and learning suffer.

Growing numbers of students who enter introductory courses are poor or reluctant readers. No matter how interesting a text may be, its value is lost if students fail to read it. That's why I've worked hard to make this a clear, readable, and engaging text. I want students to read this book with genuine interest and enthusiasm, not merely as an obligation.

To encourage students to read, I made a special effort to weave narrative threads through every chapter. Everyone loves a good story, and the story of psychology is among the most compelling to be told. In every chapter of *Journey*, I have used intriguing anecdotes and running examples to propel reading and sustain interest. Near the end of each chapter, an Epilogue brings the narrative full circle. This provides closure and some final food for thought, as students complete their "journey" through each realm of psychology.

Practical Applications

An important question to ask about introductory psychology is, "What will students remember next year? Or in 10 years?" Consequently, *Psychology: A Journey* is designed to give students a clear grasp of major concepts, without burying them in details. At the same time, it offers a broad overview that reflects psychology's rich heritage of ideas. I think students will find this book informative and intellectually stimulating. Moreover, I have emphasized the many ways that psychology relates to practical problems in daily life.

A major feature of this book is the *Psychology in Action* section found in each chapter. These high-interest discussions bridge the gap between theory and practical applications. I believe it is fair for students to ask, "Does this mean anything to me? Can I use it? Why should I learn it if I can't?" The Psychology in Action features spell out how students can use psychology to solve problems and manage their own behavior. This allows students to see the benefits of adopting new ideas, and it breathes life into psychology's concepts.

An Integrated Study Guide

The chapters of this text are divided into short segments by special features called Knowledge Builders. There, students are asked to relate concepts to their own experiences, to quiz themselves, and to think critically about the principles they are learning. In addition, each chapter concludes with a feature called Chart Your Progress. The multiple-choice questions in Chart Your Progress provide a way for students to judge how well they are doing in their studies by taking a sample test at the end of the chapter.

Taken together, the Knowledge Builders and Chart Your Progress are essentially an integrated study guide. The text-specific CD that accompanies this book includes additional exercises and self-testing materials, also closely integrated with the text. If students would like even more feedback and practice, printed *Chapter Quizzes* can be bundled with this text, a traditional *Study Guide* is available, and students can use a Web site called *Web Tutor Advantage* to take online quizzes or practice with electronic flashcards.

Electronic Resources

To encourage further explorations, inquiring students will find a section called *Psychology on the Net* at the end of each chapter of this book. The URLs listed there will take students to interesting sites on the Internet. Each list also directs students to relevant articles in *InfoTrac® College Edition*, Wadsworth's exclusive online college library. All chapters include a list of relevant modules in *PsychNow!* and *Psyk.trek*. These excellent CD-ROMs from Wadsworth offer an assortment of interactive learning experiences, animations, and simulations.

A Format for Learning

I have incorporated many learning aids into this text because I believe that students can use psychological principles to study more effectively. Specifically, each chapter in *Psychology: A Journey* includes the following elements:

Psychologist's Journal

Survey Questions

Major Topics

Guide Questions

Survey Questions (in margins)

Running Glossary (in margins)

Using Psychology (highlight box)

Focus on Research (highlight box)

Human Diversity (highlight box)

Figures

Tables

Knowledge Builders

Relate

Learning Check

Critical Thinking

Answers

Psychology in Action

Guide Questions

Survey Questions (in margins)

Running Glossary (in margins)

Figures

Tables

Knowledge Builder

Relate

Learning Check

Critical Thinking

Answers

Epilogue (Psychologist's Journal, revisited)

Chapter in Review

Major Points

Summary (with Survey Questions)

Psychology on the Net

Web sites and URLs

InfoTrac College Edition

Interactive Learning

PsychNow! modules

Psyk.trek modules

Chart Your Progress

Practice Test Items

How Chapter Features Support the SQ4R Method

This text is designed around the SQ4R study-reading method. In addition to helping students learn psychology, its format promotes valuable study skills. Notice how the steps of the SQ4R method—survey, question, read, recite, relate, and review—are incorporated into the chapter structure.

Survey My goal in the initial pages of each chapter is to help students form a cognitive map of upcoming topics before they start reading. To begin, an entry in my own "Psychologist's Journal" serves as a high-interest preview of the chapter. The Psychologist's Journal presents anecdotes, personal observations, news clippings, or interesting quotations. These "entries" focus attention on upcoming topics, so that students will read with a purpose. In many cases, the Psychologist's Journal also sets up running examples that are woven through chapters.

The Psychologist's Journal is followed by a list of Survey Questions that provide a more focused overview of the chapter. The same Survey Questions appear again in the main body of the text to help students structure their learning. Later, the Survey Questions are used to organize the chapter Summary, and they appear on the in-text CD and in the *Study Guide*. In this way, students are given a consistent framework to utilize as their knowledge grows.

Question Throughout each chapter, italicized Guide Questions serve as advance organizers to prompt students to look for important ideas as they read. Advance organizers promote active learning by combining studying and reading. Guide Questions also establish a dialogue that anticipates students' questions and reactions. This clarifies difficult points, in a lively give-and-take between questions and responses.

Read In terms of formal readability measures, this as a highly readable text. To further aid comprehension, I've used a full array of traditional learning aids. These include: boldface terms (with phonetic pronunciations), bullet summaries, a robust illustration program, summary tables, a name index, a subject index, and a detailed Glossary. As an additional aid, figure references in the text are marked with small colored triangles. These "placeholders" make it easier for students to return to the point where they interrupted their reading, after they pause to view a figure.

A Running Glossary aids understanding by providing precise definitions directly in the margins. In this way, students get clear definitions when and where they need them. The Running Glossary also makes it easier for students to find, study, and review important terms.

Several times per chapter, boxed highlights discuss recent research, human diversity, and how to apply psychology. These highlights are stimulating but non-intrusive supplements to the main text. They enrich the presentation and encourage students to think about what they are learning.

Recite Every few pages, a Knowledge Builder provides opportunities for students to test their understanding and recall of psychological principles. As noted earlier, Knowledge Builders are essentially a built-in study guide. Each includes a Learning Check, which is a short, non-comprehensive quiz. Learning Checks help students actively process information and assess their progress. Students who miss any questions are encouraged to backtrack and clarify their understanding before they read more. In this way, completing Learning Checks serves as a form of recitation to enhance learning.

Relate Cognitive psychologists tell us that elaborative rehearsal is one of the best ways to form lasting memories. Elaborative rehearsal increases the meaningfulness of new information by relating it to existing, familiar knowledge. To help students use elaborative rehearsal, each Knowledge Builder includes a series of "Relate" questions. These questions encourage students to associate new concepts with meaningful personal experiences and prior knowledge.

A course in psychology naturally contributes to critical thinking. To further promote critical thinking abilities, each Knowledge Builder includes one or more Critical Thinking questions. These questions challenge students to think critically and analytically about psychology. Each is followed by a brief answer with which students can compare their own thoughts. Many of the answers are based on research and are informative in their own right.

Review As noted above, all important terms appear in a Running Glossary, which aids review. As also noted, a Psychology in Action section completes each chapter. These features show students how psychological concepts relate to practical problems, including problems in their own lives. The information in the Psychology in Action features helps reinforce learning by illustrating psychology's practicality. These discussions also encourage students to review and extend the ideas they have learned.

To complete the review phase of the SQ4R method, the Chapter in Review section restates all of the major ideas presented earlier. This section includes a list of Major Points that summarize the "take home" concepts every student should be able to remember 10 years after reading this text. Next, a point-by-point Summary provides a detailed synopsis of the chapter. As mentioned before, the Summary is organized around the same Survey Questions found at the beginning of the chapter. This brings the SQ4R process full circle and reinforces the learning objectives for the chapter. Every chapter concludes with Chart Your Progress, the brief multiple-choice test described earlier. Students who miss any questions are urged to review further, using various supplements available with this text.

Human Diversity

Student populations increasingly reflect the multicultural, multifaceted nature of contemporary society. In *Psychology: A Journey* students will find numerous discussions of human diversity, including differences in race, ethnicity, culture, gender, abilities, sexual orientation, and age. Too often, such differences needlessly divide people into opposing groups. My aim throughout this text is to discourage stereotyping, prejudice, discrimination, and intolerance. I've tried to make this book gender neutral and sensitive to diversity issues. All pronouns and examples involving females and males are equally divided by gender. In artwork, photographs, and examples, I have tried to portray the rich diversity of humanity.

Many topics and examples in this book encourage students to appreciate social, physical, and cultural differences and to accept them as a natural part of being human. The topics listed in Table 1 illustrate the diversity content to be found in *Psychology: A Journey* (page numbers are shown in parentheses). Other discussions of diversity appear in the following highlight boxes:

Human Diversity: Women in Psychology Human Diversity: His and Her Brains?

Human Diversity: Ethnic Differences in Child-Rearing-Three Flavors

of Parenting

Human Diversity: Consciousness and Culture

Human Diversity: College Students—They're All Alike! Human Diversity: Gestural Language—A Voice for the Deaf Human Diversity: The Bell Curve: Race, Culture, and IQ

Human Diversity: Cultural Differences in Emotion

Human Diversity: Self-Esteem and Culture—Hotshot or Team Player?

Human Diversity: The Politics of Madness

Human Diversity: Running Amok with Cultural Maladies

Human Diversity: Cultural Issues in Counseling and Psychotherapy

Critical Thinking

The active, questioning nature of the SQ4R method is, in itself, an inducement to think critically. Many of the Guide Questions that introduce topics in the text act as models of critical thinking. More important, Chapter 1 contains a brief discussion of critical thinking skills and a rational appraisal of pseudo-psychologies. In reality, the presentation of

Table 1 Human Diversity in Psychology: A Journey

Chapter 1: Psychology: The Search for Understanding

- Cultural psychology (4)
- Women in psychology (9)
- Human diversity, appreciating social and cultural differences (12)
- The impact of culture (12)
- Cultural relativity (12)
- A broader view of diversity (12)
- Human diversity and representative samples (27)

Chapter 2: Brain and Behavior

- Nerve grafting for people with spinal injuries (45, 47)
- Male-female differences in brain lateralization (58)
- Hypopituitary dwarfism (63)

Chapter 3: Human Development

- Ethnic differences in child-rearing (91)
- The relationship between culture and babbling (93)
- · Parentese in different cultures (95)
- · Piagetian stages and cultural influences (100)
- Sociocultural influences on cognitive development (Vygotsky) (101)

Chapter 4: Sensation and Perception

- Culture and pain (130)
- Culture and the Müller-Lyer illusion (147)
- Cross-racial perceptions (eyewitness accuracy) (154)

Chapter 5: States of Consciousness

States of consciousness and culture (164)

Chapter 6: Conditioning and Learning

 Comparing U.S. television content with cultures that limit televised violence (231)

Chapter 7: Memory

 Labeling and the ability to remember people from other ethnic groups (258)

Chapter 8: Cognition, Intelligence, and Creativity

- Social stereotypes and cognition (281)
- Linguistic misunderstandings between cultures (282)
- Cultural differences in the use of phonemes (282)
- The deaf community and gestural languages (283)
- Cultural barriers to problem solving (289)
- Culture-fair IQ tests (294)

- Sex and IQ (296)
- The developmentally disabled (297)
- · Race, culture, ethnicity, and intelligence (299)
- A critique of The Bell Curve (299)

Chapter 9: Motivation and Emotion

- Cultural values and food preferences (321)
- Pain avoidance and cultural conditioning (325)
- Sexual orientation (326)
- Psychosexual differences between men and women (328)
- The influence of culture on expressing emotions (343)
- · Cultural differences in the occurrence of emotion (344)
- Gender differences in emotion (344)
- Cultural learning and body language (345)

Chapter 10: Personality

- · Self-esteem and culture (361)
- Social learning of male and female traits (375)
- Androgyny (376)

Chapter 12: Psychological Disorders

- How gender and culture affect judgments of psychopathology (438)
- Cultural relativity of "abnormality" (439)
- Culture-specific psychological "disorders" (442)
- Sex differences in rates of clinical depression (464)

Chapter 13: Therapies

Cultural issues in counseling and psychotherapy (499)

Chapter 14: Social Behavior

- Male-female differences in mate preferences (518)
- Male-female differences in loving and liking (518)
- Evolutionary perspectives on male and female mate selection (519)
- Racial prejudice and discrimination (538)
- Ethnocentrism (539)
- Social stereotypes (539)
- Symbolic prejudice (540)
- Experiments in creating and reducing prejudice (540)
- Multiculturalism (550)
- Breaking the prejudice habit (550)
- Cultural awareness (551)

research methods in Chapter 1 is a short course on how to think clearly about behavior. It is supplemented by suggestions about how to critically evaluate claims in the popular media. Chapter 8, "Cognition, Intelligence, and Creativity," discusses many topics that focus on thinking skills. Throughout the text, many boxed highlights promote critical thinking and healthy skepticism. As mentioned earlier, every Knowledge Builder includes Critical Thinking questions. The *Psychology: An Interactive Journey* CD identifies controversies in psychology and shows students how to use *InfoTrac College Edition* to investigate the underlying issues. Taken together, these features will help students gain thinking skills of lasting value.

Positive Psychology

In January 2000, Martin E. P. Seligman and Mihaly Csikszentmihalyi co-edited a special issue of *American Psychologist* devoted to optimal functioning, happiness, and "positive psychology." Over the past 100 years, psychologists have paid ample attention to the negative side of human behavior. This is easy to understand because we urgently need to find remedies for human problems. However, Seligman and Csikszentmihalyi have urged us to also study positive psychology. What do we know, for instance, about love, happiness, creativity,

well being, self-confidence, and achievement? Throughout this book, I have attempted to answer such questions for students. Table 2 identifies some of the topics in positive psychology found in this text (page numbers are in parentheses). My hope is that students who read this book will gain an appreciation for the potential we all have for optimal functioning. Also, of course, I hope that they will leave introductory psychology with emotional and intellectual tools they can use to enhance their lives.

Table 2
Positive
Psychology
in
Psychology:
A Journey

Altruism and helping behavior (547)
Androgyny and adaptability (376)
Appreciating human diversity (12, 550)
Characteristics of the gifted (296)
Constructive child discipline (91, 106)
Dreams and creativity (195)

Elements of positive mental health (478)

Emotional intelligence (349) Enhancing creativity (307) Enriching early development (78) Exceptional memory (254)

Facilitating cognitive development in children (99) Friendship and interpersonal attraction (516)

Fully functioning person (380)

Happiness (351)

Hardiness and happiness (422) Health-promoting behaviors (400)

Health-promoting conditions in therapy (496)

Helping behaviors (498) High achievers (334)

Hope (416)

Humanistic psychology and self-actualization (10)

Improving memory (265)

Intrinsic motivation and creativity (337)

Jigsaw classrooms (542)

Loving and liking (518)

Maslow and self-actualization (378)

Meditation (178)

Meta-needs and self-actualization (336)

Multiculturalism (550) Multiple intelligences (297) Optimal caregiving (89) Peak experience (379) Peak performance (335) Perceptual awareness (155)

Promoting secure attachment (87)
Promoting self-esteem in children (92)

Prosocial behavior (547) Psychology of creativity (301)

Psychology of well-being and happiness (352)

Quality day care (87)

Repair of brain damage (45, 70)

Self-confidence (335) Self-esteem (361)

Self-regulated learning (235) Successful aging (104) Superordinate goals (541)

Wellness (404)

Psychology: An Interactive Journey CD-ROM

New technologies are making it possible for students to relate to information in ways that supplement or even transcend traditional textbook presentations. I am very pleased that this book includes the new *Psychology: An Interactive Journey* CD, mentioned earlier. This resource gives students a wonderful way to interact with ideas and concepts. The information in *Psychology: An Interactive Journey* is closely coordinated with this text. Each chapter includes the following features.

Introduction

This section highlights a short, high-interest excerpt from the text to orient students to the topics that will be presented on the CD.

Pretest

The multiple-choice questions in the Pretest allow students to assess their knowledge prior to reading a chapter in the text. Alternatively, they can test themselves after they have done a reading assignment. In that case, the Pretest serves as a prelude to doing the the exercises on the CD, and it allows students to compare their scores on the Pretest to their performance on a Posttest. The Pretest is self-scoring and provides immediate feedback.

Chapter Overview (with Electronic Flashcards)

This section repeats the Survey Questions and the Chapter Summary from the text. Students can use this information to get an overview of major topics and consolidate their understanding. In addition, this section includes electronic Flashcards for all of the major terms presented in the text. The Flashcard feature is an excellent way for students to learn definitions and refine their technical vocabulary.

Interactive Knowledge Builder

For students who prefer immediate feedback and interactive study, this feature presents questions from the in-text Knowledge Builders in an electronic, self-scoring format.

Interactive Exercises

Each chapter of the CD contains a series of interactive exercises based on concepts from the text. These exercises challenge students to respond in ways that will heighten their understanding and provide insights into their own behavior.

Journal Activity

This section presents selected Relate questions from the in-text Knowledge Builders. As mentioned previously, the Relate questions encourage elaborative rehearsal. Here, they are further enhanced by Key Word prompts to guide students' responses. Also, of course, the CD provides a place for students to write their response to Relate questions.

Crossword Puzzle

Who says learning isn't fun? Every chapter of the *Psychology: An Interactive Journey* CD has a crossword puzzle for students to solve. The correct answers to clues in the puzzle are glossary items and key concepts from the textbook chapter.

Search Online with Info Trac

Students who discover the value of having a free database at their disposal will undoubtedly make extensive use of *InfoTrac College Edition*, Wadsworth's exclusive online college library. To help students get the most out of *InfoTrac*, this CD feature provides suggested search topics, issues, and controversies. These are supplmented by a list of Key Words, to focus students' search efforts and ensure that they will immediately find relevant articles. Directions for using *InfoTrac College Edition* are also included.

Posttest

The Posttest mirrors the Pretest with a new set of multiple-choice questions. Students can use these to measure their progress after they have worked through a CD chapter, or they may want to simply use them as additional practice for in-class tests. The Posttest is self-scoring and provides immediate feedback. Three or four items from each Posttest are included in the *Test Bank* and in *ExamView*. Knowing that these questions may turn up on classroom tests ecourages students to study with the CD.

Weblinks

Using the hotlinks in this section, students with Internet access can jump directly to Web sites related to topics discussed in the textbook.

Psychology: An <u>Interactive Journey</u> also allows students to type and store notes as they are working and to send their responses to tests and exercises to their professors, via e-mail. The SQ4R format of the text, combined with the interactivity of the CD, creates a powerful learning environment to help students realize their goals and maximize their potentials.

A Complete Course—Teaching and Learning Supplements

A rich array of supplements accompanies *Psychology: A Journey*, including several that make use of the latest technologies. These supplements are designed to make teaching and learning more effective. Many are available free to professors or students. Others can be packaged with this text at a discount. For more information on any of the listed resources, please call the Thomson LearningTM Academic Resource Center at 800-423-0563.

Student Support Materials

Introductory students must learn a multitude of abstract concepts, which can make a first course in psychology difficult. The materials listed here will greatly improve students' chances for success.

Study Guide To facilitate learning, the Study Guide provides abundant opportunities for practice, self-testing, and rehearsal. The Study Guide is structured around the SQ4R method and closely coordinated with this text. Each chapter includes the following sections: Chapter Overview (a concise chapter summary), Learning Objectives (a detailed list of what students need to know), Recite and Review (a survey of major terms and concepts), Connections (matching items), Check Your Memory (true-false items), Final Survey and Review (fill-in-the-blank questions) and a Mastery Test (multiple-choice questions similar to in-class test items). (Study Guide, by Dennis Coon, ISBN: 0-534-56874-2.)

Chapter Quizzes This collection of self-administered quizzes (ISBN: 0-534-56884-X) can be packaged free with this text. Sandra Madison, of Delgado Community College, designed each 25-item multiple-choice quiz to include questions that students can use to evaluate their understanding and prepare for tests. An answer key is provided at the end of the booklet.

Psychology/Careers for the Twenty-First Century Wadsworth is able to offer this informative booklet to students through an exclusive agreement with the American Psychological Association. This 30-page pamphlet describes the field of psychology, as well as how to prepare for a career in psychology. It can be packaged with this text at no additional cost to students. Career options and resources are also discussed. (Available only packaged with the text. Bundle ISBN: 0-534-34292-2.)

Multimedia CD-ROMs

Interactive CD-ROMs make it possible for students to directly experience some of the phenomena they are studying. The following CDs from Wadsworth provide a wealth of engaging modules and exercises.

PsychNow! Interactive Experiences in Psychology 1.5 This exciting CD-ROM was created by Joel Morgovsky, Lonnie Yandell, Elizabeth Lynch, and project consultant Dennis Coon. An updated and enlarged PsychNow! (ISBN: 0-534-59044-6) is perfectly matched to Psychology: A Journey. At the end of each chapter of this text, students will find a list of PsychNow! modules they can access for additional, "hands-on" learning experiences.

PsychNow! provides a dynamic, multimedia experience that goes beyond the boundaries of the classroom, allowing students to explore psychology like never before. Stunning graphics and animations, interesting video clips, interactive exercises, and Web links bring psychology to life. With PsychNow!, students can do more than just read about a topic—they can read, watch, listen, react, and reflect on the meaning of their own responses. PsychNow!, which is available for Macintosh and Windows, contains 39 fully interactive modules that will pique students' curiosity and enhance their understanding. While PsychNow! can be used alone, it is also available in a discount bundle for students when packaged with this textbook (Bundle ISBN: 0-534-59045-4).

Psyk.trek for Introductory Psychology: A Multimedia Introduction to Psychology, General Version, 1.0 This CD-ROM for Windows and Macintosh (ISBN: 0-534-36226-5) covers the core topics of introductory psychology and can be used with any introductory text. Students using Psyk.trek will find studying fun, as they create illusions, run simulated experiments, view videos, and quiz themselves on the content of the introductory psychology course. Psyk.trek also includes an interactive study guide and a multimedia glossary with an audio pronunciation guide.

SniffyTM the Virtual Rat, Lite Version There's no better way to master the basic principles of learning than working with a real laboratory rat. However, this is usually

impractical in introductory psychology courses. *Sniffy the Virtual Rat* offers a fun, interactive alternative to working with lab animals. This innovative and entertaining software teaches students about operant and classical conditioning by allowing them to condition a virtual rat. Users begin by training Sniffy to press a bar to obtain food. Then they progress to studying the effects of reinforcement schedules and simple classical conditioning. In addition, special "Mind Windows" enable students to visualize how Sniffy's experiences in the Skinner Box produce learning. The Sniffy CD-ROM includes a Lab Manual that shows students how to set up various operant and classical conditioning experiments. *Sniffy TM* the Virtual Rat, Lite Version may be packaged with this text for a discount (dual-platform CD-ROM, ISBN: 0-534-35869-1).

Internet Resources

The Internet is providing new ways to exchange information and enhance education. In psychology, Wadsworth is at the forefront in making use of this exciting technology.

InfoTrac College Edition InfoTrac is a powerful online learning resource, consisting of thousands of full-text articles from hundreds of journals and periodicals. Students using Psychology: A Journey receive four months of free access to the InfoTrac College Edition database. By doing a simple key word search, students can quickly generate a list of relevant articles from thousands of possibilities. Then they can select full-text articles to read, explore, and print for reference or further study. InfoTrac's continuously updated collection of articles can be useful for doing reading and writing assignments that reach beyond the pages of this text.

The Online Wadsworth Psychology Resource Center As users of this text, you and your students will have access to the *Psychology: A Journey* section of the Wadsworth Psychology Resource Center (http://psychology.wadsworth.com). This Internet site includes the following features for instructors and students:

- Online Quizzes. These chapter-by-chapter multiple-choice quizzes help students practice for tests and check their understanding.
- Interactive Activities. Demonstrations and mini-experiments allow students to directly experience some of the phenomena they are studying.
- Internet Resources. This area is a "launching pad" that links to other psychologyrelated sites on the Internet. If a site sounds interesting, a click of the mouse will take students to it.
- Hot Topics. This section features a news item or current event that is explored from a psychological perspective. After students have thought about a topic, they can share their opinions with others in an online discussion.
- *Discussion Forum*. In the Discussion Forum, students have a chance to share ideas with those of psychology students all over the country.
- Research and Teaching Showcase. The showcase features regularly updated summaries of presentations, articles, or other teaching and research materials.
- Archives. Using the archives, students can quickly search for current and past articles from Hot Topics and the Research and Teaching Showcase.
- Meet the Author. Students can meet Dennis Coon in an interactive, multimedia presentation.

Thomson Learning Web Tutor Advantage This online supplement helps students succeed by taking them into an environment rich with study and mastery tools, communication aids, and additional course content. For students, Web Tutor offers real-time access to a full array of study tools, including flashcards (with audio), practice quizzes and tests, online tutorials, exercises, asynchronous discussion, a whiteboard, and an integrated e-mail system, and a full glossary. Students will also have integrated access to InfoTrac College Edition, the online library, as well as to the Newbury House Online Dictionary, an interactive dictionary that gives users instant access to definitions (including audio pronunciations).

Professors can use Web Tutor Advantage to offer virtual office hours, to post syllabi, to set up threaded discussions, to track student progress on quizzes, and more. You can customize the content of Web Tutor in any way you choose, including uploading images and

other resources, adding Web links, and creating course-specific practice materials. (*Web Tutor Advantage* on *WebCT*, ISBN: 0-534-56875-0; *Web Tutor* on *Blackboard*, ISBN: 0-534-56876-9.)

Essential Teaching Resources

As every professor knows, teaching an introductory psychology course is a tremendous amount of work. The supplements listed here should not only make life easier for you, they should also make it possible for you to concentrate on the more creative and rewarding facets of teaching.

Instructor's Resource Manual The Instructor's Resource Manual (ISBN: 0-534-56878-5) was prepared by Wanda McCarthy, of Northern Kentucky University. This manual contains learning objectives, discussion topics, lecture enhancements, role-playing scenarios, supplemental activities, suggestions for further reading, InfoTrac search terms, Web links, and media suggestions. In addition, the Instructor's Resource Manual includes general teaching strategies, references, and other helpful materials, such as handout masters. The manual's Resource Integration Guide will help you coordinate the many teaching and learning supplements available for this text.

Multimedia Manager for Introductory Psychology 2002: A Microsoft® Power Point® Link Tool Free to adopters of this text, this CD-ROM presentation tool can be used to create engaging lectures that include art, graphics, CNN video clips, and animations. Andrew R. Getzfeld, of New Jersey City University, designed this one-stop, crossplatform lecture tool to make it easy to assemble, edit, publish, and present custom lectures for your introductory psychology course. Multimedia Manager for Introductory Psychology 2002 utilizes Microsoft PowerPoint to let you bring together lecture outlines, graphics from many sources, and your own material—culminating in powerful, personalized, mediaenhanced presentations (ISBN: 0-534-58025-4).

Test Bank The Test Bank was prepared by Sandra Madison, of Delgado Community College. It includes over 2,500 multiple-choice questions organized by chapter and by Learning Objectives. All items, which are classified as factual, conceptual, or applied, include correct answers and page references from the text. To encourage students to study, 20 items per chapter in the Test Bank are drawn from Knowledge Builders in the text, the printed Study Guide, online Web quizzes, and the CD-ROM that accompanies this text. Every chapter of the Test Bank also includes 20 fill-in-the-blank and 20 essay/short answer questions, with model answers (ISBN: 0-534-56879-3).

ExamView Computerized Testing This software helps you create, deliver, and customize tests and study guides (both in print and online). In just minutes, this easy-to-use system can generate the assessment and tutorial materials your students need. ExamView offers both a Quick Test Wizard and an Online Test Wizard that guide you step-by-step through the process of creating tests. ExamView shows the test you are creating on the screen exactly as it will print or display online. Using a database prepared by Sandra Madison, you can build tests of up to 250 questions using up to 12 question types. ExamView's complete word processing capabilities also allow you to enter an unlimited number of new questions or edit existing questions (ISBN: 0-534-56885-8).

Instructor's Resource Manual for Psychology: An <u>Interactive</u> Journey CD-ROM In this manual, D. L. Seagle and K. H. Trotter provide all the information necessary to take full advantage of the CD-ROM that accompanies this text. The CD is already closely integrated with the text, which makes it easy for students to use. The resource manual gives additional suggestions about assignments, how to incorporate the CD into your course, and how to use e-mail to monitor students' work (ISBN: 0-534-56877-7).

Transparency Acetates If you customarily use transparencies in class, a nice set is available to illustrate and enliven your lectures. Approximately 100 text-specific transparencies make it easy to display tables, graphs, charts, and drawings from this text—most of them in color (ISBN: 0-534-56886-6).

Videotapes and Films

Wadsworth offers a variety of videotapes and films to enhance classroom presentations. Many video segments in the Wadsworth collection pertain directly to major topics in this text, making them excellent lecture supplements.

Wadsworth Film and Video Library for Introductory Psychology Adopters can select from a variety of continually updated film and video options, including the exclusive CNN offerings described below. Contact your local Wadsworth/Thomson Learning sales representative or Wadsworth Marketing at 877-999-2350 for details.

CNN Today Videos for Introductory Psychology These one- to four-minute video clips, a Wadsworth exclusive, allow you to integrate the newsgathering and programming power of CNN into the classroom to show students the relevance of psychology to daily life. Organized by course topics, these compelling clips are ideal for launching lectures and encouraging discussion. Adopters receive one new, updated video each year. A Wadsworth/Thomson Learning Exclusive!

Topics covered in the videos include: the brain, genetic mapping, sensation and perception, variations in consciousness, learning, human memory, language and thought, intelligence and psychological testing, gender and sexuality, diversity, human development, stress, health, psychological disorders, mental health, therapies, social behavior, and more.

CNN Today: Introductory Psychology, Volume I (ISBN: 0-534-36634-1) CNN Today: Introductory Psychology, Volume II (ISBN: 0-534-50420-5) CNN Today: Introductory Psychology, Volume III (ISBN: 0-534-50749-2) CNN Today: Introductory Psychology, Volume IV (ISBN: 0-534-50751-4)

The Brain Video, Second Edition Updated and expanded teaching modules from The Brain series offer your students extensive new footage of research into the inner workings of the brain. Segments cover the latest findings on Alzheimer's disease, schizophrenia, autism, Parkinson's disease, and many other topics. These modules can enhance classroom lectures on topics found throughout the introductory course, not just in the realm of biopsychology. The Brain video series was produced by Colorado State University (1997).

Psychology/Careers for the Twenty-First Century Video Wadsworth has an exclusive agreement with the American Psychological Association to offer this dynamic 13-minute video free to adopters of *Psychology: A Journey*. The video, which was produced by the APA, gives students an overview of the emerging growth opportunities in the field of psychology and advice about how to choose a career path (ISBN: 0-534-34293-0).

Supplementary Books

No text can cover all of the topics that might be included in an introductory psychology course. If you would like to enrich your course, or make it more challenging, the titles listed here may be of interest.

Challenging Your Preconceptions: Thinking Critically about Psychology, Second Edition This paperbound book (ISBN: 0-534-26739-4), written by Randolph Smith, helps students strengthen their critical thinking skills. Psychological issues such as hypnosis and repressed memory, statistical seduction, the validity of pop psychology, and other topics are used to illustrate the principles of critical thinking.

Writing Papers in Psychology: A Student Guide The Fifth Edition of Writing Papers in Psychology (ISBN: 0-534-52975-5), by Ralph L. Rosnow and Mimi Rosnow, is a valuable "how to" manual for writing term papers and research reports. This new edition has been updated to reflect the latest APA guidelines. The book covers each task with examples, hints, and two complete writing samples. Citation ethics, how to locate information, and new research technologies are also covered.

College Survival Guide: Hints and References to Aid College Students This Fourth Edition of Bruce Rowe's College Survival Guide (ISBN: 0-534-35569-2) is designed to help