

FT5= Fast Track to a 5: Preparing for the AP Psychology Exam Book		AOP= Analogies of Psychology Books	Yellow/ Quiz	Red/ Midterm
Day 1	Scientific Inquiry Domain (I)	Day 2	Day 3	Day 4
Course Introduction		FT5: Chapter 14: History of Psychology History of Psychology-pioneers of psychology (IA: 1.1-1.2) Psychological Perspectives (IA: 1.3-1.4) FT5: pgs. 333-340 AOP: pgs. 5-10/ Qs: 1-12	Subfields of Psychology (IA: 2.1-2.3) FT5: pgs. 340-342 AOP: pgs. 11-12 Q: 13 AOP: pgs. 13-14	FT5: Chapter 1: Research Methods Critical Thinking (IB: 1.1) Research methods in psychology (IB: 1.1-1.4) FT5: pgs. 48-51 AOP: pgs. 15-17/ Qs: 1-13
Day 5	Day 6	Biopsychology Domain (II)	Day 7	Day 8
Statistical Analysis (IB: 3.1-3.4) Ethical Guidelines for Psychologists (IB: 2.1-2.2) FT5: pgs. 51-55 AOP: pgs. 17-19/ Qs: 14-24 Home Review: AOP: pgs. 23-29	Class Review: FT5 MC pgs. 342-247 FT5: MC pgs. 55-61 Quiz: History of Psychology and Research Methods		FT5: Chapter 2: Biological Psychology Basic Structure of a Neuron (IIA: 1.2) Types of Neurons (IIA: 1.2) Neural Communication (IIA: 1.2) FT5: pgs. 62-66 AOP: pgs. 33-35/ Qs: 1-5	Neurotransmitters (IIA: 1.2) The Nervous System (IIA: 1.1,1.3) The Brain (IIA: 1.4-1.5) FT5: pgs. 66-74 AOP: pgs. 35-41/ Qs: 6-23
Day 9	Day 10	Development and Learning Domain (III)	Day 11	Day 12
How Psychologists look at the Brain (IIA: 4.1-4.3) Endocrine System (IIA: 3.1-3.3) FT5: pgs. 74-77 AOP: pgs. 41-43/ Qs: 24-33 Home Review: AOP: pgs. 47-53	Class Review: FT5: MC pgs. 78-83 Quiz: Biological Psychology		FT5: Chapter 3: Developmental Psychology Dimensions of Early Physical Development (IIIA: 1.1-1.4, 3.1-3.2, 4.1-4.4, 5.1-5.4) Developmental theories of Piaget (IIIA: 2.2) FT5: pgs. 84-89 AOP: pgs. 57-61/ Qs: 1-8	Environmental Influences on Child Development Attachment (IIIA: 4.3) FT5: pgs. 89-94 AOP: pgs. 61-64/ Qs: 9-17

Day 13	Day 14	Day 16	Day 17	Day 18
Environmental Influences on Socialization Adolescence (IIIA: 6,1-6.4) Physical, Social, and Cognitive Dimensions in Adult developments (IIIA: 7.1-7.4) Aging theories: Nature vs. Nurture (IIIA: 1.2) Death and Dying (IIIA: 1.5) FT5: pgs. 94-98 AOP: pgs. 64-68 Qs: 18-27 Home Review: AOP: pgs. 71-80	Class Review: FT5: MC pgs. 99-104 Quiz: Developmental Psychology	Midterm Review: Home and Class Review: AOP: pgs. 81-150	Midterm Review: Home and Class Review: AOP: pgs. 81-150	Midterm #1
Cognition Domain (V)	Day 19	Day 20	Day 21	Day 23
	FT5: Chapter 4: Cognition Basic Function of Thought (VB: 1.1) Thinking strategies (VB: 1.1) Problem Solving (VB: 1.2) Obstacles to Problem Solving (VB: 2.1) FT5: pgs. 105-112 AOP: pgs. 153-156/ Qs: 1-18	Decision Making (VB: 2.2) Language and its Elements (IIIC: 1.1-3.2) Memory (VA: 1.1-2.4) Retrieving Long-term memory (VA: 3.1) Constructing Memories (VA: 2.3) FT5: pgs. 112-125 AOP: pgs. 156-163/ Qs: 19-42	Forgetting (VA: 3.1-3.2) Biological Basis for Memory (VA: 2.2) Brain Structures and Memory (VA: 2.2) Improving Memory FT5: pgs. 126-131 (VA: 3.5) AOP: pgs. 163-165/ Qs: 43-52 Home Review: AOP: pgs. 177-181 & 186-192	Class Review: FT5: MC pgs. 131-137 Quiz: Cognition and Memory

Day 24	Day 26	Day 28	Individual Variations Domain (VI)	Day 29
FT5: Chapter 9: Cognition- Testing and Individual Differences (VC: 1.1) Theories of Intelligence (VC: 1.2) Influences on Intelligence (VC: 1.3) FT5: pgs. 227-230 AOP: pgs. 169-170/ Qs: 1-3	Testing intelligence (VC: 2.1) Measuring Tests (VC: 2.2) Evaluating intelligence tests (VC: 2.3) Diversity in Cognition (VC: 3.1-3.2) FT5: pgs. 231-237 AOP: pgs. 170-174/ Qs: 4-13 Home Review: AOP: pgs. 182-185	Class Review: FT5: MC pgs. 238-243 Quiz: Cognition- Testing and Individual Differences		FT5: Chapter 5: Motivation, Emotion, and Stress Theories of Motivation (VIA: 1.1-1.4) FT5: pgs. 138-142 AOP: pgs. 195-196/ Qs. 1-8
Day 30	Day 31	Day 32	Day 33	Day 34
Hunger (VIA: 2.1) Body Weight (VIA: 2.1) Eating Disorders (VIA: 2.1) Achievement and Motivation (VIA: 2.3) FT5: pgs. 142-148 AOP: pgs. 197-199/ Qs: 9-17	Introduction to Emotions (VIB: 1.1-1.2) Theories of Emotion (VIB: 1.3, 2.1-2.3) Introduction to Stress (VIIB: 1.1-1.4) Beating Stress and Promoting Wellness (VIIB: 2.1-2.3) FT5: pgs. 148-158 AOP: pgs. 200-205/ Qs: 18-29 Home Review: AOL: pgs. 209-219	Class Review: FT5: MC pgs. 158-163 Quiz: Motivation, Emotion, and Stress	Midterm Review: Home and Class Review: AOP: pgs. 221-310	Midterm Review: Home and Class Review: AOP: pgs. 221-310

Day 35	Biopsychology Domain (II)	Day 36	Day 37	Day 38
Midterm #2		FT5: Chapter 6: Sensation and Perception Process of Sensation (IIB: 1.1-1.2) The Visual System (IIB: 2.1-2.2) FT5: pgs. 164-171 AOP2: pgs. 5-8/ Qs: 1-11	Hearing (IIB: 2.3) Smell (IIB: 2.4) Taste (IIB: 2.4) Body Senses (IIB: 2.4) FT5: pgs. 171- 177 AOP2: pgs. 8-12/ Qs: 12-23	Perception (IIB: 3.1-3.4) Experience and Perception (IIB: 3.6) Attention (IIB: 3.7) FT5: pgs. 177-184 AOP2: pgs. 12-15/ Qs: 24-33 Home Review: AOL2: pgs. 19-27
Day 39	Day 40	Day 41	Day 42	Development and Learning Domain (III)
Class Review: FT5: MC pgs. 184-190 Quiz: Sensation and Perception	FT5: Chapter 7: States of Consciousness Exploring the levels of consciousness (IIC: 1.1) State of Consciousness (IIC: 1.2) Circadian Rhythms (IIC: 2.1) FT5: pgs. 191- 193 AOP2: pgs. 31-32/ Qs: 1-4	Stages of Sleep (IIC: 2.1-2.5) Hypnosis (IIC: 4.2) Psychoactive drugs (IIC: 3.1-3.4) FT5: pgs. 192-201 AOP2: pgs. 32-37/ Qs: 5-17 Home Review: AOL2: pgs. 41-47	Class Review: FT5: MC pgs. 238-243 Quiz: States of Consciousness	
Day 43	Day 44	Day 45	Individual Variations Domain (VI)	Day 46
Chapter 8: Learning Classical Conditioning (IIIB: 1.1) Factors in Classical Conditioning (IIIB: 1.2) Little Albert (IIIB: 1.2) FT5: pgs. 207-212 AOP2: pgs. 51-54/ Qs: 1-9	Applications of Classical Conditioning (IIIB: 1.3) Instrumental and Operant Conditioning (IIIB: 2.1-2.4) Cognitive Learning (IIIB: 3.1-3.2) FT5: pgs. 212-220 AOP2: pgs. 54-58/ Qs: 10-24 Home Review: AOL2: pgs. 61-68	Class Review: FT5: MC pgs. 220-226 Quiz: Learning		Chapter 10: Personality Sigmund Freud's Psychodynamic Approach (VIC: 1.1) FT5: pgs. 244-250 AOP2: pgs. 71-75/ Qs: 1-12

Day 47	Day 48	Day 49	Day 50	Day 51
Trait theories (VIC: 1.2) Social-cognitive approach (VIIC: 1.4) Humanistic approach (VIC: 1.3) Assessing personality (VIC: 2.1-2.2) FT5: pgs. 250-257 AOP2: pgs. 75-79/ Qs: 13-25 Home Review: AOP2: pgs. 83-90	Class Review: FT5: MC pgs. 257-262 Quiz: Personality	Midterm Review: Home and Class Review: AOP2: pgs. 91-187	Midterm Review: Home and Class Review: AOP2: pgs. 91-187	Midterm #3
Day 52	Day 53	Day 54	Day 55	
FT5: Chapter 11: Abnormal Psychology Defining Abnormal Behavior (VID: 1.1) Explaining Psychological Disorders (VID: 1.2) Classifying Psychological Disorders (VID: 1.3-1.5) Anxiety disorders (VID: 2.1-2.4) FT5: pgs. 263-272 AOP2: pgs. 191-195/ Qs: 1-9	Somatoform disorders (VID: 2.1-2.4) Mood disorders (VID: 2.1-2.4) FT5: pgs. 272-277 AOP2: pgs. 195-198/ Qs: 10-16	Schizophrenia disorders (VID: 2.1-2.4) Personality disorders (VID: 2.1-2.4) FT5: pgs. 278-284 AOP2: pgs. 199-203/ Qs: 17-23 Home Review: AOP2: pgs. 207-214	Class Review: FT5: MC pgs. 285-289 Quiz: Abnormal Psychology	Applications of Psychological Science Domain (VII)

Day 56	DAY 57	Day 58	Day 59	Sociocultural Context Domain (IV)
FT5: Chapter 12: Methods of Therapy Psychodynamic Psychotherapy (VIIA: 1.1-1.3) Humanistic Psychotherapy (VIIA: 1.1-1.3) FT5: pgs. 290-294 AOP2: pgs. 217-219/ Qs: 1-6	Behavior Therapy (VIIA: 1.1-1.3) Behavioral Therapies/ Operant Conditioning (VIIA: 1.1-1.3) Cognitive-Behavior Therapy (VIIA: 1.1-1.3) Cognitive Therapy (VIIA: 1.1-1.3) FT5: pgs. 294-299 AOP2: pgs. 219-223/ Qs: 7-14	Group Therapy (VIIA: 2.2) Evaluating Psychotherapy (VIIA: 2.3-2.6) Biomedical Therapy (VIIA: 2.1) Psychoactive Therapy (VIIA: 2.3) Evaluating Drug Therapy (VIIA: 2.3-2.4) Community Psychology FT5: pgs. 299-304 (VIIA: 3.1-3.2) AOP2: pgs. 223-226/ Qs: 15-24 Home Review: AOL2: pgs. 229-235	Class Review: FT5: MC pgs. 304-309 Quiz: Methods of Therapy	
Day 60	Day 61	Day 62	Day 63	Day 64
FT5: Chapter 13: Social Psychology Social Influences on Self (IVA: 1.1) Explaining Behavior (IVA: 1.2) Attitudes (IVA: 1.3) FT5: pgs. 310-316 AOP2: pgs. 239-242/ Qs: 1-12	Prejudice and Stereotypes (IVA: 3.1, IIVB: 1.1-1.6) Conformity and Compliance (IVA: 2.1) Obedience and the Power of a Situation (IVA: 2.1) Aggression IVA: 3.1) FT5: pgs. 316-322 AOP2: pgs. 242-246/ Qs: 13-23	Altruism and Non-helping behavior (IVA: 3.2) Cooperation, Competition, and Conflict (IVA: 2.2) Group Processes (IVA: 2.2-2.4) FT5: pgs. 322-326 AOP2: pgs. 246-248/ Qs: 24-29 Home Review: AOP2: pgs. 251-258	Class Review: FT5: MC pgs. 342-347 Quiz: Social Psychology	Midterm Review: Home and Class Review: AOP2: pgs. 259-332

Day 65	Day 66	Day 67	Day 68	Day 69
Midterm #4	Midterm Final Review: Home and Class Review FT5: Diagnostic Test pgs. 15-43	Midterm Final Review: Home and Class Review FT5: Practice Test 1pgs. 351-377	Midterm Final Review: Home and Class Review FT5: Practice Test 2 pgs. 379-406	Final Midterm
Day 70	Applications of Psychological Science Domain	Day 71	Day 72	Day 73
AP National Exam		Career Options (VIIC: 1.1- 1.2)	Educational Requirements (VIIC: 2.1-2.2)	Vocational Applications (VIIC: 3.1-3.2)