

MEMORY:

[Crash Course #13 How We Make Memories](#)

- 0:00 Clive Wearing case study of amnesia
- 1:45 Definition of Memory - Recall, Recognition, Relearning
- 2:55 3 Stages of Memory - Sensory, Working, Long-Term Memory
- 4:25 Working Memory - Explicit Memory, Implicit Memory
- 6:10 Types of LTM - Procedural Memory, Episodic Memory
- 7:00 Mnemonic Devices, Chunking
- 7:35 Shallow Processing vs. Deep Processing

[Crash Course #14 Remembering & Forgetting](#)

- 0:00 Case Study of Banana Thief
- 1:10 Implicit vs. Explicit Memory, Retrieval
- 2:00 Memory Web - Retrieval Cues, Priming, Context-Dependent Memory
- 3:30 State-Dependent & Mood Congruent Memories
- 4:00 Serial Position Effect, Primacy Effect, Recency Effect
- 4:40 Forgetting - Encoding, Retrieval, Storage Decay
- 5:40 Ebbinghaus Forgetting Curve
- 6:00 Retrieval Failure, Interference, Proactive & Retroactive Interference
- 6:50 Memory Reconstruction - Misinformation Effect - Elizabeth Loftis Experiment (Car Accident: Smash vs Hit), Source Misattribution

HISTORY & RESEARCH:

[Crash Course #1: Intro to Psych](#)

- 0:00 Definition of Psychology
- 1:00 Early History of Psych - Aristotle et al.
- 1:40 Questions of Psych
- 2:20 Freud
- 3:25 Wilhelm Wundt & Ed Titchener, Structuralism & Introspection
- 4:20 William James, Functionalism
- 5:00 Freud & Psychoanalysis
- 7:50 Behaviorism, Skinner
- 8:30 Psychodynamic Theories
- 8:55 Modern Definition of Psychology

[Crash Course #2: Psychological Research](#)

- 0:00-5:25 Covers Case Study, Naturalistic Observation, Survey
- 5:25 Correlations
- 6:35 Experiments, Control Groups, Experimental Groups, Placebo, Double Blind Study
- 7:45 Example of Experiment

NEUROSCIENCE & BIOLOGY

[Crash Course #3: The Chemical Mind](#)

- 0:00-3:25 Neuron and its parts
- 3:25-4:16 Synaptic transmission
- 4:15-6:00 Neurotransmitters
- 6:00-9:35 Endocrine System

[Crash Course #4: Getting to Know Your Brain](#)

2:20-4:55 Phineas Gage

6:30-7:30 Lower Level Structures

7:30-8:30 Limbic System

8:30-11:55 Cerebral Cortex

SENSATION

[Crash Course #5: Sensation & Perception](#)

0:00-1:35 Difference between Sensation & Perception

2:20-2:42 Absolute Threshold

2:42-3:15 Signal Detection Theory

3:15-3:30 Sensory Adaptation

3:30-4:25 Difference Threshold/Weber's Law

4:25-6:03 Properties of Light

6:03-7:15 Eye

7:15-8:00 Color Vision

8:00-8:40 Retina

8:40-9:30 Feature Detectors for Vision

9:30-10:00 Parallel Processing

[Crash Course #6: Homunculus](#)

0:00 Somatosensory Cortex Explained

1:50 Sound Waves

2:30 Directional Hearing & Parts of the Ear, Transduction

3:25 Taste

4:10 Sensory Interaction - Synesthesia

5:50 Smell

7:10 How Smell is connected to Memory

7:30 Touch (Pressure, Warmth, Cold, Pain)

8:40 Kinesthesia

9:03-9:40 Vestibular Sense

PERCEPTION

[Crash Course #7: Seeing is Perceiving](#)

0:00 - 1:15 Introduction with upside down face

1:23 - 3:50 Perceptual Set Explained Expectation Effect - Priming your Perception - Face Schemas explained - Duck or Bunny

3:50 - 4:55 Form Perception - Figure Ground Relationship

4:55 - 5:50 Gestalt - Rules of Grouping

5:50 - 6:50 Depth Perception - Binocular Cues

6:50 - 7:55 Monocular Cues

7:55 - 9:26 Constancy & Your Brain Creates your Perception

SLEEP & CONSCIOUSNESS

[Crash Course #8: Consciousness](#)

0:00-1:40 Consciousness explained

- 1:50-4:00 States of Consciousness - What it means to be Awake: Cognitive Neuroscience, Structural and Functional Imaging of the Brain
- 4:00-4:40 Dual/Parallel Processing
- 4:40-8:40 Selective Attention, Cocktail Party Effect, Inattention Blindness, Misdirection, Change Blindness

[Crash Course #9: To Sleep Perchance to Dream](#)

- 0:00-1:10 Intro to Sleep
- 1:20-2:00 Sleep Defined, Why do we Sleep?
- 2:00-3:00 How we Study Sleep? The EEG
- 3:00-4:35 Stages of Sleep
- 4:35-6:12 Sleep Deprivation & Disorders
- 6:12-7:25 Dreams
- 7:25-10:00 Why do we Dream? Dream Theories

[Crash Course #10: Altered States](#)

- 0:00-2:10 History of Hypnosis, What do we mean by Altered State of Consciousness
- 2:10-4:50 Hypnosis, Theories of Hypnosis
- 4:50-9:35 Psychoactive Drugs
- 9:35-10:50 Non-Drug Induced Hallucinations

BEHAVIORISM / LEARNING:

[Crash Course #11: How to Train a Brain](#)

- 0:00 - 2:40 Behaviorism & Pavlov & Learning Def. & Associative Learning
- 2:50 - 4:09 Pavlov's Experiment Explained - Parts of Classical Conditioning
- 4:09 - 4:45 Behaviorism Beliefs Explained
- 4:45 - 5:43 Little Albert Experiment
- 5:43 - Operant Conditioning, B.F. Skinner, Skinner Box
- 7:25 - Reinforcement, Shaping, Successive Approximations
- 9:22 - Primary vs. Conditioned Reinforcers, Schedules of Reinforcement
- 10:30 Cognitive Argument against Operant Conditioning

[Crash Course #12: The Bobo Beatdown](#)

- 0:00 - 1:50 Bobo Doll Experiment, social cognitive learning
- 1:59 - Classical, Operant Conditioning Review
- 2:25 - Limits of conditioning are biological - taste aversion
- 4:08 - Cognition's effect on learning for humans
- 5:05 - Latent Learning, Cognitive Maps
- 5:45 - Observational Learning
- 7:10 - 8:50 Biological effects of observation, mirror neurons

THINKING, LANGUAGE & INTELLIGENCE

[Crash Course # 15: Cognition: How Your Mind Can Amaze & Betray You](#)

- 0:00 Cognition definition
- 1:40 Concepts
- 2:30 Prototypes
- 3:30 Problem Solving, Trial & Error, Algorithms, Heuristics
- 4:50 Insight

- 6:00 Mistakes in Thinking - Confirmation Bias, Belief Perseverance
- 6:50 Functional Fixedness, Mental Set, Availability Heuristic, Framing

[Crash Course # 16: Language](#)

- 0:00 Kanzi the Chimp - Learned language through observation
- 1:20 Definition of Language
- 1:48 What is language? 3 Basic Building Blocks of Language
- 3:20 Infant Language - Receptive and Productive Language, Babbling, one-word stage, two-word stage, telegraphic speech
- 5:45 Language Theories - Skinner, Chomsky - Universal Grammar
- 7:23 Brain Areas involved in Language, Aphasias, Broca's & Wernicke's Areas
- 8:35 Thought & Language

[Crash Course #23: Controversy of Intelligence](#)

- 0:00-1:13 Intro to Intelligence - the debate
- 1:25 Spearman's G-Factor, Factor Analysis
- 2:35 Thurstone's 7 intelligences
- 3:12 Gardner's 8 Multiple Intelligences
- 3:45 Sternberg's 3 Intelligences
- 4:10 Creativity/Divergent Thinking - No Test for this
- 4:40 Sternberg's 5 characteristics of creativity
- 6:00 Emotional Intelligence
- 7:15 Measuring Intelligence - Intelligence Testing Dark Side - Eugenics
- 11:22 Modern Understanding of Intelligence

[Crash Course #24: Brains vs. Bias](#)

- 0:00 Intro to Intelligence Testing
- 1:10 Wechsler Intelligence Test, Achievement Tests, Aptitude Tests
- 2:20 Standardization, 3:50 Reliability, 4:03 Validity
- 4:40 Nature vs. Nurture & Intelligence - Twin & Adoption Studies - Argument for Nature
- 6:50 The argument for Nurture - Hunt's Childhood Deprivation Study
- 8:00 Testing Bias
- 9:00 Stereotype Threat

PERSONALITY:

[Crash Course #21: Rorschach & Freudians](#)

- 0:00 Rorschach Test Explained
- 2:15 Personality Defined, How is it studied? 2 Ways
- 2:55 Psychoanalysis
- 3:33 ID, Ego, Superego
- 5:00 Defense Mechanisms
- 6:35 Psychosexual Stages
- 7:35 Critics of Freud
- 8:00 Karen Horney - Womb Envy, Self-Help
- 8:27 Carl Jung - Collective Unconsciousness
- 8:58 Alfred Adler - Inferiority Complex
- 9:27 Humanistic Theory, Abraham Maslow - Hierarchy of Needs, Self Actualization
- 10:24 Carl Rogers - Person Centered Approach - Genuineness, Acceptance, Empathy

[Crash Course #22: Measuring Personality](#)

- 0:00 Greek Theory on Bodily Humors - a history on the study of personality
- 1:35 Trait Theory - Gordon Allport
- 3:15 Big 5 Theory
- 4:50 Social Cognitive Perspective - Albert Bandura
- 5:20 Reciprocal Determinism
- 6:00 Internal vs. External Locus of Control
- 6:50 Thematic Apperception Test
- 7:35 Trait Personality Inventories/Tests, MMPI
- 8:25 Social Cognitive Tests
- 9:00 Humanistic Measures of Personality
- 9:30 Ideal vs. Feared Selves

MOTIVATION:

[Crash Course #17: Power of Motivation](#)

- 0:00 Story of Aron Ralston - story of motivation
- 1:07 Definition of Motivation
- 1:43 Evolutionary Perspective - Instinct Theory
- 2:38 Drive-Reduction Theory
- 3:10 Incentive Theory
- 3:40 Arousal Theory
- 4:40 Maslow Hierarchy of Needs
- 5:37 Sex Drive Motivation
- 6:33 Hunger Motivation
- 6:50 Physiology of Hunger
- 8:05 Minnesota Hunger Experiment - psychological, social and physical effects of starvation
- 9:35 Need for Socialization

[Crash Course #33 Eating & Body Dysmorphic Disorders](#)

- 0:00 Description of the development of an eating disorder: anorexia nervosa
- 1:55 Statistics on eating disorders in Western Culture
- 2:40 Anorexia Nervosa by Restriction or Binge/Purge - symptoms & definition
- 4:17 Bulimia definition & symptoms
- 5:05 Binge Eating Disorder definition & symptoms
- 5:25 Psychological Causes of Eating Disorders
- 5:38 Who suffers from Eating Disorders? Cultural and Gender Components
- 6:36 Body Dysmorphic Disorder definition & symptoms
- 8:05 Biological, Genetic & Environmental Causes of Eating Disorders

EMOTIONS:

[Crash Course #25: Feeling all the Feels](#)

- 0:00 Intro to Emotion - It's purpose & definition, 3 parts of emotion
- 2:10 James-Lange Theory vs. Cannon-Bard Theory
- 3:40 Cognition's role in emotion - Schachter-Singer Two Factor Theory
- 4:25 Spillover Effect Study by Schachter-Singer
- 6:10 Zajonc's Theory

- 6:30 2 Pathways of Emotion - High Road vs. Low Road
- 8:00 Autonomic Nervous System - Sympathetic & Parasympathetic
- 9:30 Parts of the Brain involved in Emotion

[Crash Course #26 Emotion, Stress & Health](#)

- 0:00 Intro to Emotions
- 1:25 Reading Nonverbal Facial Expressions - Paul Eckman
- 2:00 Facial Feedback Hypothesis
- 2:25 Introverts vs. Extroverts abilities in reading emotion
- 2:35 Gestures and interpretations in Cultures
- 3:00 10 Basic Human Emotions
- 3:35 2 Dimensional Model of Emotions
- 4:25 Physiological Effects of Emotions
- 5:00 Stress
- 5:35 Types of External Stressors
- 6:05 Short-lived Stress vs. Moderate Stress
- 6:25 Adrenaline & Cortisol
- 6:40 Chronic Stress
- 7:00 Autonomic Nervous System & Enteric Nervous System
- 7:45 Connection between Stress & Heart Disease
- 8:40 Stress & Health

DEVELOPMENT:

[Crash Course # 19: Monkeys & Morality](#)

- 0:00 Attachment - Harlow's Monkey Experiment
- 2:15 Touch's role in Attachment
- 3:05 Familiarity, Critical Period & Imprinting
- 3:55 Ainsworth Strange Situation Experiment
- 5:50 Basic Trust & Effects of Abuse
- 6:45 Self-Concept
- 7:30 Parenting Styles - Authoritarian, Permissive, Authoritative
- 8:19 Morality - Kohlberg's Heinz Dilemma

[Crash Course # 20: Adolescence](#)

- 0:00 Breakfast Club Analogy for Adolescence & Identity
- 2:05 Erik Erikson Psychosocial Development - Identity vs. role confusion (adolescence)
- 3:45 Intimacy vs. Isolation (young adulthood)
- 4:35 Generativity vs. Stagnation (middle adulthood)
- 5:15 Integrity vs. Despair (late adulthood)
- 6:00 Physical Changes of Adulthood
- 6:50 Intelligence Changes of Adulthood - Fluid & Crystallized Intelligence
- 8:10 Dementia & Alzheimer's Disease

[Crash Course # 18: The Growth of Knowledge](#)

- 0:00 Introduction to Cognitive Development
- 1:25 Maturation - Inherent Genetic Growth Tendencies
- 1:50 Jean Piaget
- 2:44 Schemas, Cognitive Equilibrium, Assimilation & Accommodation

- 3:40 Piaget's Stage Theory of Cognitive Development - Sensorimotor Stage
- 4:40 Preoperational Stage
- 6:40 Concrete Operational Stage
- 7:10 Formal Operational Stage
- 7:20 Criticisms of Piaget's Theory
- 7:50 Vygotsky's Theory

[Crash Course #27: Let's Talk About Sex](#)

- 0:00 Alfred Kinsey studies on human sexuality
- 2:00 Different meanings of the word Sex and the difference of Gender
- 3:05 Psychological Study of Sex - Studies of Masters & Johnson
- 3:50 4 Stages of the Sexual Response Cycle
- 5:05 Criticisms of the 4 Stage Theory
- 5:30 Sex Hormones
- 7:05 Psychological Aspects of Sex: Social-Cultural, External Stimuli, Internal Stimuli
- 8:25 Sexual Orientation
- 9:35 Causes for Sexual Orientation - No Clear Environmental Factors
- 10:30 Why do people have sex?

SOCIAL PSYCH:

[Crash Course #37: Social Thinking](#)

- :35 Definition of Social Psychology
- 1:30 Attribution Theory - Situation vs. Dispositional
- 2:29 Fundamental Attribution Error
- 3:20 Dual Process Theory of Persuasion
- 3:29 Central Route Persuasion - Persuasion through evidence
- 3:50 Peripheral Route Persuasion - Persuasion through gut feeling
- 4:25 Foot in the Door Phenomenon
- 5:15 Stanford Prison Experiment
- 8:20 Cognitive Dissonance - Leon Festinger

[Crash Course #38: Social Influence](#)

- 0:00 Obedience - Milgram Obedience Study Explained
- 3:30 Social Influence & Conformity
- 4:00 Asch Conformity Experiment
- 5:37 Normative Social Influence
- 6:05 Social Facilitation
- 6:20 Social Loafing
- 7:00 Deindividuation
- 7:25 Group Polarization
- 8:05 Groupthink

[Crash Course #39: Prejudice & Discrimination](#)

- 0:00 Implicit Bias examples
- 2:00 Difference between Prejudice, Stereotypes, Discrimination
- 4:00 Implicit Prejudice, Harvard Implicit Association Test explained
- 6:05 Discrimination Studies
- 7:15 Why Are People Prejudice? Just World Phenomenon, In-Group vs Out-Group, In-Group Bias

[Crash Course #40: Aggression vs. Altruism](#)

- 0:00 Robbers Cave Experiment - Realistic Conflict Theory (Scarce Resources), Overcoming Prejudice
- 3:05 Aggression & its forms
- 3:30 Where does Aggression Come From? Nature vs. Nurture
- 5:30 Altruism & Selfless Behavior - Helping Behavior - Darley & Latane
- 6:40 Bystander Effect, Social Loafing
- 7:05 When/Why to We Help? Social Exchange Theory, Norm of Reciprocity, Social-Responsibility Norm
- 8:10 Conflict, Social Trap

ABNORMAL PSYCH:

[Crash Course #28: Psychological Disorders](#)

- 0:00 Mental Health Reform - Rosenhan's Study of Being Sane in Insane Places
- 3:25 Psychological Disorders - 3 Part Definition Explained
- 5:30 Medical Model of Disorders
- 6:20 Biopsychosocial Approach to Disorders
- 7:10 DSM - Advantages & Disadvantages

[Crash Course #29: OCD & Anxiety Disorders](#)

- 0:00 Stigma attached to Psych Disorders - the minimization of psych disorders
- 1:05 Definition of Psych Disorder
- 1:55 Definition of Anxiety Disorder
- 2:42 OCD
- 4:20 Generalized Anxiety Disorder
- 4:50 Panic Disorder & Panic Attacks
- 6:10 Phobias
- 7:20 Social Anxiety Disorder
- 7:30 Causes of Anxiety Disorders - Learning Theory
- 9:15 Causes of Anxiety Disorders - Biology

[Crash Course #30: Depressive & Bipolar Disorders](#)

- 0:00 Bipolar Disorder Explained
- 2:00 Mood - long-term emotional states, Mood Disorders Defined
- 2:50 Major Depression
- 4:30 Bipolar Disorder
- 5:48 Causes of Mood Disorders
- 7:00 Mood Disorders in the Brain - Neurotransmitters
- 8:00 Social Cognitive Perspective on Depression

[Crash Course #31: Trauma & Addiction](#)

- 0:00 Trauma & its Effects - the story of J.R. Tolkien
- 1:55 PTSD
- 3:40 Substance Abuse
- 5:20 Causes of PTSD
- 5:50 PTSD & the Brain
- 6:35 Post Traumatic Growth - Recovery
- 7:10 Self-Medicating - Addiction & Dependence

9:20 Dual Diagnosis Model of Treatment

[Crash Course #32: Schizophrenia & Dissociative Disorders](#)

0:00 Intro to Schizophrenia & DID
1:30 General Psychotic Symptoms of Schizophrenia
3:30 Delusions
4:00 Hallucinations
5:15 Positive vs. Negative Symptoms
5:35 Disorganized Symptoms
5:55 Brain Abnormalities - Dopamine Theory
7:00 Diathesis Stress Model Explanation for Schizophrenia
7:20 Genetic Predisposition
8:10 Dissociative Disorders defined
8:45 Dissociative Identity Disorder

[Crash Course #34: Personality Disorders](#)

0:00 Intro to personality disorders
2:05. 3 clusters of disorders
3:35. Overlap between disorders - dimensional model
4:35. Borderline PD
5:35. Antisocial personality
6:55. Causes of antisocial personality
9:00. Treatment/prevention

[Crash Course #33: Eating & Body Dysmorphic Disorders](#)

0:00 Story of an Anorexic
1:55 Facts on the Prevalence of Eating Disorders
2:45 Anorexia Nervosa
3:05 Anorexia - Restriction vs. Binge/Purge
4:20 Bulimia Nervosa
5:05 Binge-Eating Disorder
5:30 Potential Causes & Prevalence of Eating Disorders
6:35 Body Dysmorphic Disorder
8:00 Biological Causes of Eating & Body Dysmorphic Disorders
8:43 Environmental Causes

TREATMENT:

[Crash Course #35: Getting Help - Psychotherapy](#)

0:00 Intro to Psychotherapy
1:15 Psychoanalysis - Freud
2:45 Criticisms of Psychoanalysis
3:10 Psychodynamic Theory
3:55 Humanistic Theory
4:30 Roger's Client-Centered Therapy
5:00 Existentialist Therapy
6:00 Behavioral Therapy - Counter Conditioning, Exposure Therapy, Aversive Conditioning, Systematic Desensitization
8:15 Cognitive Therapy - Aaron Beck

9:50 Group Therapy & Family Therapy

[Crash Course #36: Biomedical Treatments](#)

0:00 Effectiveness of Psychotherapy

1:20 Research Methods Behind Effectiveness of Treatment

3:15 Effectiveness vs. Efficacy

3:50 Common Factors of Successful Therapies

4:55 Biomedical Therapies

5:20 AntiPsychotic/Schizophrenia Drugs - how they work and potential side effects

6:05 AntiDepressants - SSRIs - how they work and side effects

7:15 Mood Stabilizers - Lithium

7:45 Electroshock Therapy - ECT

8:55 Repetitive Transcranial Magnetic Stimulation & Deep-Brain Stimulation

9:25 Risks & Effectiveness of Therapy