



AP DAILY VIDEOS

AP Psychology

AP Daily is a series of on-demand, short videos—created by expert AP teachers and faculty—that can be used for in-person, online, and blended/hybrid instruction. These videos cover every topic and skill outlined in the AP Course and Exam Description and are available in AP Classroom for students to watch anytime, anywhere.

Unit 1

Video Title	Topic	Video Focus	Instructor
1.1: Daily Video 1	Introducing Psychology	Psychology started as the scientific exploration of the mind. But what is the mind? In this video, we will discuss some of the earliest attempts to study the mind.	Joseph Swope
1.1: Daily Video 2	Introducing Psychology	People are complicated and endlessly fascinating. How should we study them? By trying to figure out their unconscious motives? Or, maybe by what rewards they seek?	Joseph Swope
1.1: Daily Video 3	Introducing Psychology	Is the human mind merely a reflection of chemical reactions or of countless social influences that surround all of us? Three approaches to studying psychology.	Joseph Swope
1.2: Daily Video 1	Research Methods in Psychology	Psychological research is a broad topic, with many ways to go about it. Should we ask people what they think or observe how they act?	Joseph Swope
1.3: Daily Video 1	Defining Psychological Science—The Experimental Method	Experiments are one of the pillars of science. But done wrong, they can lead to false conclusions which might be worse than ignorance.	Joseph Swope
1.3: Daily Video 2	Defining Psychological Science—The Experimental Method	Identifying the components of an experiment is a critical skill for AP Psychology students and for all scientifically literate people.	Joseph Swope
1.4: Daily Video 1	Selecting a Research Method	Researchers must be cautious when designing a study. There are several flaws and biases they must watch for in order to ensure validity in their studies.	Natasha Alston
1.4: Daily Video 2	Selecting a Research Method	The Hawthorn Study is one of the most important examples of a research study which demonstrated flaws and biases.	Natasha Alston
1.5: Daily Video 1	Statistical Analysis in Psychology	Researchers use statistical analysis to better understand data collected during their studies.	Natasha Alston
1.5: Daily Video 2	Statistical Analysis in Psychology	Researchers utilize statistical analysis to summarize the data collected with tools such as central tendency, correlation coefficient, and frequency distribution.	Natasha Alston
1.5: Daily Video 3	Statistical Analysis in Psychology	Researchers utilize statistics to summarize the data collected with tools such as correlation coefficient. Another important aspect of understanding data is determining statistical significance.	Natasha Alston
1.6: Daily Video 1	Ethical Guidelines in Psychology	Ethics standards were established to protect research subjects. In this video, we will briefly examine some famous studies which violated subjects' rights.	Natasha Alston

Unit 2

Video Title	Topic	Video Focus	Instructor
2.1: Daily Video 1	Interaction of Heredity and Environment	Animals, including humans, have evolved in countless ways. Does that explain our differences or is it due to a lifetime of experiences with different environments?	Joseph Swope
2.2: Daily Video 1	The Endocrine System	They say, dismissively, that it's just hormones. But everything is related to hormones. Thoughts, emotions, actions are all based on and maybe caused by hormones.	Joseph Swope
2.3: Daily Video 1	Overview of the Nervous System and the Neuron	In this video, we will learn about the brain systems' functions and structures, specifically, the central nervous system.	Natasha Alston
2.3: Daily Video 2	Overview of the Nervous System and the Neuron	In this video, we will learn about the brain systems' functions and structures, specifically, the peripheral nervous system.	Natasha Alston
2.4: Daily Video 1	Neural Firing	In this video, we will learn about the structure of the neuron.	Natasha Alston
2.4: Daily Video 2	Neural Firing	In this video, we will learn about the function of the neuron.	Natasha Alston
2.4: Daily Video 3	Neural Firing	In this video, we will learn about the chemicals, called neurotransmitters, which govern all behaviors, thoughts, emotions, and movements.	Natasha Alston
2.5: Daily Video 1	Influence of Drugs on Neural Firing	How do drugs affect a neuron at the synapse? This video explains the difference between reuptake, agonists, and antagonists and how each relates to neural firing.	Annette Nielsen
2.5: Daily Video 2	Influence of Drugs on Neural Firing	This video presents examples of different types of drugs and how their effect on neural firing relates to changes in mental processes and behaviors.	Annette Nielsen
2.6: Daily Video 1	The Brain	This video presents an overview of the major brain regions as well as a description of several hindbrain structures including the medulla, pons, reticular formation, and cerebellum.	Annette Nielsen
2.6: Daily Video 2	The Brain	This video presents the location and descriptions of midbrain structures such as the limbic system, thalamus, and pituitary gland.	Annette Nielsen
2.6: Daily Video 3	The Brain	This video presents the location and descriptions of structures of the forebrain, including the four lobes of the cerebral cortex as well as the two primary language centers.	Annette Nielsen
2.7: Daily Video 1	Tools for Examining Brain Structure and Function	This video presents examples of case studies used to discover the wonders of the brain. We will learn about the fascinating cases of HM, Tan, and Phineas Gage.	Annette Nielsen
2.7: Daily Video 2	Tools for Examining Brain Structure and Function	This video presents the research of Roger Sperry and Michael Gazzaniga. We will discuss brain hemisphere specialization and lateralization as we delve into split-brain research.	Annette Nielsen
2.7: Daily Video 3	Tools for Examining Brain Structure and Function	This video presents neuroimaging techniques used to uncover the structures of the brain and their functions. We will discuss EEG, MRI, fMRI, and PET.	Annette Nielsen
2.8: Daily Video 1	The Adaptable Brain	This video presents the four different categories of psychoactive drugs and their effects on the mind and body.	Annette Nielsen

Video Title	Topic	Video Focus	Instructor
2.9: Daily Video 1	Sleep and Dreaming	This video presents an overview of the stages of sleep as well as the biological and psychological changes that take place during each stage of the sleep cycle.	Annette Nielsen
2.9: Daily Video 2	Sleep and Dreaming	What is the purpose of sleep and why do we dream? This video presents an overview of the major theories about sleep and dreaming.	Annette Nielsen
2.9: Daily Video 3	Sleep and Dreaming	What are the major sleep disorders? This video presents information about some of the most common sleep disorders, their symptoms, and treatments for each one.	Annette Nielsen

Unit 3

Video Title	Topic	Video Focus	Instructor
3.1: Daily Video 1	Principles of Sensation	This video will present the Gestalt principles of visual perception and explore some of the ways all humans interpret visual stimuli.	Annette Nielsen
3.1: Daily Video 2	Principles of Sensation	How do we perceive depth? This video presents the differences between binocular and monocular cues for depth perception.	Annette Nielsen
3.1: Daily Video 3	Principles of Sensation	Watch this video to learn about the basic principles of sensory transduction. We will discuss thresholds, signal detection, and sensory adaptation.	Annette Nielsen
3.2: Daily Video 1	Principles of Perception	Our perceptions are not always based on sensory input. Watch this video to find out the many ways our perceptions are influenced by top-down processing.	Annette Nielsen
3.3: Daily Video 1	Visual Anatomy	How is light energy transformed into a visual sensation? This video describes the structures of the eye and the role each structure plays in transducing light into vision.	Annette Nielsen
3.3: Daily Video 2	Visual Anatomy	How do we perceive color? This video explores the major theories of color vision as well as different types of color blindness.	Annette Nielsen
3.4: Daily Video 1	Visual Perception	This video reviews the common ways we perceive visual cues and the ways these perceptual mechanisms make us vulnerable to illusion.	Annette Nielsen
3.5: Daily Video 1	Auditory Sensation and Perception	This video will explore the basic anatomical components of the auditory system and the characteristics of sound they respond to in producing the experience of hearing.	Karl Honma
3.5: Daily Video 2	Auditory Sensation and Perception	This video will illustrate the causes of and changes in perception due to common types of hearing loss.	Karl Honma
3.6: Daily Video 1	Chemical Senses	This video will focus on what the olfactory and gustatory senses have in common, the nature of their stimuli, and how they interact.	Karl Honma
3.7: Daily Video 1	Body Senses	This video will discuss the interaction between bodily sensations that result in distinct perceptions.	Karl Honma

Unit 4

Video Title	Topic	Video Focus	Instructor
4.1: Daily Video 1	Introduction to Learning	This video will trace the development of learning principles as a field of research and apply those principles to explain different types of learning.	Karl Honma
4.2: Daily Video 1	Classical Conditioning	This video will describe the basic components of classical conditioning and contrast classical conditioning with other types of learning.	Karl Honma
4.3: Daily Video 1	Operant Conditioning	How do consequences change the behavior of humans and other animals?	Lara Bruner
4.3: Daily Video 2	Operant Conditioning	Compare the schedules of reinforcement and explain how motivation may be affected by operant conditioning.	Lara Bruner
4.4: Daily Video 1	Social and Cognitive Factors in Learning	Explore how biofeedback, coping strategies, and self-control can be used to address behavior problems.	Lara Bruner

Unit 5

Video Title	Topic	Video Focus	Instructor
5.1: Daily Video 1	Introduction to Memory	How do we describe the human memory system?	Lara Bruner
5.2: Daily Video 1	Encoding	Outline the principles that underlie construction and encoding of memories.	Lara Bruner
5.3: Daily Video 1	Storing	Outline the principles that underlie effective storage of memories.	Lara Bruner
5.4: Daily Video 1	Retrieving	Describe the influences on retrieval and compare its subtypes.	Lara Bruner
5.5: Daily Video 1	Forgetting and Memory Distortion	Describe typical memory errors and how to prevent them.	Lara Bruner
5.6: Daily Video 1	Biological Bases of Memory	Differentiate psychological and physiological systems of memory.	Lara Bruner
5.7: Daily Video 1	Introduction to Thinking and Problem Solving	Where do answers come from? Are they found after a long search or do they just appear when they want to?	Joseph Swope
5.8: Daily Video 1	Biases and Errors in Thinking	We are often incorrect and just as often we are 100% certain that we are correct, even when we are not. Why is it so easy to be wrong?	Joseph Swope
5.9: Daily Video 1	Introduction to Intelligence	Many of us want to be smarter, to have more intelligence. But why do we want more of something that we can't define well?	Joseph Swope
5.9: Daily Video 2	Introduction to Intelligence	There are a lot of theories about intelligence. Which one is correct? And who made those theories anyway?	Joseph Swope
5.10: Daily Video 1	Psychometric Principles and Intelligence Testing	How can a person make an intelligence test that can measure scores higher than he or she has?	Joseph Swope
5.11: Daily Video 1	Components of Language and Language Acquisition	Can you think without words? What comes first—the thought or the words that express it. Can you separate the two?	Joseph Swope

Unit 6

Video Title	Topic	Video Focus	Instructor
6.1: Daily Video 1	The Lifespan and Physical Development in Childhood	We will explore the course of prenatal development and the developmental impact of exposure to teratogens.	Marisa Del Savio
6.2: Daily Video 1	Social Development in Childhood	Explore two theories of social development developed by Erik Erikson and Mary Ainsworth in context.	Marisa Del Savio
6.2: Daily Video 2	Social Development in Childhood	We will introduce four parenting styles based on Diana Baumrind's research in the 1960s and explore their effect on a child's social development.	Marisa Del Savio
6.2: Daily Video 3	Social Development in Childhood	Free-response question practice: social development in childhood.	Marisa Del Savio
6.3: Daily Video 1	Cognitive Development in Childhood	Building schemas: assimilation and accommodation.	Marisa Del Savio
6.3: Daily Video 2	Cognitive Development in Childhood	Close examination of the preoperational and concrete operational Piagetian stages, with opportunities to practice identifying behaviors in these stages.	Marisa Del Savio
6.4: Daily Video 1	Adolescent Development	Adolescents meet new social demands while searching for their identity. Formal operational thought, enabled by a maturing brain, leads to adolescent egocentrism.	Marisa Del Savio
6.5: Daily Video 1	Adulthood and Aging	The impact of aging on psychobiological processes is explored as are the social conflicts identified in Erikson's theory.	Marisa Del Savio
6.6: Daily Video 1	Moral Development	The content and validity of Lawrence Kohlberg's theory of moral development will be examined as will Carol Gilligan's criticism of it.	Marisa Del Savio
6.7: Daily Video 1	Gender and Sexual Orientation	We will look at two different theories that relate to a child's development of a gender identity and the key vocabulary associated with these theories.	Marisa Del Savio

Unit 7

Video Title	Topic	Video Focus	Instructor
7.1: Daily Video 1	Theories of Motivation	We are motivated to engage in behaviors for different reasons at different times. We will learn how internal tension motivates behavior such that the body achieves homeostasis.	Marisa Del Savio
7.1: Daily Video 2	Theories of Motivation	We will explore how incentives pull us to behave in ways to satisfy our needs.	Marisa Del Savio
7.1: Daily Video 3	Theories of Motivation	We will examine how individual needs for arousal push us to behave in ways to satisfy those needs.	Marisa Del Savio
7.2: Daily Video 1	Specific Topics in Motivation	We will examine how individual needs for arousal push us to behave in ways to satisfy those needs.	Marisa Del Savio
7.2: Daily Video 2	Specific Topics in Motivation	Being stuck between a rock and a hard place is a real thing! Explore conflicts in motivation.	Marisa Del Savio
7.3: Daily Video 1	Theories of Emotion	We will describe and evaluate four theories of emotion: James-Lange, Schacter-Singer, Cannon-Bard, and Lazarus.	Marisa Del Savio
7.3: Daily Video 2	Theories of Emotion	Schacter-Singer and Lazarus can take the high road, and Zajonc and LeDoux will take the low road; emotions can involve cognitive appraisal or be automatic responses.	Marisa Del Savio
7.4: Daily Video 1	Stress and Coping	We will introduce the three stages of Hans Selye's general adaptation syndrome and examine our ability to cope during each stage.	Marisa Del Savio
7.5: Daily Video 1	Introduction to Personality	Are you impatient? Focused? Optimistic? Why? Let's look at the relative importance that different personality theories put on the role of nature and nurture in personality development.	Marisa Del Savio
7.6: Daily Video 1	Psychoanalytic Theories of Personality	Are you impatient? Focused? Optimistic? Why? Let's look at the relative importance that different personality theories put on the role of nature and nurture in personality development.	Mark Minnick
7.6: Daily Video 2	Psychoanalytic Theories of Personality	How did the theory change after Freud? How is it still relevant today? This video will help to answer these important questions.	Mark Minnick
7.7: Daily Video 1	Behaviorism and Social Cognitive Theories of Personality	How are behavior and personality related? This video will explore the connection between these concepts.	Mark Minnick
7.8: Daily Video 1	Humanistic Theories of Personality	What motivates us to become a better person? To reach our potential? Humanistic theories offer these explanations.	Mark Minnick
7.9: Daily Video 1	Trait Theories of Personality	How would you describe yourself or your best friend? What makes us different? What about similar? This video will introduce the trait theories to answer these questions.	Mark Minnick
7.10: Daily Video 1	Measuring Personality	How do we assess someone's personality? How do we determine what traits someone possesses? This video addresses these questions.	Mark Minnick

Unit 8

Video Title	Topic	Video Focus	Instructor
8.1: Daily Video 1	Introduction to Psychological Disorders	How do we determine what disorder someone may be dealing with? How do we differentiate them? How are terms like “insanity” involved in Clinical Psychology?	Mark Minnick
8.2: Daily Video 1	Psychological Perspectives and Etiology of Disorders	How do the different psychological perspectives view psychological disorders differently? Is there any danger or benefit in identifying and labeling disorders?	Mark Minnick
8.3: Daily Video 1	Neurodevelopmental and Schizophrenic Disorders	What are neurodevelopmental disorders? What kinds of symptoms do individuals with these disorders display?	Mark Minnick
8.3: Daily Video 2	Neurodevelopmental and Schizophrenic Disorders	What are schizophrenic spectrum disorders? Why is schizophrenia so misunderstood?	Mark Minnick
8.4: Daily Video 1	Bipolar, Depressive, Anxiety, and Obsessive-Compulsive and Related Disorders	What is the difference between bipolar disorder and depression? Why are these disorders so serious and dysfunctional?	Mark Minnick
8.4: Daily Video 2	Bipolar, Depressive, Anxiety, and Obsessive-Compulsive and Related Disorders	What distinguishes an anxiety disorder from normal feelings of anxiety? What are the different kinds of anxiety disorders that can develop?	Mark Minnick
8.4: Daily Video 3	Bipolar, Depressive, Anxiety, and Obsessive-Compulsive and Related Disorders	What is obsessive-compulsive disorder? Why do people misunderstand obsessive-compulsive disorder so much that they refer to all kinds of behaviors incorrectly as “OCD”?	Mark Minnick
8.5: Daily Video 1	Trauma- and Stressor-Related, Dissociative, and Somatic Symptom and Related Disorders	What are trauma- and stressor-related disorders? If people suffer trauma and stress so often, why does everyone not have one of these disorders?	Mark Minnick
8.5: Daily Video 2	Trauma- and Stressor-Related, Dissociative, and Somatic Symptom and Related Disorders	What are dissociative disorders? What causes them? Why have we never heard of them the way we have other disorders?	Mark Minnick
8.5: Daily Video 3	Trauma- and Stressor-Related, Dissociative, and Somatic Symptom and Related Disorders	What are somatic symptom disorders? How can something in your mind cause such significant physical changes?	Mark Minnick

Video Title	Topic	Video Focus	Instructor
8.6: Daily Video 1	Feeding and Eating, Substance and Addictive, and Personality Disorders	In this video, we will learn about the various diagnostic criteria, causes, and treatments of personality disorders.	Annette Nielsen
8.7: Daily Video 1	Introduction to Treatment of Psychological Disorders	In this video, we will receive an introduction to therapeutic interventions based on the major perspectives of psychology.	Annette Nielsen
8.8: Daily Video 1	Psychological Perspectives and Treatment of Disorders	This video provides an overview of the psychodynamic approach to treatment as well as the key contributors to this therapeutic orientation.	Annette Nielsen
8.8: Daily Video 2	Psychological Perspectives and Treatment of Disorders	This video provides an overview of the humanistic and behavioral approaches to treatment as well as the key contributors to these therapeutic orientations.	Annette Nielsen
8.8: Daily Video 3	Psychological Perspectives and Treatment of Disorders	This video provides an overview of the cognitive and cognitive-behavioral approaches to treatment as well as the key contributors to these therapeutic orientations.	Annette Nielsen
8.9: Daily Video 1	Treatment of Disorders from the Biological Perspective	This video provides an overview of the many biological approaches to treatment for psychological disorders.	Annette Nielsen
8.10: Daily Video 1	Evaluating Strengths, Weaknesses, and Empirical Support for Treatments of Disorders	This video presents an evaluation of the strengths, weaknesses, and empirical support for the various treatment methods discussed in Topics 8.8 and 8.9.	Annette Nielsen

Unit 9

Video Title	Topic	Video Focus	Instructor
9.1: Daily Video 1	Attribution Theory and Person Perception	How do we look at others? Is it the same as how we look at ourselves? Probably not. Let's see why.	Joseph Swope
9.2: Daily Video 1	Attitude Formation and Attitude Change	How can you change someone's attitude? Would a perfectly worded lecture work? How about a passionate rant?	Joseph Swope
9.3: Daily Video 1	Conformity, Compliance, and Obedience	Do we have free will? Who or what chooses what we do? More importantly, who or what chooses what we think?	Joseph Swope
9.4: Daily Video 1	Group Influences on Behavior and Mental Processes	How does the presence of others affect our behavior? Do others lift us up or weigh us down to become one of them?	Joseph Swope
9.4: Daily Video 2	Group Influences on Behavior and Mental Processes	Is it better to compete or cooperate? Should you ever betray someone before they betray you?	Joseph Swope
9.5: Daily Video 1	Bias, Prejudice, and Discrimination	Why and how do we treat people we consider part of our group differently than we treat those we consider different.	Joseph Swope
9.6: Daily Video 1	Altruism and Aggression	People are not only capable of, they are good at being very kind and very cruel. This video explores those ideas.	Joseph Swope
9.7: Daily Video 1	Interpersonal Attraction	Social Psychology is focused on how people interact such as competition and aggression. Let's look at why and how they like each other.	Joseph Swope