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Psych-ology 2e.

Psychology 2e

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HARDCOVER BOOK ISBN-13	**978-1-975076-45-0**
B&W PAPERBACK BOOK ISBN-13	**978-1-975076-44-3**
DIGITAL VERSION ISBN-13	**978-1-951693-23-7**
ORIGINAL PUBLICATION YEAR	**2020**

10 9 8 7 6 5 4 3 2 1

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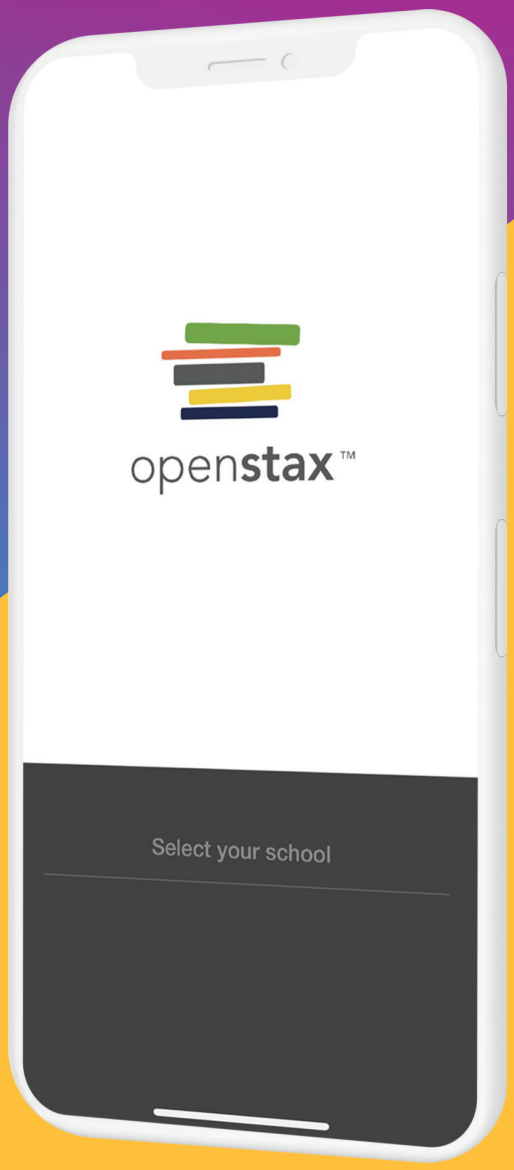

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Preface

Welcome to *Psychology 2e*, an OpenStax resource. This textbook was written to increase student access to high-quality learning materials, maintaining highest standards of academic rigor at little to no cost.

ABOUT OPENSTAX

OpenStax is a nonprofit based at Rice University, and it's our mission to improve student access to education. Our first openly licensed college textbook was published in 2012, and our library has since scaled to over 35 books for college and AP® courses used by hundreds of thousands of students. OpenStax Tutor, our low-cost personalized learning tool, is being piloted in college courses throughout the country. Through our partnerships with philanthropic foundations and our alliance with other educational resource organizations, OpenStax is breaking down the most common barriers to learning and empowering students and instructors to succeed.

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Format

You can access this textbook for free in web view or PDF through openstax.org, and for a low cost in print.

ABOUT *PSYCHOLOGY 2E*

Psychology 2e is designed to meet scope and sequence requirements for the single-semester introduction to psychology course. The book offers a comprehensive treatment of core concepts, grounded in both classic studies and current and emerging research. The text also includes coverage of the DSM-5 in examinations of psychological disorders. *Psychology 2e* incorporates discussions that reflect the diversity within the discipline, as well as the diversity of cultures and communities across the globe.

Coverage and scope

The first edition of *Psychology* has been used by thousands of faculty and hundreds of thousands of students since its publication in 2015. OpenStax mined our adopters' extensive and helpful feedback to identify the most significant revision needs while maintaining the organization that many instructors had incorporated into their courses. Specific surveys, pre-revision reviews, and customization analysis, as well as analytical data from OpenStax partners and online learning environments, all aided in planning the revision.

The result is a book that thoroughly treats psychology's foundational concepts while adding current and meaningful coverage in specific areas. *Psychology 2e* retains its manageable scope and contains ample features to draw learners into the discipline.

Structurally, the textbook remains similar to the first edition, with no chapter reorganization and very targeted changes at the section level.

Chapter 1: Introduction to Psychology

Chapter 2: Psychological Research

Chapter 3: Biopsychology

Chapter 4: States of Consciousness

Chapter 5: Sensation and Perception

Chapter 6: Learning

Chapter 7: Thinking and Intelligence

Chapter 8: Memory

Chapter 9: Lifespan Development

Chapter 10: Motivation and Emotion

Chapter 11: Personality

Chapter 12: Social Psychology

Chapter 13: Industrial-Organizational Psychology

Chapter 14: Stress, Lifestyle, and Health

Chapter 15: Psychological Disorders

Chapter 16: Therapy and Treatment

CHANGES TO THE SECOND EDITION

OpenStax only undertakes second editions when significant modifications to the text are necessary. In the case of *Psychology 2e*, user feedback indicated that we needed to focus on a few key areas, which we have done in the following ways.

Content revisions for clarity, accuracy, and currency

The revision plan varied by chapter based on need. Some chapters were significantly updated for conceptual coverage, research-informed data, and clearer language. In other chapters, the revisions

focused mostly on currency of examples and updates to statistics.

Over 210 new research references have been added or updated in order to improve the scholarly underpinnings of the material and broaden the perspective for students. Dozens of examples and feature boxes have been changed or added to better explain concepts and/or increase relevance for students.

Research replication and validity

To engage students in stronger critical analysis and inform them about research reproducibility, substantial coverage has been added to the research chapter and strategically throughout the textbook whenever key studies are discussed. This material is presented in a balanced way and provides instructors with ample opportunity to discuss the importance of replication in a manner that best suits their course.

Diversity, representation, and inclusion

With the help of researchers and teachers who focus on diversity- and identity-related issues, OpenStax has engaged in detailed diversity reviews to identify opportunities to improve the textbook. Reviewers were asked to follow a framework to evaluate the book's terminology, research citations, key contributors to the field, photos and illustrations, and related aspects, commenting on the representation and consideration of diverse groups. Significant additions and revisions were made in this regard, and the review framework itself is available among the OpenStax *Psychology 2e* instructor resources.

Art and illustrations

Under the guidance of the authors and expert scientific illustrators, especially those well versed in creating accessible art, the OpenStax team made changes throughout the art program in *Psychology 2e*.

Accessibility improvements

As with all OpenStax books, the first edition of *Psychology* was created with a focus on accessibility. We have emphasized and improved that approach in the second edition. Our goal is to ensure that all OpenStax websites and the web view versions of our learning materials follow accessible web design best practices, so that they will meet the W3C-WAI Web Content Accessibility Guidelines (WCAG) 2.0 at Level AA and Section 508 of the Rehabilitation Act. The WCAG 2.0 guidelines explain ways to make web content more accessible for people with disabilities and more user-friendly for everyone.

> To accommodate users of specific assistive technologies, all alternative text was reviewed and revised for comprehensiveness and clarity.
>
> All illustrations were revised to improve the color contrast, which is important for some visually impaired students.
>
> Overall, the OpenStax platform has been continually upgraded to improve accessibility.

To learn more about our commitment and progress, please view our **accessibility statement (https://openstax.org/accessibility-statement)** .

A transition guide will be available on openstax.org to highlight the specific chapter-level changes to the second edition.

Pedagogical foundation

Psychology 2e engages students through inquiry, self-reflection, and investigation. Features in the second edition have been carefully updated to remain topical and relevant while deepening students' relationship to the material. They include the following:

> **Everyday Connection** features tie psychological topics to everyday issues and behaviors that students encounter in their lives and the world. Topics include the validity of scores on college

entrance exams, the opioid crisis, the impact of social status on stress and healthcare, and cognitive mapping.

What Do You Think? features provide research-based information and ask students their views on controversial issues. Topics include "Brain Dead and on Life Support," "Violent Media and Aggression," and "Capital Punishment and Criminals with Intellectual Disabilities."

Dig Deeper features discuss one specific aspect of a topic in greater depth so students can dig more deeply into the concept. Examples include discussions on the distinction between evolutionary psychology and behavioral genetics, recent findings on neuroplasticity, the field of forensic psychology, and a presentation of research on strategies for coping with prejudice and discrimination.

Connect the Concepts features revisit a concept learned in another chapter, expanding upon it within a different context. Features include "Emotional Expression and Emotional Regulation," "Tweens, Teens, and Social Norms," and "Conditioning and OCD."

Art, interactives, and assessments that engage

Our art program is designed to enhance students' understanding of psychological concepts through simple, effective graphs, diagrams, and photographs. *Psychology 2e* also incorporates links to relevant interactive exercises and animations that help bring topics to life. Selected assessment items touch directly on students' lives.

Link to Learning features direct students to online interactive exercises and animations that add a fuller context to core content and provide an opportunity for application.

Personal Application Questions engage students in topics at a personal level to encourage reflection and promote discussion.

ADDITIONAL RESOURCES

Student and Instructor Resources

We've compiled additional resources for both students and instructors, including Getting Started Guides, an instructor solution guide, a test bank, and PowerPoint slides. Instructor resources require a verified instructor account, which you can apply for when you log in or create your account on openstax.org. Take advantage of these resources to supplement your OpenStax book.

Community Hubs

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