

Textbook: Prologue (pg 1-15)

Monday, September 16, 2013 9:48 PM

Definitions

- Applied Research: scientific study that aims to solve practical problems
- Basic Research: pure science that aims to increase the scientific knowledge base
- Behaviorism: the view that psychology (1) should be an objective science that (2) studies behavior without reference to mental processes. Most research psychologists today agree with (1) but not (2)
- Biopsychosocial Approach: an integrated approach that incorporates biological, psychological and social-cultural levels of analysis
- Clinical Psychology: a branch of psychology that studies, assesses and treats people with psychological disorders
- Cognitive Neuroscience: the interdisciplinary study of the brain activity linked with cognition (including perception, thinking, memory and language)
- Community Psychology: a branch of psychology that studies how people interact with their social environments and how social institutions affect individuals and groups
- Counseling Psychology: a branch of psychology that assists people with problems in living (often related to school, work or marriage) and in achieving greater well-being
- Humanistic Psychology: historically significant perspective that emphasized the growth potential of healthy people and the individual's potential for personal growth
- Levels of Analysis: the differing complementary views, from biological to psychological to social-cultural, for analyzing any given phenomenon
- Natural Selection: the principle that, among the range of inherited trait variations, those contributing to reproduction and survival will most likely be passed on to succeeding generations
- Nature-Nurture Issue: the longstanding controversy over the relative contributions that genes and experience make to the development of psychological traits and behaviors. Today's science sees trait and behaviors arising from the interaction of nature and nurture
- Positive Psychology: the scientific study of human functioning, with the goals of discovering and promoting strengths and virtues that help individuals and communities to thrive
- Psychiatry: a branch of medicine dealing with psychological disorders; practiced by physicians who sometimes provide medical (for example, drug) treatments as well as psychological therapy
- Psychology: the science of behavior and mental processes
- SQ3R: a study method incorporating five steps: survey, question, read, retrieve, review
- Testing effect: enhanced memory after retrieving, rather than simply reading, information. Also sometimes referred to as a retrieval practice effect or test-enhanced learning

Psychological Science Is Born

- Aristotle (~300 BC) made speculations about memory, learning, motivation, emotion, perception and personality
- Wilhelm Wundt
 - o Established the first psychology laboratory at the University of Leipzig, Germany
 - o Measured the time elapsed between a test subject hearing a sound and the subject pressing a telegraph key
 - o He was seeking to measure "atoms of the mind"
- There were two early schools of thought:
 - o Structuralism
 - o Functionalism
- Edward Bradford Titchener (student of Wundt)
 - o Aimed to discover the mind's structure through introspection
 - o Was not successful because people of different levels of intelligence/experience/etc had different results

- As introspection waned, so did structuralism
- William James (philosopher-psychologist)
 - Thought it would be better to study the evolved functions of our thoughts and feelings
 - Believed that thinking was developed through natural selection
 - Wrote a textbook on psychology, *Principles of Psychology*
- Mary Whiton Calkins
 - Was privately tutored by William James at Harvard
 - Although she completed all the requirements, she didn't receive her Ph.D.
 - Became a distinguished memory researcher and the first female president of the American Psychological Association in 1905
- Margaret Floy Washburn
 - First female to receive a Ph.D. in psychology
 - Second female president of the American Psychological Association in 1921
 - Was prohibited from joining all-male organizations

Psychological Science Develops

- Wundt and Titchener focused on inner sensations, images and feelings
- James focused on introspective examination of the stream of consciousness and emotion
- Psychology was defined as the science of mental life
- 1920s
 - John B. Watson and B.F. Skinner dismissed introspection
 - Psychology was redefined as the scientific study of observable behavior
 - Behavior is observable; sensation, feeling and thought are not
 - Behaviorism: the view that psychology (1) should be an objective science that (2) studies behavior without reference to mental processes. Most research psychologists today agree with (1) but not (2)
- Freudian psychology
 - Emphasized the ways our unconscious thought processes and our emotional responses to childhood experiences affect our behavior
 - Theory of personality, views on unconscious sexual conflicts, the kind's defense against its own wishes and impulses
- Humanistic psychology
 - Founded by Carl Rogers and Abraham Maslow in the 1960s
 - Examined the ways that current environmental influences can nurture or limit our growth potential and the important of having our needs for love and acceptance satisfied
 - Definition: historically significant perspective that emphasized the growth potential of healthy people and the individual's potential for personal growth
- Cognitive revolution (1960s)
 - Led psychology back to its early interest in mental processes (how the brain processes and retains information)
 - Cognitive psychology scientifically explored the ways people perceive, process and remember information
 - Cognitive neuroscience: the interdisciplinary study of the brain activity linked with cognition (including perception, thinking, memory and language)
- Modern definition: psychology is the science of behavior and mental processes
 - Behavior- something an organisms does (observable and recordable)
 - Mental processes- the internal, subjective experiences we infer from behavior (sensation, perceptions, dreams, thoughts, beliefs, feelings)

Contemporary Psychology

- Psychology is a young science that was developed from philosophy and biology
- Nature-nurture issue
 - Definition: the longstanding controversy over the relative contributions that genes and experience make to the development of psychological traits and behaviors. Today's science sees trait and behaviors arising from the interaction of nature and nurture
 - Plato assumed that we inherited character and intelligence and that certain ideas are

- inborn
- Aristotle believe that there is nothing in the mind that does not first come in from the external world through the senses
- John Locke (1600s)- argued that the mind is a blank slate on which experience writes (tabula rasa)
- René Descartes- believed that some ideas are innate (natural)
- Charles Darwin (1831)
 - Proposed the theory of evolution by natural selection
 - Natural selection: the principle that, among the range of inherited trait variations, those contributing to reproduction and survival will most likely be passed on to succeeding generations
 - Believed it explained both animal morphology and behavior
- *Nurture works on what nature endows*
 - We are biologically endowed with the capacity to learn and adapt
 - Every event is both psychological and biological

Psychology's Three Main Levels of Analysis

- Levels of Analysis: the differing complementary views, from biological to psychological to social-cultural, for analyzing any given phenomenon
 - Each level on its own is incomplete, but provides a valuable vantage point
- Biopsychosocial Approach: an integrated approach that incorporates biological, psychological and social-cultural levels of analysis; these three viewpoints provide a more complete picture of behavior and/or mental processes
 - Biological influences:
 - Natural selection of adaptive traits
 - Genetic predispositions responding to environment
 - Brain mechanisms
 - Hormonal influences
 - Psychological influences:
 - Learned fears and other learned expectations
 - Emotional responses
 - Cognitive processing and perceptual interpretations
 - Social-cultural influences:
 - Presence of others
 - Cultural, societal and family expectations
 - Peer and other group influences
 - Compelling models (such as in the media)
- Psychology's current perspectives
 - Neuroscience
 - How the body and brain enable emotions, memories and sensory experience
 - Evolutionary
 - How the natural selection of traits has promoted the survival of genes
 - Behavioral genetics
 - How are genes and our environment influence our individual differences
 - Psychodynamic
 - How behavior springs from unconscious drives and conflicts
 - Behavioral
 - How we learn observable responses
 - Cognitive
 - How we encode, process, store and retrieve information
 - Social-cultural
 - How behavior and thinking vary across situations and cultures
 - Each perspective is helpful, but each itself fails to reveal the whole picture

Psychology's Subfields

- Basic research: pure science that aims to increase the scientific knowledge base
- Applied research: scientific study that aims to solve practical problems

- Developmental psychologist: studying our changing abilities through our lives
- Cognitive psychologist: experimenting with how we perceive, think and solve problems
- Personality psychologist: investigating persistent traits
- Social psychologist: exploring how we view and affect one another
- Industrial-organizational psychologists: use psychology's concepts and methods in the workplace to help organizations and companies select and train employee, boost morale and productivity, design products and implement systems
- Forensic psychologists: may assess witness credibility or testify in court on a defendant's state of mind and future risk; apply psychological methods and principles in the criminal justice system
- Counseling Psychology: a branch of psychology that assists people with problems in living (often related to school, work or marriage) and in achieving greater well-being
- Clinical Psychology: a branch of psychology that studies, assesses and treats people with psychological disorders
 - o Counseling and clinical psychologists administer and interpret tests, provide counseling and therapy and sometimes conduct basic or applied research
- Psychiatry: a branch of medicine dealing with psychological disorders; practiced by physicians who sometimes provide medical (for example, drug) treatments as well as psychological therapy
- Positive Psychology: the scientific study of human functioning, with the goals of discovering and promoting strengths and virtues that help individuals and communities to thrive
- Community Psychology: a branch of psychology that studies how people interact with their social environments and how social institutions affect individuals and groups
 - o Community psychologists work to create social and physical environment that are healthy