

## INTRODUCTION TO THE CLASS/SYLLABUS

First evaluation: February 3rd, will cover first third of material

Second evaluation: March 14th, will cover second third of material

Third evaluation: examination period, covers the last third of material, NOT CUMULATIVE

Focus more on lectures and not what the book says because only lecture material will be tested

Test formats: 75 multiple choice, 4-5 short answers and 4-5 fill in the blanks

Buy the book: Ciccarelli, S.K., White, J.N., Fritzeley, V.H. & Harrigan, T. (2016). Psychology: An Exploration, 1<sup>st</sup> Canadian ed. Toronto: Pearson.

## LECTURE 1: JANUARY 6TH (started recording)

psukhe (breath/soul) and logos (word or reason): greek for psychology

psycho refers to the mind

logy refers to science

literally means science of the mind

cannot be directly observed

appropriate definition of psychology: the scientific study of behaviour and mental processes

high value on 2 things:

**Empirical evidence:** knowledge is achieved through experience, need to use science

**Critical thinking:** don't just accept theories, ask questions, find alternatives, don't always rely on intuition or common sense, you want to use scientific method to question theories, need to come up with multiple explanations

pseudo psychology: psychics (palm readers and fortune tellers), astrology (position of sun and stars influence how you feel), psychokinesis (moving things with your mind)

why study psychology: response to a curiosity about our behaviours towards ourselves and towards society

1. describe: classify certain types of behaviours (depressive behaviours)

2. explain: in order to understand mental behaviour, you need to identify its cause (what will cause depressive behaviour)

3. predict: when is it going to happen again/will it happen again (loss of appetite, loss of sleep: will they reoccur based on things you've described)

4. control behaviour: apply psychological knowledge to try preventing certain behaviours or bring about desired goals

scientific method: 6 methods

**identify problem:** people who smoke weed do poorly in school

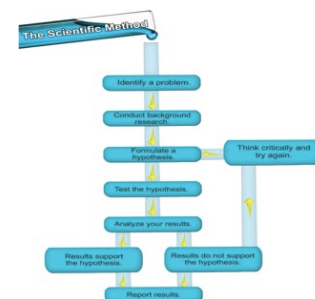
**do background research:** what do we know about this problem (EXPLAIN)

**formulate an hypothesis:** an educated guess (PREDICT) = long term exposure to pot will have a detrimental effect on one's academic success

**test the hypothesis:** (CONTROL BEHAVIOUR) take two groups, one group with pot smokers and one with non-pot smokers, monitor their academic success for a period of time and then compare, control comes in with the experiment, only one variable is changed between the two groups

**analyze results:** see what happened

**report results:** communicate results so that other researchers can use our study as a basis for future studies



## **HISTORY OF PSYCHOLOGY** (dates are not important but names are!!!)

### **5th century BC: Greek philosophers named plato and socrates**

how does the mind work and how can it affect behaviour

dualism: the mind was separate from the body, body was mortal but the mind was something abstract/immortal they also believed that knowledge was innate (you were born with all the knowledge you would ever need to throughout your life)

**Rene Descartes:** was the first one to test the theory of dualism, he was interested in how the mind is connected to the body, all the brain did was control reflexes according to him (which is wrong, the spinal cord does this) what controlled our free will was our mind

he thought body was for reflexes and the mind was for free will, wanted to know the connection between the two he thought the mind influences one voluntary behaviour through a structure in the brain, which then acts on the rest of the body, the structure is called the pineal gland (he was wrong)

he also believed that knowledge was innate

that is the "nature" argument: that genetics determine who we are and that the environment/upbringing will have no influence on you

**John Locke:** he disagreed with plato and socrates as well as rene descartes

he introduced term called: tabula rasa (blank slate)

we are shaped with experiences and our upbringing/environment shapes us: this is the "nurture" argument

we are more like our parents than anything else, we will always react similarly to our parents when we reach their age and when we face the same stressors and environments

**Wilhelm Wundt:** credited for being the father of modern psychology because he created the first psychology lab in germany, a student of his (**William Titchner**) founded the school of **structuralism**: they tried to understand the mind by breaking it down into its elementary structures, for example: they show you an apple and ask you what do you see? what colours do you see? how do you feel about seeing an apple? what memories does it provoke? This is known as introspection, this school didn't last long because it was too subjective/personal, we don't all feel the same way about an apple, we have different experiences, couldn't study children or animals or to treat schizophrenia

**Gestalt psychology (Max Wertheimer):** was founded as a revolt against structuralism, when you look at an object, you seek patterns (look at a face, you will see the whole face first and then break it down), our experiences are not reducible, you can't break them down into simple elements, "the whole is greater than the sum of its parts",

**Functionalism (William James):** first psychology lab established in north america by James, how do we use mental processes to function in every day life, how do they allow us to adapt and react, this school also declined with time, had an influence on behaviourism

**Sigmund Freud:** he was a psychiatrist, he was initially did neuroanatomical work, influenced by **Brewer**, he interpreted dreams, introduced his theory of psychoanalysis, the problem with psychoanalysis is that the sexual drives and forbidden desires and memories are not available to the conscious mind, he developed techniques to access the subconscious, free association: tell you a word and you tell me what the first word that comes to your mind, projection techniques were used as well, focused on maladaptive behaviour, what forced us to act in a negative way

**Joseph Brewer:** introduced talk therapy: a client walks into office and talks about their traumatic experiences, the more they talk, the more their psychological symptoms decrease, would lower psychological stress

**Behaviourism (Watson):** did not like Freud's work, psychology should only study what can be observed and measured objectively and not the abstract, "you cannot measure or observe the consciousness", other notables include **BF Skinner** and **Ivan Pavlov**, Skinner believed that external influences were primary factors in shaping behaviour (being punished or rewarded)

**Humanistic psychology (Maslo, Rogers and Moustakas):** focused on self-esteem, self expression, introduced as a revolt to previous schools of psychology, focused on positive behaviours and how to provoke them (opposite from Freud's thought schools)

**Cognitive psychology:** studies memories, perception, learning, intelligence, language, problem solving, how we think and how our thought processes allow us to adapt and function

**Evolutionary Psychology (Charles Darwin):** this resembles functionalism