

**TIP FOR ACADEMIC SUCCESS: ATTENDANCE
BRING GRAPHING PAPER**

GOALS FOR TODAY

- What is Psych
- Making sense of chaotic human beha
- Sub fields of psych
- Rise of psych as a science

CHAPTER 1: WHAT IS PSYCH?

- Study of person/ Indi
- Sci study of the causes of beha
- Natural (bio and chem) and social sciences
- App of research(real ppl and real situations)
- Text book def - Psych: the science of beha and the the physiological (body) and cog (mind) processes
- Applies to practical issues

UNDERSTANDING AND PREDICTING HUMAN BEHA

James Gleick - Chaos: Making a new sci

- Starts with a question "Why are all snowflakes different?"
- Answer sums up chaos theory
- Snowflakes = ppl
- math laws of surprising subtle
- snow flake tips = dendrites
- Environ changes the snowflakes
- stability vs instability
- snowflake that fall on different nights can be v diff depending on the environ
- Everyone`s reason for why they`re are in uni is diff

RESEARCH IN PSYCH - 3 LEVELS

Human Nature

(we are like all others)

Group Differences

(like some and diff from others) (Most common) (introverts vs extroverts, introverts vs extroverts) (can make sense of Indi because can compare them back to the group ("intro usually do this and this s you`re probably of that group"))

Indi Uniqueness

(we are like no one else) (least common, doesn`t tell us much) (because you studied one person well, it won`t apply to everyone) Study 10000 extroverts will help understand 1 extrovert

- Mass testing

FIELDS OF PSYCH

Research (Test)

- how to understand ppl, animals
- try to determine basic human characteristics (influences on beha)

Applied (Talk)

- knowledge through research is used to make a diff in the world.

CONTEMP RESEARCH SUB FIELDS

- Modern Psych

- Research is split into sub fields
- have specialization
- Text book Chapter 1
- Historical dev of diff schools of thought within Psych

APPLIED PSYCH

Clinical Psychiatrist

- Medical School

Clinical Psychologist

- undergrad BA
- Grad school clinical program
- Masters and PhD
- Have patients, course load and research
- Finish PhD.
- A year after do more accreditation work
- Will work with ppl who have mental illness

Counsellor

- family/school/marriage
- Don't work with ppl who have mental illness

SUB FIELDS OF PSYCH: EX WHY DO PPL PLAY GAMES?

Cognitive Psych

- Competitive or cooperative strategy.

Personality Psych

- More or less likely to play games?
- Traits that make ppl more ruthless while playing games
- Playing against 5 year olds

Developmental Psych

- How does the act of play change across a life span?
- Throwing sand is good at 3, bad at 20. Why?

Beha Psych

- Events that increase or decrease the likelihood to engage in play

Social Psych

- The person as they interact with others (single person or a nation)
- Social cues - stop or start of game play
- game play, tickling, "I have to pee" = game done

Cross Cultural Psych

- Is the essence/nature of game play the same across cultures?

Physiological

What goes in the body while one is playing (bio and chem)

Comparative

Is play unique to animals or humans?

Health Psych

- Does play improve well being and reduce stress?

Clinical psych

Can play be incorporated into the therapeutic treatment

Clinical Neuropsychology

- brain injuries that have impact in game play
- Change likelihood if one is willing to play and strategies

TYPES OF QUESTIONS ADDRESSED IN APPLIED PSYCH

Clinical Neuropsychology

- Beha consequences result form

Health Psychology

- Shape health policies
- facilitate life choice that improve health

School Psychology

- policy for gov
- Help children who struggle learning and violence
- ministry of edu

Organizational / Industrial Psychology

- job satisfaction
- employee productivity

Engineering Psychology

- human - computer interaction
- Its called usability
- microwave, remote control, apps, websites
 - customer understands how to use program

Forensic Psychology

- legal world
- Unbiased Eye witness testimony
- get fair and honest info
- how to select ppl for jury
- mental competent to stand jury
- would person reoffend on parol

SO MANY FIELDS!

- Psych as a sci is new

RISE OF PSYCH AS A SCI

Rooted in Philosophy

- animism, dualism and rationalism
- rise of empiricism and materialism
- can apply to human nature and beha

Early psych theories

- grand/ big theories
- EX. Freud psychoanalytic theory (filled the void, had ideas)
- Tried to say that ALL ppl work =ed in once certain way

Animism

- animals, ppl, inanimate objects have spirits within them
- **Tru**

ex. Anisistic theory: Painting and pics have their own magical reality, those in the pic have their own magical life but they are shy. They are faster than we are but get right back in position

Dualism

Mind and body 2 distinct entities

- Famous: Rene Decartes
- body grounded in material world

Rationalism

- Understand the uni (volcanoes, tornadoes) brain using reason and logical thought

Empiricism

- Understand truth through observation and experience (opposition above)
- must collect data/ evidence
- data doesn't have to come from physical uni
- Can prove an animistic theory

Materialism

- Reality can be understood by examining the physical world
- Look for explanations in the physical uni, don't make assumptions about the nonmaterial uni
- has to come from physical uni
- cannot prove an animistic theory
- *Empiricism + Materialism = foundation of all science*
- **LOOK A CHAPTER ONE, MATCH NAMES AND IDEAS**

STRUCTURALISM

- Examining the structure of the mind
- s**TRUCTURE OF MIND**,
- Wilhelm Wundt ON THE EXAM , LOOK ON STUDY GUIDE
- Sees thing for what they are, looking at the diff components
- Used introspection: as paritp. What they re thinking about as something is going on.,
- Give participant a plate of food, ask how brain is processing this. Mashed potties, smeat and peas. Possibly smelling all the seasoning, smell them Indi, feel the heat, do you see peas or do you see round circle and green and think of peas

FUNCTIONALISM

- THE WHY, biological significance of natural processes including beha
- Explains things (logical)
- purpose of beha

BEHAVIOURISM

- Reaction/response
- Focuses on observable beha and relationship between the environ/situation and beha
- Freud has theories that were hard to test
- Can't get data on the mind so don't try to collect data on it
- Only look at measurable physical things
- ex person gets a cupcake. Non beha: got hung, got cupcake beha: can observe hunger, getting up and consequence was a cake
- mindless robots, no free will, respond to external stimuli

HUMANISM

- Originally Phil
- Humanity is positive, want to be our best self

COGNITIVE

- Mind is a problem solver