***Chapter 1 Guided Notes***

***1-1: Why study Psychology??***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_: The scientific study of behavior and \_\_\_\_\_\_\_\_\_\_\_\_ processes.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Any action that other people can \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activities: Private, unobservable mental \_\_\_\_\_\_\_\_ such as sensation, \_\_\_\_\_\_\_\_\_\_\_, thought, and problem solving.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_: Theoretical concepts that enable one to discuss something that cannot be seen touched, or measured directly

What are psychologists interested in studying???

***Goals of psychology:***

1-

2-

3-

4-

5-

The Science of Psychology:

Psychology is a social science but has its foundation in the *\_\_\_\_\_\_\_*  *sciences* (\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_). It deals with the structure of human society and interactions of individuals who make up society.

How do psychologists find the answers they are looking for???

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Conducting surveys and \_\_\_\_\_\_\_\_\_\_

Drawing Conclusions

* Theories which they test

Psychological Theories:

\_\_\_\_\_\_\_\_\_: a statement that attempts to explain why things are the way they are and happen the way they do.

\_\_\_\_\_\_\_\_\_\_\_\_: A rule or law.

1-2: ***What Psychologists do***

***AREAS OF SPECIALIZATION***

* **\_\_\_\_\_\_\_\_**\_\_\_\_ the largest group – treat psychological problems.
* **Counseling** – treat adjustment problems.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – deal with students who have problems that interfere with learning.
* **\_\_\_\_\_\_\_\_\_ Psychologists** – focus on course planning and instructional methods.
  + **Help with developing SAT**
* **\_\_\_\_\_\_\_\_\_\_\_ Psychologists-** study changes that occur throughout a persons’ life span. (physical, emotional, cognitive, social)
* **\_\_\_\_\_\_\_\_\_\_\_ Psychologists** – identify characteristics or traits. (aggression; anxiety; shyness)
* **\_\_\_\_\_\_\_\_\_\_\_ Psychologists** – concerned with people’s behavior in social situations. (group behavior)
* **\_\_\_\_\_\_\_\_\_\_\_ Psychologists** – conduct research into basic processes, such as the **nervous system**

Focus on ***\_\_\_\_\_\_ research***:

* + Research that has no immediate application and is done for its own sake.
  + **EX:** *Basic research into motivation has helped clinical and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ develop ways of helping people control their eating habits*.
* **\_\_\_\_\_\_\_\_\_\_ and Organizational Psychologist** – focus on people in work and business (*assist in hiring*)
* **\_\_\_\_\_\_\_\_\_\_\_\_ Psychologist** – focus on ways in which people influence and are influenced by physical environment (*does crowding make people irritable?)*
* **\_\_\_\_\_\_\_\_\_ Psychologist** – study the behavior of shoppers to explain and predict behavior. (placement of milk
* **\_\_\_\_\_\_\_\_\_\_ Psychologist** – are concerned with how psychological problems give rise to criminal behavior.
* **\_\_\_\_\_\_\_ Psychologist** – study the ways in which behavior and mental processes are related to physical health.
  + (Correlation with \_\_\_\_\_\_ and \_\_\_\_\_\_ disease)

1-3: ***The History of Psychology***

* Began in ancient Greece.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:
  + Believed can learn about ourselves by examining thoughts and feelings.
  + ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_***: “Looking within”
* **Plato**:
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:
    - *A learned connection between two ideas or events* **EX:** thoughts

*Middle Ages:*

* Europeans believed that problems were signs of possession by demons.
  + **EX:** punishment for sins

**PSYCHOLOGY DEVELOPED OVER TIME**

* Revived during the scientific advances of the 1500s, 1600s and 1700s.
* **\_\_\_\_\_:** the year that many believe to be the beginning of psychology.
  + Considered a modern laboratory science by ***Wilhelm \_\_\_\_\_\_***

***Wilhelm Wundt:***

* ***Structuralism***:
  + Maintains that conscious experience breaks down into *\_\_\_\_\_\_\_\_\_\_* sensations and *\_\_\_\_\_\_\_\_\_\_\_\_*feelings.
    - **\_\_\_\_\_\_\_\_\_**: sight and taste
    - **Subjective**: emotional responses and mental images.

**William James:**

* ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***:
  + Emphasizes the purposes of behavior

and \_\_\_\_\_\_\_\_\_\_ processes.

Believe that adaptive behavior patterns are learned and maintained because they are successful.

**EX:** studying to make good grades

***Structuralism vs Functionalism***

* ***Structuralism***: What are the **\_\_\_\_\_\_\_\_\_\_**of psychological processes?
* ***Functionalists***: What are the **\_\_\_\_\_\_\_\_\_\_\_** of behavior and mental processes?

***John B. Watson:***

* ***\_\_\_\_\_\_\_\_\_\_\_\_\_***:
  + Defines psychology as the scientific study of observable behavior.

**EX:** Watching violence on T.V. can lead to violent behavior

***B.F. Skinner:***

* ***Believed animals AND humans learn to behave in certain ways because they have been reinforced for doing so.***

***The Gestalt School:***

* ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:***
  + ***Emphasizes the tendency to organize perceptions into meaningful wholes.***
    - ***\_\_\_\_\_\_\_\_\_ influences perception!***

***Sigmund Freud:***

* ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:***
  + ***Empathizes the importance of \_\_\_\_\_\_\_\_\_\_\_\_\_ motives and internal***

***conflict in determining human behavior.***

* + - ***EX: Verbal slips; dreams 🡪 reflects Freud’s influence on popular culture.***
* ***Consultations with patients***
  + ***Free association***
  + ***Believed unconscious processes (sexual & aggressive urges) are \_\_\_\_\_\_\_ important than conscious experience in governing people’s behavior and feelings!!!***

***\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Thinking:***

* + ***Most of what exists in an individual’s mind is unconscious and consists of conflicting impulses, urges, and wishes.***