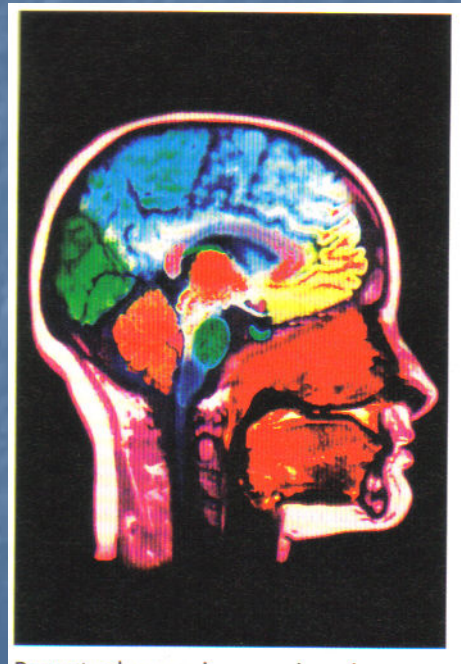


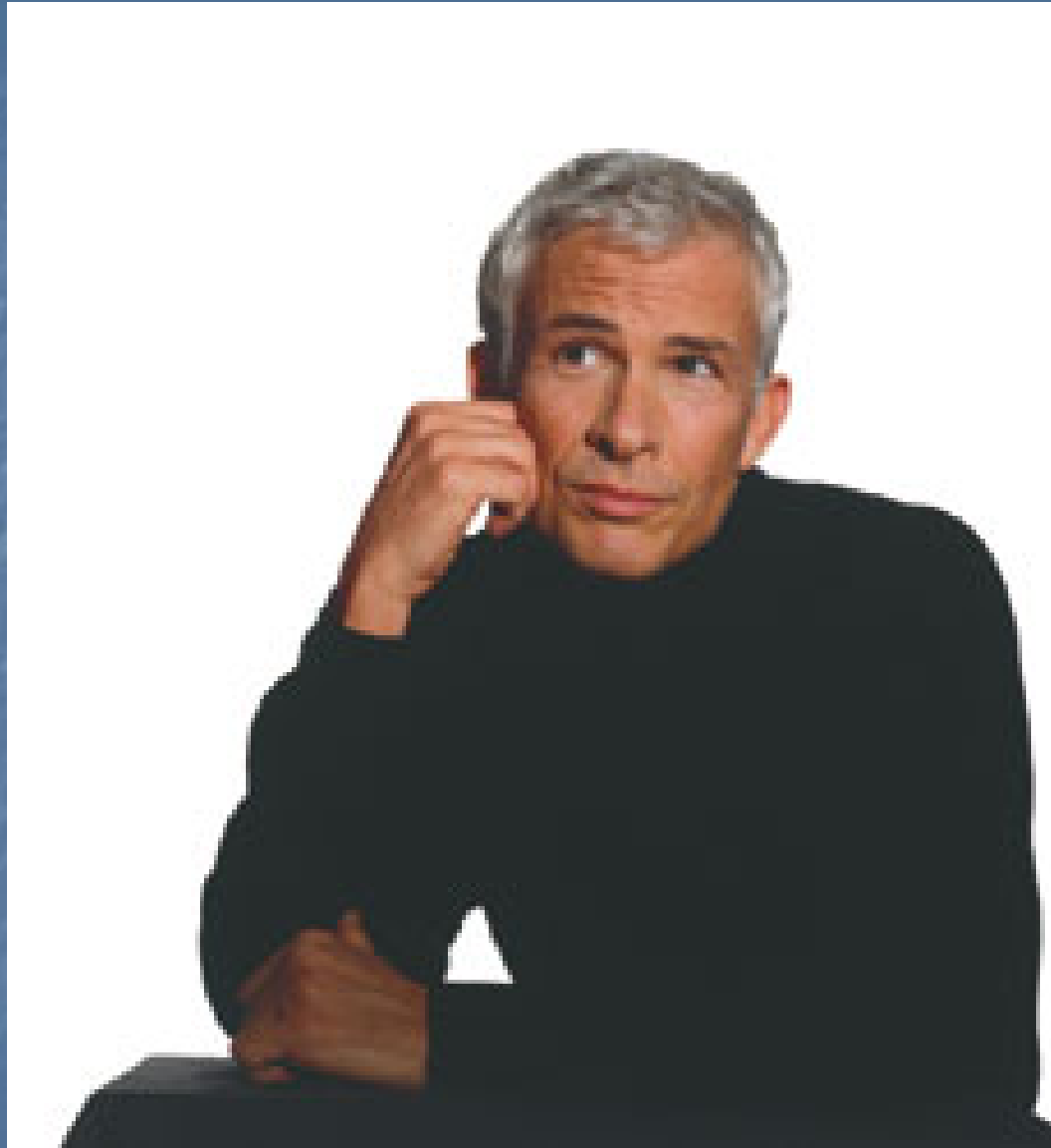
Discovering Psychology

Module 1
Psychology 1

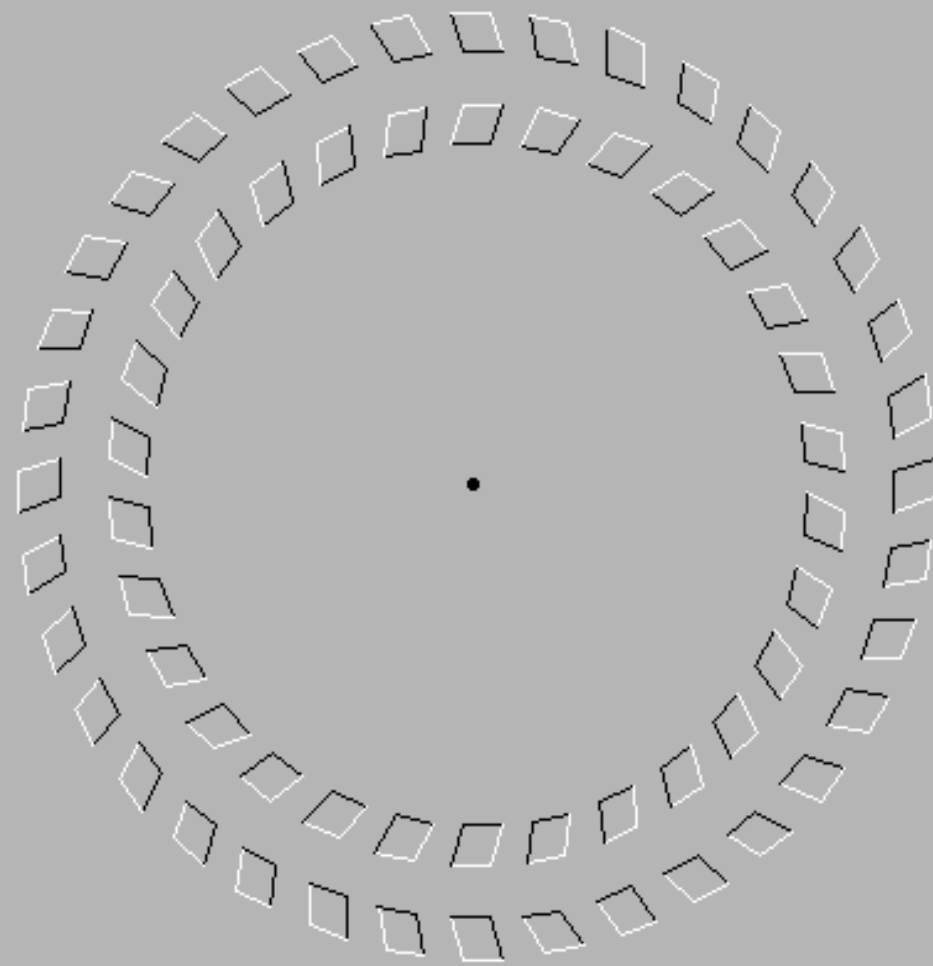
What is psychology all about?





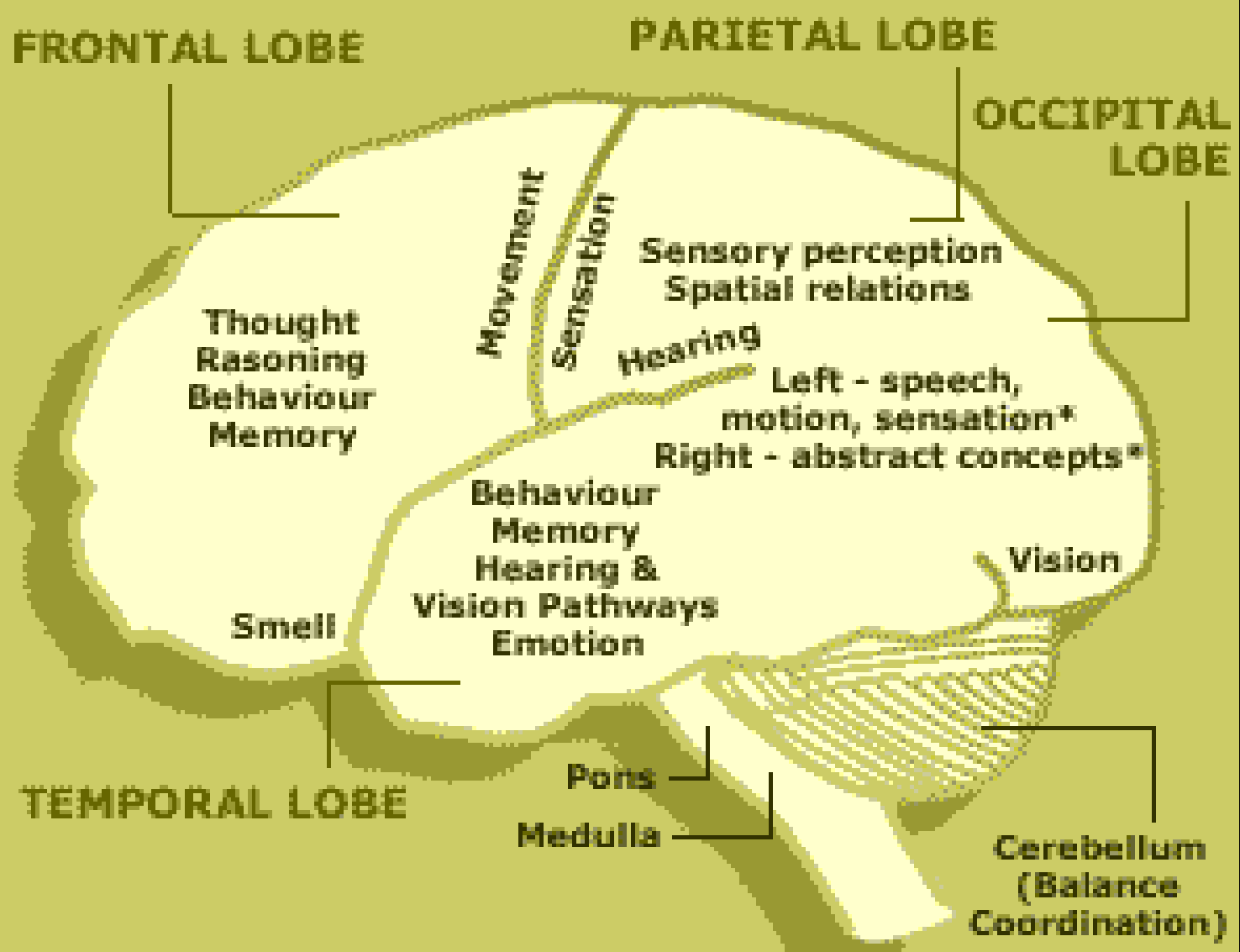


move your head forwards
and backwards while looking
at the dot

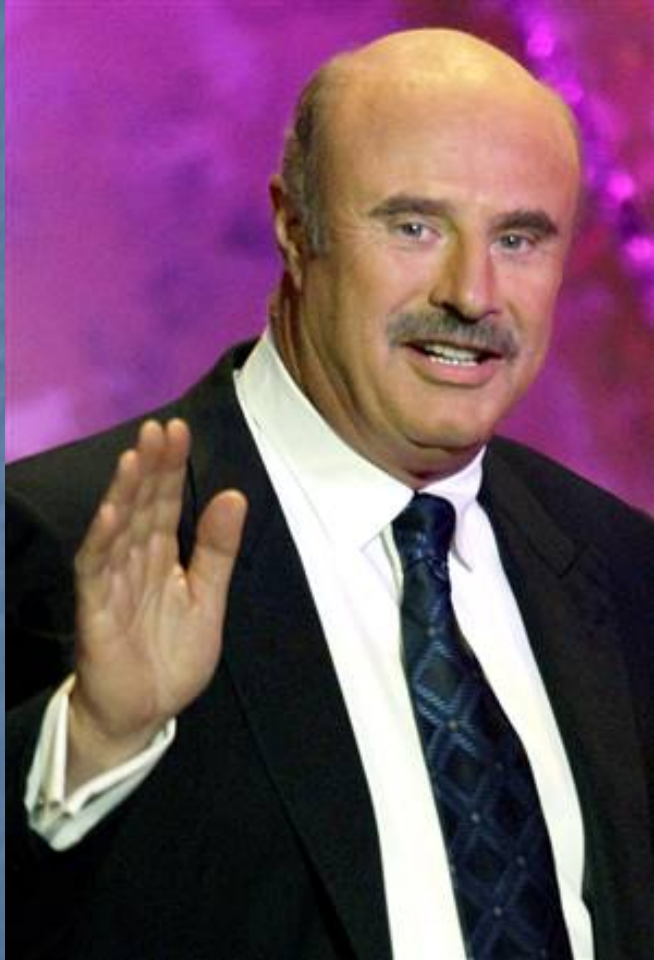




Parts of the brain and what they do



* - For right handed individuals



Psychology studies how we:

- Perceive intelligence
- Learn motivation
- Remember personality
- Solve problems mental disturbances
- Communicate emotional issues
- Feel psychotherapy
- Relate to others intergroup relations
- From birth to death states of consciousness
- Alone or groups ness

Psychology Defined:

- Psychology is the
 - systematic
 - scientific study of
 - behaviors and
 - mental processes.

Goals of Psychology

- **Describe** behavior (Joe hit Matt on the playground.)
- **Explain** behavior (Joe hit Matt because he has trouble controlling his anger.)
- **Predict** behavior (Joe usually has trouble in large groups of kids.)
- **Control** behavior (Joe's teacher will try and encourage good behavior through positive reinforcement.)

Identify these goals:

- Some developmental psychologists believe that a much larger number of playground accidents will occur this year among young children who watch Teenage Mutant Ninja Turtles.

PREDICT

- Some developmental psychologists believe that a much larger number of playground accidents **will occur** this year among young children who watch Teenage Mutant Ninja Turtles.

- Surveys show that women who graduate from college earn as much money per year as men who graduate from high school.

DESCRIBE

- Surveys show that women who graduate from college **earn as much money** per year as men who graduate from high school.

- Researchers have recently identified a gene that predisposes certain individuals to become obese.

EXPLAIN

- Researchers have recently identified a gene that predisposes certain individuals to become obese.

- Sex education should be required in all high schools because studies demonstrate that such education has reduced the teenage pregnancy rate.

CONTROL

- Sex education **should be required** in all high schools because studies demonstrate that such education has reduced the teenage pregnancy rate.

The Big Questions:

- **Stability-Change-** Do people stay the same or can they change? (aging, personality)
- **Person-Situation-** Is behavior caused by what is inside a person or factors outside?
- **Mind-Body** –How are they connected?

- The big Kahuna:

Which contributes more to our behavior?

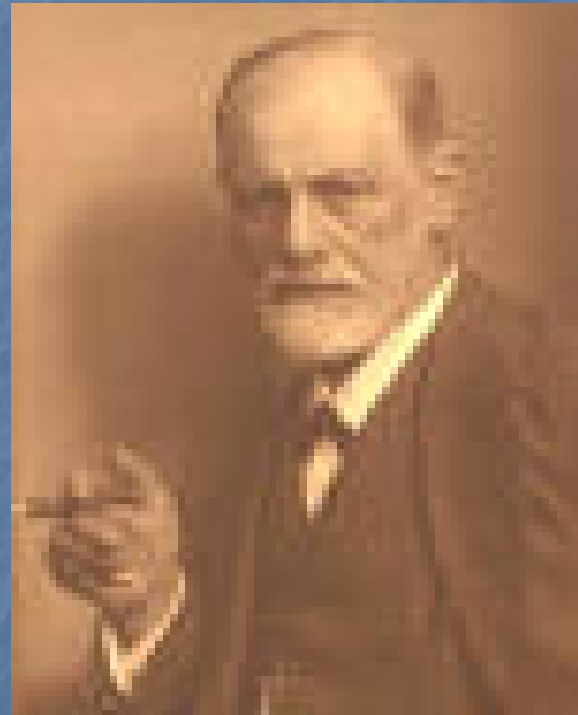
Nature or Nurture?

Inherited traits or experience and upbringing?

Modern Approaches to Psychology

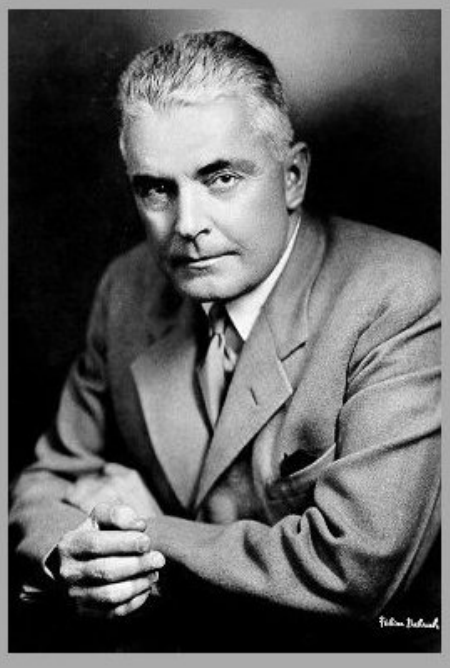
Psychodynamic

- Developed by Sigmund Freud
- Unconscious thoughts influence behavior &
- Early childhood impacts personality
- Criticized for reliance on case studies of patients, theories are not testable
- Has declined in acceptance

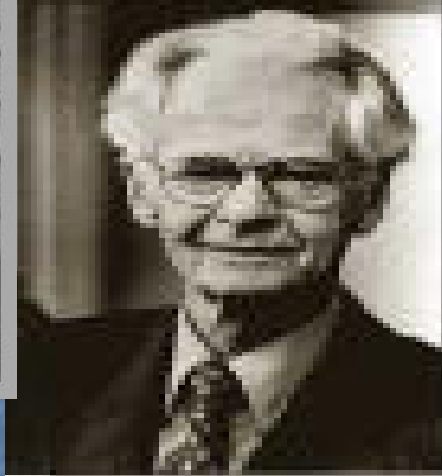


Key words: unconscious mind, childhood

Behaviorism



John B. Watson



B. F. Skinner



Skinner Box

- Developed by John B. Watson & BF Skinner
- Science of observable behavior
- We repeat behavior for which we are rewarded
- Dominated Psychology from 1920's to 1960's
- Declined over time

Key words: environment, consequences

Humanism

- Developed by Carl Rogers and Abraham Maslow in 1950's
- Reaction to behaviorism (HUMANS ARE NOT RATS!)
- Humans have great potential for growth : "Be all you can be"
- "The self" was important
- Has declined since introduction



Maslow



Rogers

Key words:
free will,
personal
growth, basic
needs

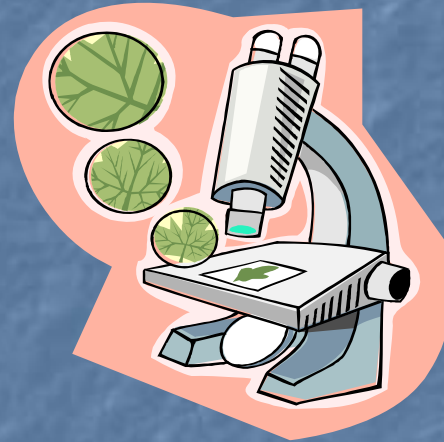
Twin Pillars of Modern Psychology

(Most accepted theories of today)

Biological

1950's-present

Neuroscientists study
of brain/hormones



Key words:
brain,
hormones,
inherited
traits

Cognitive

1950's-present

Focus on thought processes,
info processing, memory



Key word:
thought
processes

Contemporary Psychological Approaches:

- Evolutionary Psychology
- Behavioral Genetics
- Cross Cultural
- Positive Psychology



**Martin Seligman-
Positive Psychology**

What makes a successful student?



The Positive psychologists would say.....

Biopsychosocial Approach

- Integrated viewpoint that incorporates various levels of analysis; gives a complete picture of a behavior or mental process

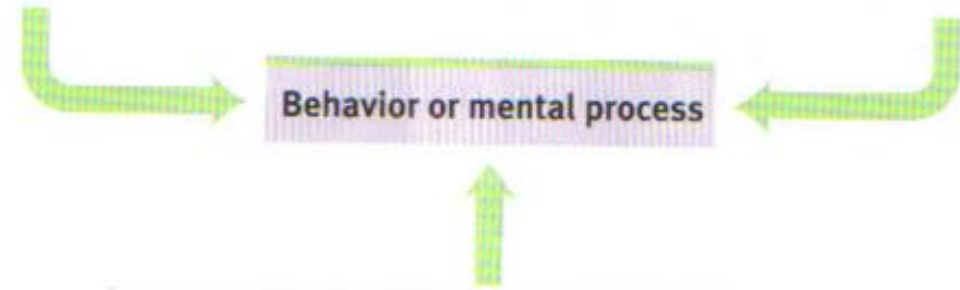
Biological influences:

- genetic predispositions
- genetic mutations
- natural selection of adaptive physiology and behaviors
- genes responding to the environment

Psychological influences:

- learned fears and other learned expectations
- emotional responses
- cognitive processing and perceptual interpretations

Behavior or mental process



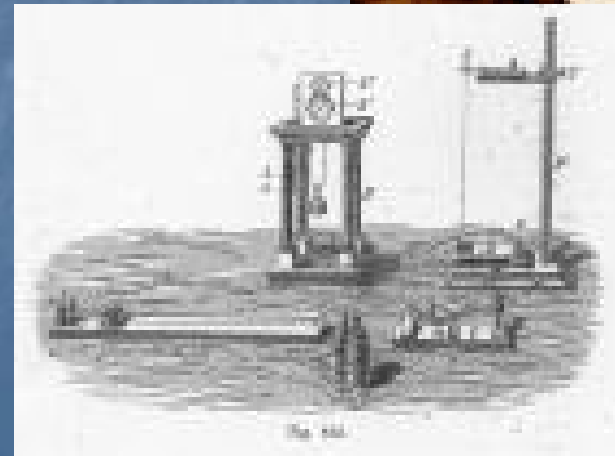
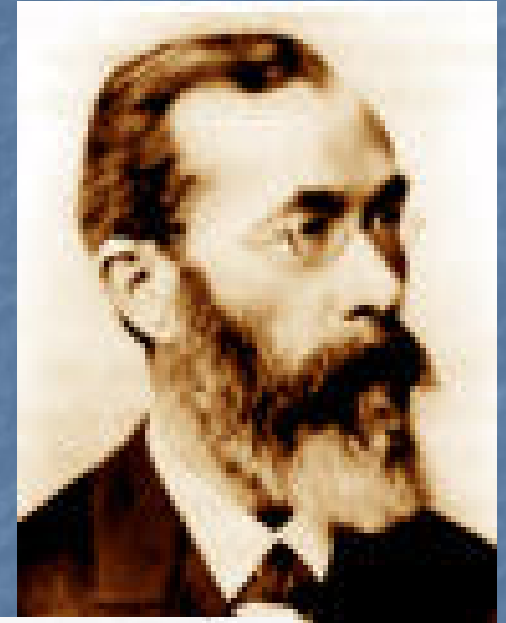
Social-cultural influences:

- presence of others
- cultural, societal, and family expectations
- peer and other group influences
- compelling models (such as the media)

Roots of Psychology

Wilhelm Wundt

- Father of Psychology
- Established first psychology lab in Germany (1879)
- Helped develop **structuralism**-which used introspection to determine the **elements of the mind.**



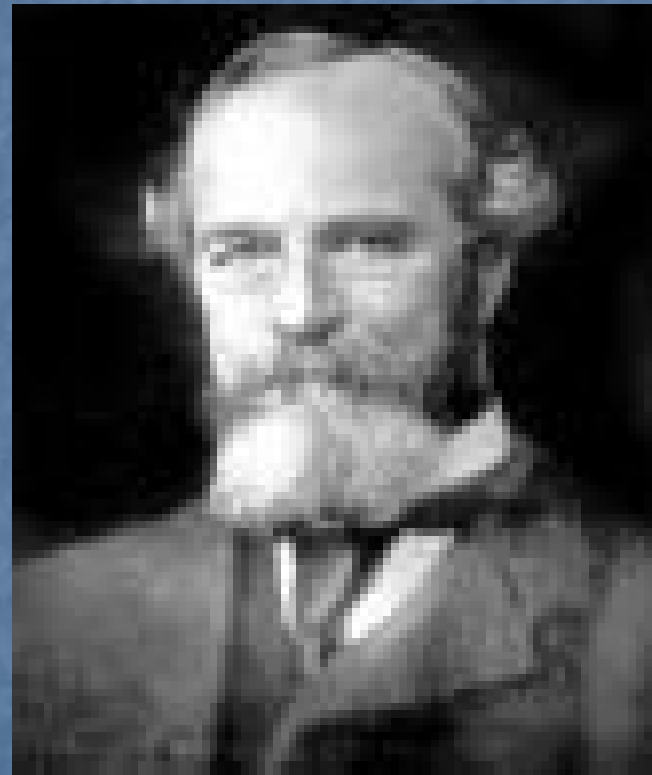
Edward Titchner



- Student of Wundt's
- Developed structuralism- determining the elements of the mind
- Relied on introspection (1890's)
- Introspection weakened, was unreliable and varied too much

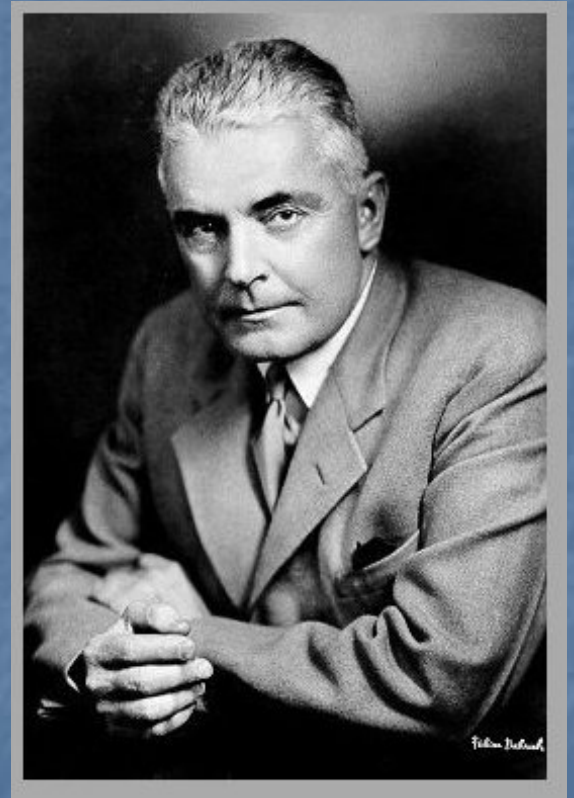
William James

- Developed **functionalism**-the functions of our thoughts and feelings-how they help us **survive and adapt**
- Taught at Harvard
- Wrote the first Psychology textbook, Principles of Psychology (1890)



Behaviorism

- John B. Watson
- Conscious thoughts are too personal to verify scientifically
- Rely only on observable behavior
- “We are made, not born”



Gestalt Psychology

- Disagreed with Behaviorists
- Concerned mainly with perception
- Should study the conscious experience, not just overt behavior.



Max Wertheimer

Classification of Psychologists

PRACTITIONERS:

ACADEMIC:

RESEARCHERS:

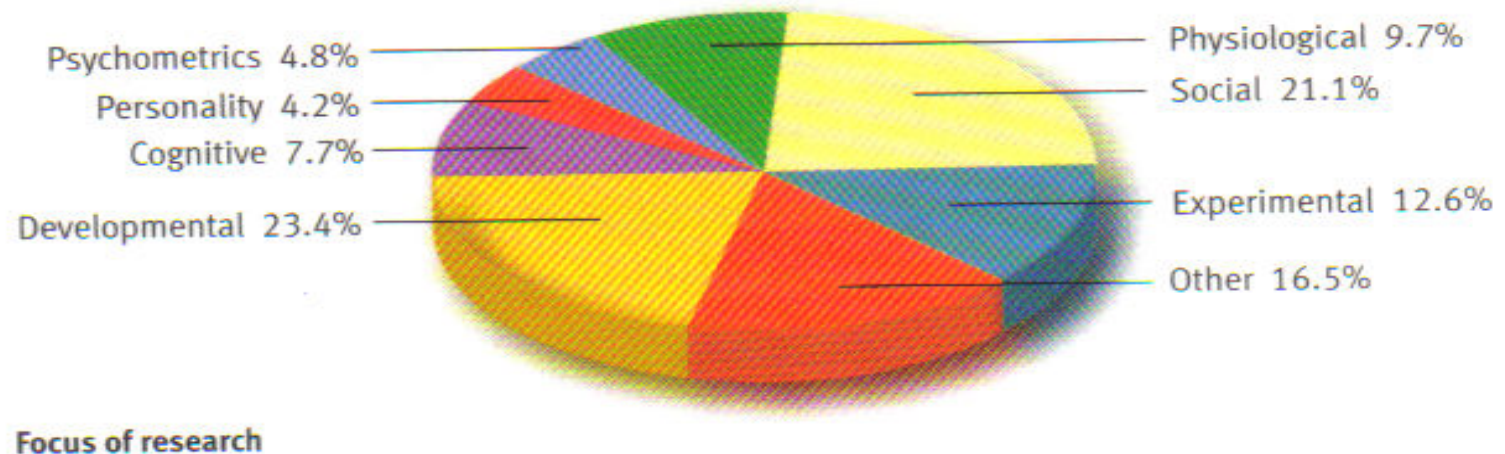
Classification of Psychologists

PRACTITIONERS:
THERAPY, COUNSELING

ACADEMIC:
UNIVERSITY SETTINGS,
TEACHING, RESEARCH,
WRITING

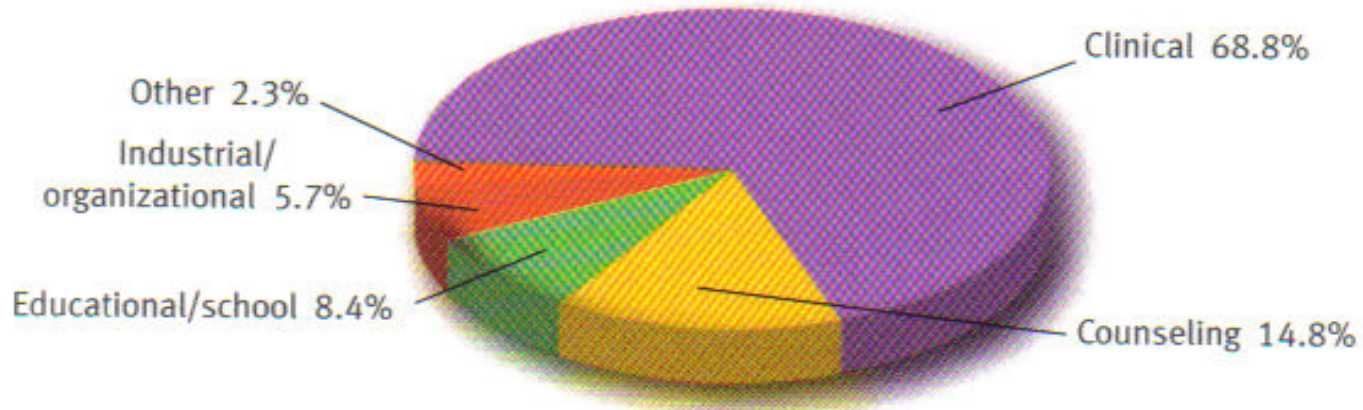
RESEARCHERS:
INDUSTRY, BUSINESS,
GOVERNMENT

Research Fields



What is the #1 research field in Psychology?

Careers in Psychology



Focus of professional practice

What is the difference between a clinical psychologist and a counseling psychologist?

Divisions of the APA...

- Military psychology
- Rehabilitation psychology
- Educational psychology
- Exercise and Sport psychology
- Media psychology
- Health psychology
- Environmental psychology

Finally....

- What is the difference between a psychologist and a psychiatrist?

Ten Box Review Questions Module 1

<p>1. Explain why psychology is considered a science.</p>	<p>1. Compare and contrast a psychologist and a psychiatrist (<u>alike and different?</u>)</p>
<p>2. What are the four goals of psychology? Briefly explain each.</p>	<p>1. Who was the founder of Behaviorism? Which psychologist really developed the Behavioral approach (took it and ran?)</p>
<p>3. Carl Rogers and Abe Maslow began the Humanistic movement. What were they reacting to?</p>	<p>8. What is the difference between structuralism and functionalism?</p>
<p>4. Who is known as the Father of Psychology? What was he the first to do? Why was William James called the Father of MODERN psychology?</p>	<p>1. Match the following approaches with key words to describe them:</p> <p>1. ___ Behaviorism A. genes, brain 2. ___ Humanism B. free will, potential 3. ___ Cognitive C. unconscious mind 4. ___ Cross Cultural D. mental processes 5. ___ Psychoanalytic E. reinforcers/punishments 6. ___ Biological F. comparing cultures</p>
<p>5. Of all the research fields in psychology, which is the most popular? In which area does the largest percentage of psychologists work?</p>	<p>10. Explain what is meant by the biopsychosocial approach to understanding behavior.</p>