

History of Psychology

What is Psychology?

- Psychology is the **scientific study of the mind and behavior**.
- It comes from **philosophy and science**.

Development of Psychology

- **Wilhelm Wundt** started the first psychology lab in 1879 in Germany.
- **Structuralism** was the first school of thought, using **introspection** (looking inward).
- **Gestalt psychology** believed in seeing the "whole" rather than just parts.
- **Sigmund Freud** developed **psychoanalysis**, focusing on the unconscious mind and childhood experiences.
- **William James** founded **functionalism**, looking at how the mind helps us adapt.
- **John B. Watson** started **behaviorism**, focusing only on observable behavior.

Contemporary Perspectives

- **Behavioral:** Behavior is learned from the environment (Pavlov, Skinner).
- **Psychodynamic:** Unconscious conflicts influence behavior (Freud).
- **Humanistic:** Focuses on free will and self-awareness (Maslow, Rogers).
- **Physiological:** Looks at the biological basis of behavior (hormones, brain).
- **Cognitive:** Studies mental processes like thinking and memory.
- **Sociocultural:** Considers how culture and society shape behavior.
- **Positive:** Focuses on positive aspects of human experience like happiness.

Psychologists: Who They Are & What They Do

- **Experimental Psychologists:** Conduct research.
- **Clinical Psychologists:** Treat people with disorders.
- **Counseling Psychologists:** Help with adjustment problems.
- **School Psychologists:** Work in schools.

- **Educational Psychologists:** Improve teaching methods.
- **Developmental Psychologists:** Study development across the lifespan.
- **Industrial/Organizational Psychologists:** Study work environments.
- **Consumer Psychologists:** Study consumer behavior.
- **Forensic Psychologists:** Work with the legal system.
- **Sport Psychologists:** Work with athletes.

How to Apply Psychology in Daily Life

- **Relationships:** Use communication and empathy.
- **Personal Development:** Build motivation and resilience.
- **Professional Development:** Improve productivity and decision-making.

Learning

- **Learning** is gaining new knowledge and skills throughout life.
- Key fields studying learning include **educational, neuropsychology, cognitive, behavioral, and social psychology**.
- **Laws of learning:** Readiness (be prepared), Exercise (practice), and Effect (positive outcomes).
- **Trial and error** involves trying different solutions until you succeed.
- **Primacy** is remembering the first things, and **recency** is remembering the last.
- **Intensity** helps you remember things when they are exciting and relevant.
- **Project-Based Learning (PBL):** Solve real problems by creating solutions.
- **Case-Based Learning:** Learn by analyzing real or fake scenarios to solve problems.
- **Experiential Learning:** Learn by doing and thinking about the experience.
- **Inquiry-Based Learning:** Learn by asking questions and investigating.
- **Active Learning:** Participate directly through activities like discussions and role-playing.
- **Blended Learning:** Combines in-person and online learning.
- **Collaborative Learning:** Work together to learn.

- **Self-Directed Learning:** Take charge of your own learning.
- **Social Learning:** Learn by watching and interacting with others.

Human Development

- **Human development** explores how people change throughout life.
- **Psychodynamic theories** (Freud, Erikson) emphasize unconscious drives and early experiences.
- **Freud's theory** focuses on psychosexual stages (oral, anal, phallic, latent, genital) and personality (id, ego, superego).
- **Erikson's theory** outlines psychosocial stages (trust vs. mistrust, etc.) across the lifespan.
- **Behaviorism** (Pavlov, Skinner, Watson, Bandura) focuses on learning through conditioning and observation.
- **Classical conditioning** involves associating stimuli (Pavlov's dog).
- **Operant conditioning** uses rewards and punishments (Skinner).
- **Social cognitive theory** emphasizes observational learning (Bandura).
- **Cognitive perspective** (Piaget) examines changes in mental processes over time.
- **Piaget's stages** are sensorimotor, preoperational, concrete operational, and formal operational.
- **Humanistic perspective** (Rogers) focuses on self-actualization and congruence.

Motivation and Emotion

- **Motivation** is what starts, guides, and keeps behavior going toward a goal.
- **Needs** (like hunger) create **drives** that push us to act.
- **Maslow's hierarchy** says we fulfill basic needs before higher ones.
- **Drive-reduction theory** says we seek balance.
- **Optimum arousal theory** says we like a moderate level of excitement.
- **Incentives** (rewards) also motivate us.
- **Self-determination theory** says we need competence, connection, and control.
- **Self-efficacy** (belief in success) boosts motivation.

- **Emotion** is a quick response to events, with physiological, behavioral, and feeling parts.
- **Theories of emotion:** James-Lange (body first), Cannon-Bard (body and mind at once), Schachter-Singer (body plus interpretation).
- **Facial expressions** can affect our emotions (facial feedback hypothesis).
- **Motivation and emotion** are linked; emotions can drive us.
- **Happiness** can be built.
- **Improve motivation** through intrinsic and extrinsic factors.

Emotional Intelligence

- Emotional intelligence (EI) is understanding and managing your own and others' emotions.
- EI has five key components: self-awareness, self-regulation, motivation, empathy, and social skills.
- Self-awareness is recognizing your own emotions, strengths, and weaknesses.
- Self-regulation is managing your emotions and behavior.
- Motivation is having internal drive and personal development.
- Empathy is understanding and sharing the feelings of others.
- Social skills involve communication, problem-solving, and active listening.
- High EI leads to happiness, less bullying, and better well-being.
- Develop EI through self-reflection (Johari window), cognitive reappraisal, and practicing empathy.
- Express emotions healthily by recognizing, understanding, labeling, expressing, and regulating them (RULER method).

Memory

- **Memory** is our ability to store and recall information.
- The **information-processing model** describes memory as encoding, storage, and retrieval.
- **Encoding** transforms information (visual, acoustic, semantic).
- **Storage** keeps information in sensory, short-term, or long-term memory.
- **Retrieval** brings stored information back to mind through recall or recognition.

- The **three-stage model** includes sensory, short-term, and long-term memory.
- **Sensory memory** briefly holds sensory input.
- **Short-term memory (STM)** temporarily stores information.
- **Long-term memory (LTM)** has unlimited capacity and stores information permanently.
- **Parallel Distributed Processing (PDP)** says memory is spread across brain networks.
- **Improve memory** with practice, relating new information to old, and mnemonics.
- **Thinking styles** include intuitive, linear, relational, and chaotic/random processing.

Adaptation and Resilience

- **Adaptation** is adjusting to new situations for survival.
- **Resilience** is bouncing back from challenges.
- **Adjustment** is balancing needs for harmony.
- **Defense mechanisms** are behaviors we use to cope (denial, displacement, projection, sublimation, suppression, compensation, rationalization, intellectualization, repression).
- **Building resilience** involves behaviors, thoughts, and actions.
- **Three pillars of resilience:** I HAVE (support), I AM (strengths), I CAN (skills).

Sample Questions

History of psychology

✓ Eclectic means to adopt just one psychological approach to understanding human behavior and mind. *1/1

☐ True

☒ False ✓

✓ The early school of Psychology called structuralism *1/1

☐ rejected the use of introspection as a research method

☒ investigated the structure of mind ✓

☐ focused on overt behavior

☐ was concerned with the functions of behavior

✓ Psychology is the science of _____ and mental processes. *1/1

☐ mind

☒ behavior ✓

☐ life

✓ The birth date of modern scientific psychology begins after the _____? *1/1

☐ Lecture gave by William James

☐ establishment of American Psychological Association (APA)

☒ start of first psychology research laboratory ✓

☐ work of Harvard University psychologist B. F. Skinner

✓ Humanists rejected the notions of *1/1 behaviorists and psychoanalysts. Rather they emphasized the importance of _____ in understanding our behavior.

☐ heredity

☒ conscious choice ✓

☐ underlying structures of the mind

☐ classical and operant conditioning

How can you apply Psychology in your daily life? *

Psychology can be applied in daily life by improving communication, managing stress, building relationships, increasing productivity, understanding emotions, forming positive habits, solving problems effectively, and enhancing parenting or teaching skills.

Learning

✓ 1. How is learning described in terms of its duration? * 2/2

☐ A. A short-term process.

☒ B. A lifelong process starting at birth and continuing until death. ✓

☐ C. A process that ends in adulthood.

☐ D. A process that only occurs in childhood.

✓ 2. What does learning involve according to the text? * 2/2

☐ A. Only memorizing facts.

☒ B. Acquiring new understanding, knowledge, behaviors, skills, values, attitudes, and preferences. ✓

☐ C. Only attending school.

☐ D. Only reading books.

Other: _____

✓ 3. Which field focuses on studying the brain and its functions? * 2/2

☒ A. Neuropsychology ✓

☐ B. Gestalt

☐ C. Astronomy

☐ D. Sociology

✓ 4. What motivates Trial and Error Learning? * 2/2

☐ A. A desire to avoid failure

☒ B. A desire to achieve a goal ✓

☐ C. A desire to follow instructions

☐ D. A desire to gain approval

✓ 5. In PBL, what do students design, develop, and construct solutions for? * 2/2

☐ A. Theoretical problems

☐ B. Imaginary problems

☒ C. Real-world problems ✓

☐ D. Hypothetical problems

Human development

5 points of the quiz 5 of 5 points

✓ 1. What is the primary conflict in the *1/1 phallic stage?

☐ A. Trust vs. mistrust

☐ B. Autonomy vs. shame

☒ C. Oedipus and Electra complexes ✓

☐ D. Industry vs. inferiority

✓ 2. Taking out frustrations on a safer *1/1 target is an example of which defense mechanism?

☒ A. Displacement ✓

☐ B. Rationalization

☐ C. Reaction formation

☐ D. Regression

✓ 3. What is necessary for the development of a healthy personality according to Erikson? *1/1

☐ A. Avoiding conflicts

☒ B. Successful completion of each task ✓

☐ C. Emphasizing exogenous zones

☐ D. Fixed personality traits

✓ 4. Which stage is associated with the age range of 20s through early 40s? *1/1

☒ A. Intimacy vs. Isolation ✓

☐ B. Identity vs. Role Confusion

☐ C. Trust vs. Mistrust

☐ D. Initiative vs. Guilt

✓ 5. Freud's theory is often criticized *1/1 for being

☐ A. Easy to understand

☒ B. Difficult to test scientifically ✓

☐ C. Universally accepted

☐ D. Based on modern research

✓ 4. Which stage is associated with the age range of 20s through early 40s? *1/1

☒ A. Intimacy vs. Isolation ✓

☐ B. Identity vs. Role Confusion

☐ C. Trust vs. Mistrust

☐ D. Initiative vs. Guilt

Emotional Intelligence

Scenario 3

Scenario: One of your friend passed all of the exam and posted about it on social media.

a. You get jealous but know about this emotion and reflect why this is happening. You trying to understand yourself.

b. You know you are happy for your friend and congratulate your friend on a social media.

✓ Question 1: Please refer to the 3rd scenarios in Slides which one has emotional intelligence? *2/2

☐ A

☐ B

☒ A and B ✓

☐ None

Memory

The Power of Memory 10 of 10 points

Five choices / Total 10 points

1. What is memory? * 2/2

☐ a. Memory refers to ability to retain and retrieve information, and to the structures that give us the ability.

☐ b. Memory is the internal record or representation of some prior event or experience

☐ c. Memory is also a constructive process, in which we actively organize and shape information as it is processed, stored, and retrieved.

☒ d. All of above

2. What is not the memory model? * 2/2

☐ a. Information-Processing

☐ b. Parallel Distributed Processing

☐ c. Three-Stage Processing

☒ d. None of above

3. What is NOT the Long-Term Memory (LTM)? * 2/2

☐ a. LTM is the final stage of memory with relatively permanent memory storage.

☒ b. The capacity of long-term memory is limited. ✓

☐ c. We tend to remember or reconstruct memories based on our life experiences and our view of the world

☐ d. It is a virtually limitless capacity

4. What is the improving memory technique? * 2/2

☐ a. Drill and practice-going over and over again

☐ b. Relate things to what we already know and construct links between already established patterns

☐ c. Mnemonics systems for remembering information

☒ d. All of above

5. Which statement is NOT correct? * 2/2

☒ a. Short-term memory retains information for approximately two seconds or less. ✓

☐ b. Short-term memory (STM) temporarily stores sensory information & decides whether to send it on to long-term memory (LTM)

☐ c. Information is transferred from the sensory memory to the short-term memory (STM) stage of memory processing

☐ d. Consciously thinking about the information is processed in the short-term memory (STM) stage.

Adaptation and Resilience

✓ What situation John needs to adapt? * 1/1

☒ John move from High School to MFU University ✓

☐ John goes out for lunch with his close friends

☐ John sleep in his home during winter break

☐ John talk with his favorite teacher about resilience

✓ What stage of grief that you will do anything to change the situation? * 1/1

☐ Denial

☐ Anger

☒ Bargaining ✓

☐ Depression

☐ Acceptance

✓ What's the difference between repression and suppression as a defense *1/1 mechanisms?

☐ Suppression is unconsciously, Repression is consciously

☒ Repression is unconsciously, Suppression is consciously ✓

Please explain how is your resilience looks like. *

Please choose 3 for each pillar (I can..., I have..., I am...) from the exercise in the classroom (This item contains 2 points)

1. I have a stronger enough to do a challenge in my life

2. I am a learner who never gives up easily, always looking forward.

3. I can learn from mistakes and can make me a better person.