

MODULE 1 - PSYCHOLOGY'S HISTORY

Prescientific Psychology	<ul style="list-style-type: none"> - Socrates (469-399 BC) and student Plato (428-348 BC) thought that the mind is separate from the body, continuing after death, knowledge is innate - Plato's student Aristotle (384-322 BC) derived principle from observation, said knowledge isn't preexisting, but from memory - René Descartes (1595-1650) agreed w/ innate ideas and a separate mind <ul style="list-style-type: none"> - concluded that brain cavity fluid had animal spirits which flowed through nerves to muscles, leading to movement - memories opened pores in the brain for animal spirits - Francis Bacon (1561-1626) founded modern science <ul style="list-style-type: none"> - the brain supposes more order and equality in things than it finds - foresaw the concept that we notice events which confirm what we already believe (superstition) - John Locke (1632-1704) wrote <i>An Essay Concerning Human Understanding</i> <ul style="list-style-type: none"> - argued that the mind is a tabula rasa, written on w/ experience - his and Bacon's ideas formed empiricism (what we know comes from experience, observation/experimentation enable scientific knowledge)
Psychological Science is Born	<ul style="list-style-type: none"> - Wilhelm Wundt sought to measure "atoms of the mind" (fast and simple mental processes) <ul style="list-style-type: none"> - began the first psychological laboratory - his student, G. Stanley Hall, created the first formal one at JHU, created first psych journal, first pres of APA - Early schools of psych include structuralism, functionalism and behaviorism, plus Gestalt psychology and psychoanalysis
Thinking About the Mind's Structure	<ul style="list-style-type: none"> - Wundt's student, Edward Bradford Titchener (PHD 1892) introduced structuralism, which aimed to discover the mind's structural elements - engaged people in self-reflective introspection, to report their experience looking at/listening/smelling/tasting things - "We have, so to speak, inside information" - introspection was unreliable, requiring smart people and varying from person to person <ul style="list-style-type: none"> - we often don't know the motivations behind our actions - introspection and structuralism waned together
Thinking About the Mind's Functions	<ul style="list-style-type: none"> - William James thought to consider evolved functions of thoughts and feelings - why does the brain do what it does? - influenced by Charles Darwin, thought thinking developed because it was adaptive, contributing to our ancestors' survival (consciousness has a function) - functionalist, he encouraged exploration of down-to-earth emotions, memories, willpower, habits and streams of consciousness - Admitted Mary Whiton Calkins to a graduate seminar, then tutored her alone <ul style="list-style-type: none"> - she was denied a Harvard PHD, but became APA's first female pres

	<p>(1905)</p> <ul style="list-style-type: none"> - Margaret Floy Washburn = first female psych PHD, wrote <i>The Animal Mind</i>, second female APA pres (1921) <ul style="list-style-type: none"> - barred from joining organization of experimental psychologists - His dozens of published articles led him to create the textbook <i>Principles of Psychology</i>
Psychological Science Develops	<ul style="list-style-type: none"> - Wundt and Titchener focused on inner sensation/feelings, and James introspectively examined the stream of consciousness/emotion - Sigmund Freud emphasized how childhood experience and thought process affects our behavior - Until 1920's, psychology was called "the science of mental life" - John B. Watson and B. F. Skinner redefined psych as "the scientific study of observable behavior" <ul style="list-style-type: none"> - Science is rooted in observation, you can't observe a sensation/thought, only behavior in situations - Suggested our behavior is influenced by learned associations, called conditioning - behaviorists became ½ major psychology forces into the 1960s - Freudian psychology emphasized unconscious thought and childhood experience - humanistic psychologists (Carl Rogers and Abraham Maslow) found both approaches too limiting <ul style="list-style-type: none"> - drew attention to how environmental influences nurture/limit growth potential - importance of having needs for love/acceptance satisfied - cognitive revolution (1960) returned field to early interest in mental processes, focusing on how we perceive, process and remember info <ul style="list-style-type: none"> - Cognitive neuroscience, enriched our understanding of brain activity underlying mental activity - Today's psychology is known as the science of behavior and mental processes" <ul style="list-style-type: none"> - behavior is what an organism does that can be observed/noted - mental processes are internal subjective experiences we infer from behavior

MODULE 2 – PSYCHOLOGY'S BIG ISSUES AND APPROACHES

Psychology's Biggest Questions	<ul style="list-style-type: none"> - There's an ancient debate over the nature-nurture issue - Plato: we inherit character/intelligence, some ideas are inborn - Aristotle: there is nothing in the mind not from the external world - Locke: no inborn ideas, the mind's a blank slate - Descartes: some ideas are innate - Charles Darwin's <i>On the Origin of Species</i> (1859) proposed natural selection, which has become important in modern psychology - Modern idea: Nurture works on what nature endows, our species has an enormous capacity to learn and adapt, every psychological event is also a biological event
Psychology's	<ul style="list-style-type: none"> - the different levels from an integrated biopsychosocial approach,

Three Main Levels of Analysis	<div>considering biological, psychological and social cultural factors</div> <table><tr><td>BIO</td><td>PSYCH</td><td>SOC-CULT</td></tr><tr><td>natural selection, genetic predisposition, brain mechanism, hormones</td><td>learned fears/expectations, emotional response, cognitive process/perceptual interpretation</td><td>presence of others, cultural/societal expectation, group influence, compelling models (media)</td></tr></table> <ul style="list-style-type: none">- behavioral psychology – the scientific study of observable behavior, and its explanation by principles of learning- biological psychology – scientific study of links between biological and psychological processes- cognitive psychology – the scientific study of all the mental activities associated with thinking, knowing, remembering and communicating- evolutionary psychology – the study of evolution of behavior and mind, using principles of natural selection- psychodynamic psychology – studies how unconscious drives and conflicts influence behavior, treats people w/ psychological disorders- social-cultural psychology – the study of how situations and cultures affect our behavior and thinking	BIO	PSYCH	SOC-CULT	natural selection, genetic predisposition, brain mechanism, hormones	learned fears/expectations, emotional response, cognitive process/perceptual interpretation	presence of others, cultural/societal expectation, group influence, compelling models (media)
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Psychology's Subfields	<ul style="list-style-type: none">- psychometrics – study of the measurement of human abilities, attitudes and traits- biological psychologists explore links between the brain and mind- developmental psychologists study changing abilities from womb to tomb- educational psychologists study influences on teaching and learning- personality psychologists investigate our persistent traits- social psychologists explore how we view/affect one another- Industrial-organizational psychologists use psych in the workplace to select/train employees, boost moral, design products, and use systems- human factors psychologists focus on interaction of people, machines and environments- counseling psychologists help cope with challenges and crises, and improve one's personal and social functioning- clinical psychologists asses/treat mental, emotional and behavioral disorders- psychiatrists are medical doctors who prescribe drugs and treat physical causes of psychological disorders- positive psychology explores positive emotions, character traits<ul style="list-style-type: none">- explores enabling situations- community psychologists seek to create healthy environments (from the start, not change them)						

MODULE 3 – CAREERS IN PSYCHOLOGY

Basic Research Subfields	<ul style="list-style-type: none"> - Cognitive Psychologists <ul style="list-style-type: none"> - study thought processes/focus on perception, language, attention, problem solving, memory, decision making, forgetting, intelligence - professors, industrial consultants, human factors specialists - Developmental Psychologists <ul style="list-style-type: none"> - research age-related behavioral changes, apply knowledge to
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	<ul style="list-style-type: none"> education, child care and policy - investigate all three psych factors of development - informs educational/school psychology, child psychopathology and gerontology, plus public policy in education reform, maternal health and adoption - school, day-care, youth-group program, senior center - Educational Psychologists <ul style="list-style-type: none"> - psychological processes involved in learning - study relationship of learning and physical/social environments - might research learning or develop methods of teaching to enhance learning (design tests, or design employee-training programs) - school, government agency, business setting - Experimental Psychologists <ul style="list-style-type: none"> - investigate basic behavioral processes in all animals - identify with particular subfields (cognitive psych, etc) - many subfields rely on experimental methodology - academic setting, teaching courses/supervising student research, conducting research, zoo, business, govt agency - Psychometric and Quantitative Psychologists <ul style="list-style-type: none"> - study methods used to acquire psychological knowledge - update existing neurocognitive/personality tests, administer/score/interpret these tests - design/analyze results of research programs (need to know stat) - university, college, testing company, research firm, govt agency - Social Psychologists <ul style="list-style-type: none"> - interested in our interactions with others - how our beliefs, feelings and behaviors are affected by/influence other people - study attitude, aggression, prejudice, attraction, leadership - faculty member, organizational consultation, market research
Applied Research Subfields	<ul style="list-style-type: none"> - Forensic Psychologists <ul style="list-style-type: none"> - apply psychological principles to legal issues - create public policy related to mental health, help in criminal investigations, consult on jury selection/deliberation - most are clinical psychologists, but have social/cognitive experience - university psych dept, law school, research org, law enforcement, court, correctional setting - Health Psychologists <ul style="list-style-type: none"> - concerned with psych's contribution to health and preventing disease - help people lead healthy lives by creating programs to stop smoking, lose weight, etc - identify conditions associated with health and illness, to create effect interventions - hospital, med school, rehab, public healthy, college, etc - Industrial-Organizational Psychologists <ul style="list-style-type: none"> - study relationship between people and their working environments - develop ways to increase productivity, select personnel, or promote job satisfaction - may conduct workplace training, organizational analysis - business, industry, govt, college, or management consulting firm

	<ul style="list-style-type: none"> - Neuropsychologists <ul style="list-style-type: none"> - investigate relationship between neurological processes and behavior - assess, diagnose or treat CNS disorders (e.g, Alzheimers) - evaluate for head injuries, learning disabilities, or ADHD - hospital, academic settings (research and teaching) - Rehabilitation Psychologists <ul style="list-style-type: none"> - work with those who have lost optimal functioning after accidents, illness, etc - medical rehab, hospital, med school, uni or private practice - School Psychologists <ul style="list-style-type: none"> - assess and intervene with children in educational settings - diagnose/treat cognitive/social/emotional problems that hurt learning or functioning at school - make recommendations that improve student learning - academic setting, govt agency, child guidance center, behavioral research lab - Sport Psychologists <ul style="list-style-type: none"> - study psych factors that influence/are influenced by participation in sports and physical activity - coach education, athlete preparation, research and teaching - might apply their skills to those w/ anxiety or substance abuse interfering with optimal performance
The Helping Professions	<ul style="list-style-type: none"> - Clinical Psychologists <ul style="list-style-type: none"> - promote psychological health in individuals, groups and organizations - treat disorders like adjustment difficulty - psychopathology - researching, teaching, assessment and consultation - might hold workshops/lectures on psychological issues - work in private practice, mental health orgs, schools, industry, legal, medical, counseling centers, govt, military - need a doctorate from a clinical psych program to offer therapy and testing - Community Psychologists <ul style="list-style-type: none"> - deal with broad problems of mental health in community settings - believe human behavior is influenced strongly by their interaction with physical, social, political and economic environments - focus on preventive measures, crisis intervention, especially for undeserved groups/ethnic minorities - state departments of mental health, corrections and welfare, research, independent consultation, teaching or consulting at a uni - Counseling Psychologists <ul style="list-style-type: none"> - help people adjust to life transitions and make lifestyle changes - help with adjustment problems rather than severe psychopathology, like clinical psychologists do - conduct therapy, assess individuals and groups - emphasize your clients' strengths, helping them cope - might work in academics, community mental health, school counseling, business, private practice - need a state license to provide counseling service, like clinical