

Book

Making

Phineas Gage

Dualism René Descartes

Noam Chomsky → Read him
Aphasia Apraxia Agnosia / Prosopagnosia
cerebellum / hypothalamus / cerebral cortex
chhevi

Oliver Sacks - The Man who mistook his wife for a Hat

Franz Kafka - Metamorphosis

Lateralization - diff b/w right & left brain
contralateral Organization.

Visual crossover / Motor crossover

Corpus Callosum - connect hemispheres of the brain

Sigmund Freud - Psychoanalytic

B.F Skinner - Behaviorist

Fried's bs

Feminist Envy

Electra Complex

Unconscious Motivation

Unconscious Dynamics

associated withogenous zones

id → ego → super ego

Psychosexual stages (Personality development)

Oral → Anal → Phallic → Latency → Genital ↑

Friedl → fixation - an attempt to achieve pleasure as an adult in ways that are equivalent to those stages

Oral - mouth sexual pleasure
(birth-1) birth to 1st year (dependent / needy)

Anal - anus, toilet training
(1-3) 1-3 years

Fixation can lead to retentive/exulsive behaviors

Doesn't want to part with feces if not taught properly (?)

He's so anal - concerned and so clean that everything is right

Phallic - genitals
(3-5)

Fixation masculinity - males
attention / domination - females

Key event in each case → Oedipus Complex

Electra complex

Oedipus
King killed father & married his mother

Do kids think thoughts are private or public

Latency period - sexual repressed
(5-puberty) ∴ hobbies, friendships, school

Genital Stage - Sex feelings rearing
(puberty-on)

Healthy adults find pleasure in
love & work.

id vs. super ego

wants to
have
sex

you can't have these
thoughts

- displacement - letting out your anger at some place more appropriate.
- sublimation - displacement to activities more valued by society taking desires that are unacceptable (sex) and instead studying / working.
- projection - reducing anxiety by attributing unacceptable impulses homo sex. Woman-Superego tells her it's unacceptable but she believes other women are attr. to her Dislike someone that you shouldn't & come to the conclusion that that person hates you because your own shameful feelings are unacceptable so you project it on someone else
- rationalization - reasoning away anxiety thoughts

Father gets pleasure from punishing children, nobody wants to think

that of themselves do her tells
himself that he's doing

- Regression - under stress act younger
behaving younger.
- Reaction formation - replace threatening features
with our opposites.

Saying 'I love this person' as a way to
mask the fact that you don't love this person
at all in fact

When we fail to repress impulses from Id
→ hysteria.

- blindness, deafness (without physical cause)
- paralysis, trembling, panic attacks,
- gaps of memory, amnesia etc.

These symptoms are way of keeping
impulses under lock & key
↳ or emotionally charged memories

Like you dealt with something catastrophic,
fucked up, so you blank out the
memory, a sort of amnesia

When these memories recover there
is catharsis: an explosive / emotional
release of insight

Treatment: facilitate catharsis

Friedl: get conflicts through hypnosis
but later moved to free association
give a word, they

say something back really fast (ZNMD). without censoring by the ego and superego

Dream → fulfillment

Laden Dream → Manifest Dream

Popper: Notion of Falsifiability

Horoscopes from The Onion. (?)

Freud is unfalsifiable, it's based on anecdotes.

B.F. Skinner → Behaviorism

1) Emphasis on learning.

Rejection of innate ideas or innate traits.

Everything you know/are is result of experience. We are infinitely malleable

2) Anti-Mentalism

→ scientific

unscientific (Freud)

→ desires beliefs

→ wishes → emotions

→ goals

Science

→ observables

→ stimulus

→ response

→ environment

3) No differences across species
(some exceptions pigeons and humans)
only the situation they are raised in

Three mechanisms to describe

1) Habituation.

A decline in the tendency to respond to familiar stimuli due to repeated exposure.

If someone scares you continuously you don't respond

Useful psychological mechanism keeps us focused on novelty/ new objects/ events. Like working in factory and getting used to the noise

2) Classical conditioning

Learning of an association of one stimulus (conditioning)

with another stimulus.

Ivan Pavlov - dog salivates to food
He kept ringing the bell before food,
dog salivates at sound of bell.

Neutral Stimulus

→ No consistent

→ Dog hears the bell and is like
"whatever"

Unconditioned Stimulus

→ Unconditioned Response

↳ Food dog salivates

Even prior to learning this already exists. It's innate, or learnt in the past.

Neutral Stimulus

+

unconditioned stimulus

→ unconditioned response

Neutral Stimulus is paired with unconditioned Stimulus which already gives rise to the unconditioned response.

Then Neutral stimulus becomes a conditioned stimulus.

After
conditioning

conditioned
stimulus

conditioned
response

Repeated pairing of unconditioned & Neutral stimulus transforms into conditioned stimulus with conditioned response.

"Extinction"

reinforced trials vs. unreinforced trials

bell + food
reinforce
connection

unconditioned
stimulus isn't
paired with
neutral ∵ learning
goes away.
hear the bell
but no food.
like things connect
they could unconnect

A clockwork Orange - while being suffered he hears classical music : classical music = suffering

Systematic desensitization

Scared of snakes.

Pairing pictures of snakes with relaxation techniques or drugs
 \therefore image of snake evokes relaxation

What's the optimal timing b/w conditioned & unconditioned stimulus

- Immediately before

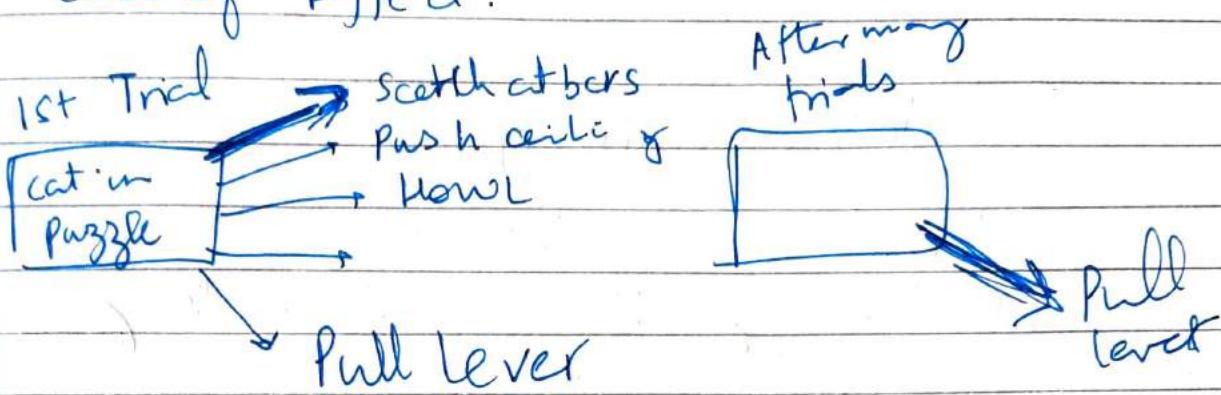
~~Edward Thorndike~~ Instrumental conditioning.
 or
 Operant conditioning

- Learning of association b/w actions through rewards / punishments
- Different from classical conditioning
 You sit there and observe how stimuli interact
 You condition this
- Instrumental Condition'. You act to the world, and in turn the world shapes the nature of your future actions

Thorndike

placed a cat in a puzzle box
 Does the cat understand the consequence
 of his behaviors. No flashes of insight
 Action gets reward: becomes stamped into the mind.

Law of Effect.



Changing the hidden layer to act in ways to give the right output.

* lessening the loss function to better the neural network

Train a pig

- positive reinforcement
- Negative
- Punishment

To make a pig dance you can't just wait for it to and then reinforce instead you'll reinforce when it does something approx to it.

Shaping it to dance

Partial reinforcement - sometimes reward
↳ behavior sticks longer.

To make behaviors last, reinforce intermittently

Week 1 - last video Behaviorism
failures

Latent learning

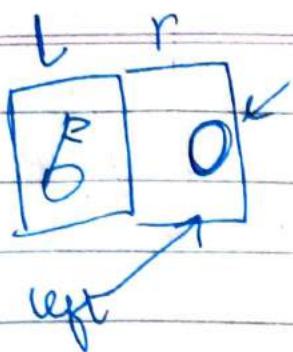
Verbal Behavior - Skinner
Reviewed by Noam Chomsky

That everything isn't rewarding
→ talking to yourself
→ fantasizing etc.

And creating art just because you like it (or etc. ex) is just psychologically uninteresting

Somatosensory homunculus

Week 1 complete.



Freud's belt prediction:
→ Existence of
unconscious mechanism

Week 2

Date:

Page No.

Big questions about Development

→ Morality

we start off as immoral / amoral
or in Freudian as id's or nelly
brutish

Jean Jacques Rousseau we start off
good. and society makes us bad

→ Continuity - How much child self
makes us us. Interview a 3 year
old to find out about its future.

→ Knowledge → Empiricism - start of
emptying &
learn & learn...

Nativism: Associated with Noam Chomsky
were born with rich brain
powerful structuresystems in
our brain.

Constructivist - John Piaget (shares with
empiricist view) dealing with environment -
makes us what we are.

Shares with nativist view that
brain is complex not just
conditioned responses being
accumulated but far more elegant.

Piaget - Developmental Psychology

• Genetic Epistemology

Interested in development of
knowledge

Ontogeny recapitulates phylogeny

Understanding are schemas / schemata

Page No.

Children are active thinkers constantly constructing more advanced understandings of the world.

Frameworks + not develop to help organize knowledge.

To create new schemes

Assimilation : process of taking new info or a new experience and fitting it into an existing schema

baby knows to suck on a breast but now sucks on a rattle

Accommodation : Existing schemes are changed to fit or create new information.

n -

Ricget world as children of problems and reasoning behind solution. Children think radically different than adults.

He is it nativist suggesting we know it from the start

Nor is he empirist/behaviourist who viewed learning simply as accumulation of knowledge.

Bottom, children have theories of the world

Children's theories are different from ours: theories transform
Development corresponds to different stages

Freud's was psychosexual

Piaget's theory is more intellectual
More scientific grounding

Piaget's Developmental Stage Theory

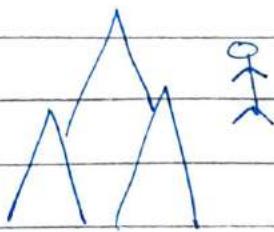
Stage 1: Sensorimotor (0-2 years)

- Info. acquired through senses/motor action
- No sense of time / no reason
Prefers & manipulates but doesn't reason.
- Object permanence is attained.
Understand obj. exist independent of one's actions or perception of them

Ball behind a screen still exists
But babies before 6 months believe
Objects gone from sight are gone
Don't appreciate obj. permanence.
Piaget's theory

Stage 2: Preoperational (2 - 7 years)

- Emergence of symbolic thought
- Have obj permanence.
- rudimentary understanding of time
- Can reason but not in an higher order way
- Ego centricism (cares only self ✗) they literally can't see the world through another person's eyes
3 Mountaintask



Ask to draw from here ✓

Ask to draw from behind standing here ✗

No perspective.

- lack concept of conservation
- Can differentiate themselves from others.

How to learn about babies

→ MRI scans

→ Other psychological methods.

- lack of concept of conservation certain operations change some properties but not others



Try on
Row

Space out some checkers and
ask if there are more checkers.
→ Us: No.

→ Babies: Yes triangles are more
can't conserve no. through
transformation

→ Water in different containers
of same volume.

Stage 3: Concrete Operational (^{age} 7-12)

- Understand multiple operations leads to logical thoughts
- less egocentric
- inability to reason abstractly or hypothetically.

Stage 4: Formal Operation (12-adult)

- Abstract scientific reasoning

A

Stages develop through cognitive
restructuring + experience

Scientific Evaluation of Piaget

- Interesting & falsifiable claims.
That means now if you were to find a kid that didn't lack conservation his theory fails.
- Rich theoretical framework
- striking finding

Limitations

- Theoretical - is development assimilation & accommodation or is more that these metaphors how do radical transformations happen?
Not at a theological/ structural/ computational level. So how does assimilation & accommodation really work
- Methodological - work was based on interviews with children. limitation of Q and A. Children aren't very verbal. Children are sensitive to experimenter demands, they may say them to please the experimenter
- Fa child - what do infants really know. Babies might be much smarter

Methods for studying infants

- Neuroscientific methods - MRI
- New methods without brain wave scanning babies
 - ↳ Suck - Pacifiers
 - ↳ Look

To see if baby prefers mom's voice



Headphones with voice recording
+
Pacifier + see reaction

Bore = habituated

Karen Wynn

Sally Anne test. (Sally placed ^{0 marble} in basket. Anne took ^{1 marble} from outside. Sally it in the box. Sally left. Where is the ball? Adult: Basket. Kid: Box.)

How do we explain development

- Babies need to not make more & more neural firings but in fact they need to lessen them and prune out.
- Modernization - frontal lobe doesn't develop.
- Neural changes
- Different theories of the world.

Question

- 1) Large scale changes - how child word & adulthood. Psychosexual change, Freud, Susan Barry
- 2) Specific modules - specific modules make the brain with their own developmental trajectory

A modular conception of development

- separate, partially prewired systems for reasoning about physical & social world.
- innate knowledge
- constrained development
- Social development
- Autism cases / Asperger's syndrome
mostly boys, lack of social connectedness / language impairment / Treat ppl like obj.

Autism \Rightarrow damage to social reasoning

\rightarrow may be sensitive to sound / engage in stereotypical movements

Simon Baron - when Autism is caused by damage to the social reasoning module

Q: Can profound diff. b/w. minds of children & adults have an effect of learning language

→ Extraordinary Machine - Fiona Apple
~~Regret (Dress Out), Hot Knife, Every Single Night~~
Language (Watch Waking Life)
+ Anomalisa + Scanner Darkly
+ Institute Benjamenta
+ Sideways.

Also get into some French

The Language Instinct - Steven Pinker

Also re-read the mind book by him

The power of Babel - John McWhorter

Basic Facts about language

Québécois (also listen to more Flamenco & gamowali)
+ Kabuki

Take a ~~class~~ on linguistics and language theory.

Speaking is the only true form of language - language is universal

Creoleization

creolization - slaves & labourers from diff. backgrounds with no common language : they develop a makeshift jargon called pidgin. Children makes this pidgin into a creole
Every human has language.

We're abstract. An unparalleled sense of things. We have different capacities to handle the same language. This is intangible and yet ~~is~~ necessary.

Syntax → combining words.

Morphology → How words are composed

Phonotactics → sound system

Phonology

Phonemes are building blocks, linguistic studies how they are put together.

44 ~~phonemes~~ - English, 26 letters
single letters multiple phonemes

deals with words
Morphemes

Morphology

The arbitrariness of the sign

-Ferdinand de Saussure

That words don't sound anything like the things they are supposed to ~~denote~~, refer to. Thus, it makes language

Morpheme \Rightarrow smallest meaningful unit

Single morphemes { dog
complain

Many morphemes { dog + s $\xrightarrow{\text{plural}}$
complain + ed

$\xrightarrow{\text{meaning occurs in the past}}$

Syntax is generative.

Morphemes combining to create new words - German Hebrew

Syntax

The infinite use of finite media

Reconstruction, DNA, music Wilhelm von Humboldt

Non: Fred Barney Wilma

Verb: Thinks Likes

Rule: Non Verb Non

Possible sentences: $3 \times 2 \times 3$.

(*) Lexical ambiguities.

XKcd comic on twists.

Theory of literature.

Groucho Marx

Richard Russo - straight man, Nobody's fool.

Language Acquisition

Noam Chomsky - Nativist -

developments in language init leaving
its growth

phonetic prop. of lang.

Birth - 4 months

Prefer melody of own lang.

Baby can make distinctions b/w phonemes
we whittle down our sensitivity.

12 months: obj, actions, prop, sensitivity
to word order.

18 months

Learns words faster, 2 word sentences,
telegraphic lang. Function morphemes
(in, a, of, & the) gradually appear

Language and Thought

- Lang in the Brain
- Neurological & cognitive nature of lang.
- disorders
- Reading - Relatively new

- Bilingualism, multilingualism
Lang. processing, Lang. & thought
Nim Chimpsky
- We put in the gaps in sentences.
- Does language affect the thought?
English vs. Japanese → Yes.

language has a cascading effect to make us smarter. Charles Darwin, Dan Dennett

Stanislas Dehaene ⇒ precise numerical relation, math as a language.
~~that~~ language is essential for some human powers but not others.

S → End of Week 2

W
eek
3

Perception & Attention

Our perception of the world is what invites it to the mind.

Prob. of perception

S what we perceive from the eye is a 2D array.
→ Color → Obj → Depth

Perception of Brightness

intensity of light

white coat → less firing
snowball → more

Blue & Gold dress

Bias of color perception

Perception of Objects

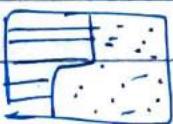
Distinctions we create in color

The Gestalt Psychologists (Principles to segment one thing from the other)

- Things that are close together relative to other things tend to be seen as distinct.

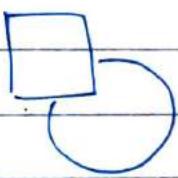
∴ We segment this into 3 groups.

→ Similarity



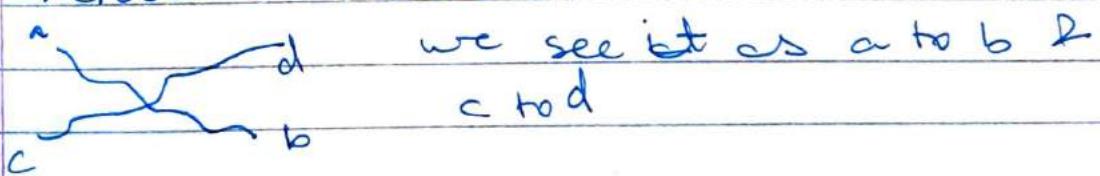
causes you to divide one thing from the other

→ Closure

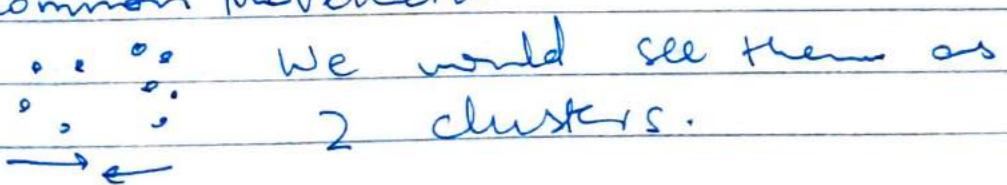


Square ~~on top of~~ a circle.
circle is it broken up with a jutting edge

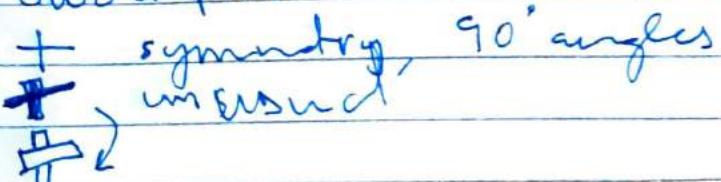
→ Good continuation



→ common movement

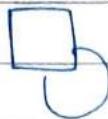


→ Good form



Perception of Depth

Interposition
circle.



square interrupts the circle.

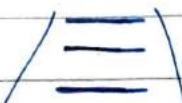
Topdown influences
Mueller Lyer Illusion



Depth Cues

not conscious

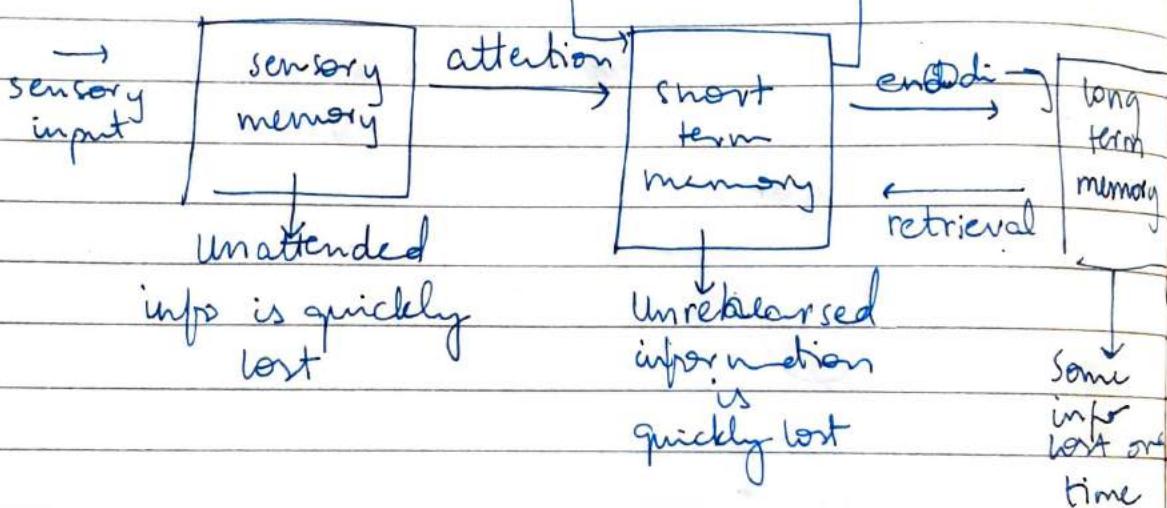
Poggio Illusion



Shepard Tables - Roger Shepard

maintenance rehearsal

Attention



Sometimes Attention is effortless. Things that capture attention

Serial processing
Where is Waldo?

The Stroop effect → Read the color of the word
The color is blue → (Read blue)

And it's slower

* sig The Americans (Russian spies)

But if it was written in another language then your attention doesn't derail you

Successful perception involves educated memory about the world.

Memory

→ explicit vs. implicit

your Name

Capitals of countries

stuff you're not conscious of

→ semantic vs. episodic

facts

like gk facts

of the episodes of your life.

Post structuralism

Post Structuralism

That subject & structure are ~~not~~ distinct.

Lacanian Psychoanalysis

- a reconcile b/w Marxism & existentialism

- linguistic construct

- individual & society cannot be dichotomized

Read Lacan. subject

(language determinism)

→ phenomenology & structuralism

Hegel

Heidegger

hermeneutic tradition

Memory

encoding - get info into your head

storage - keep it in your head

retrieval - getting it out of your head

sensory memory - afterimages

acoustic sensory memory
what you attend

Stuff from short term could go in long and vice versa

working memory → consciousness
long term → unlimited storage
Likes to have a limit, but ppl never reach it

Short term memory (George Miller)
 7 ± 2

chunks basic mem unit

Learning (Encoding) (LTM - long term memory)

- depth of processing
 - deeper you think of something the more meaning you put into it easier to remember.

More connections to a word when you understand a word.

- Mnemonics → give a more connections
- Visual Memory

Understanding leads to LTM.

Baker Barker Paradox

The Memory Palace - Simonides of Crete

Remembering

get things out of memory

- Retrieval cues.

something else reminds you.

- The Compatibility Principle

the context dependent memories

Learn something while you're drunk

you remember it better while you're drunk

- Searching Strategies

memories leave tendrils

ask questions of episodic events.

Failures of Memory

memory fades. 1) decay

2) Interference

- learn multiple phone no. and it messes the 1st one
- phone no. & dancing no influence but similar things overlay on previous memories

3) Time goes by, retrieval cues change
 childhood amnesia (don't remember till 23)
 → time → interference → changing retrieval cues.

Movies

→ Eternal Sunshine of the Spotless Mind
 (Read more Pope)

→ Bourne Identity

First
Later, went it) (Watch the whole Jason Bourne series

year, went it) → Spellbound

Amnesia

→ Room

→ Memento
 (watch it)

pepper mint
Candy of Retrograde Amnesia

Anterograde amnesia

lose for a short period of time

lose capacity to form new memories

Jason Bourne

Prior to stroke/accident

∴ 2 different memory system

1) Explicit mem

2) Implicit mem

Clive Wearing

- can't form new explicit memories
- can form implicit (skills)

We get better with practice they do to learning is memory.

False Memories (distortion)

by factors we are unaware of

- 1) Expectations - belief of what should happen
shape memories of what happened.

(Elizabeth Loftus) 2

- 2) Leading questions

Questions after the event shape memories

- 3) Hypnotic Regression / Hypnosis (makes people cooperative) :: create & make memories to satisfy questioners

Repressed memories

- accurate yet repressed

- takes a long time to get rid of them

⇒ CATHARSIS

- suppressing unpleasant memories temporarily / repress it

Is this a physiological mechanism?

Psychologists are skeptical about this

- 4) Flashbulb memories

Memories of significant scenes are more vulnerable to distortions as you talk about them.

→ End of Week 3

proselytize

Francis Crick + Watch the Waiting + Nonethatno

Date: / /

No:

Emotions

- > The Astonishing Hypothesis - Francis Crick
The brain is the origin of mortal life.
Doctrine of physicalism.
- > Darwin's Dangerous Idea - Daniel Dennett
 - natural selection

Where do complex things come from?
humans, plants, animals

William Paley - Theologian & doc

"In crossing a heath, suppose I pitched..."
— Watchmaker Analogy.

The Argument from Design:

No such camera as good as the human eye.
complex structures have always existed
You see something so beautifully constructed
it seems to cry out for a designer.

Cicero - divine creation of humans & creatures
"Creationism"

Problems with Creationism

Theology stands in the way of science
→ Pushes back the question
this is moving from philosophical
point of view to not know the origin.
→ We have evidence for evolution

Richard Dawkins - Blind Watchmaker
The Origin of Species. - Darwin

Random Variation - camouflage.
survival

That were products of increasing adaptation

Why evolution Matters?

Mental life is the product of our physical brains "materialism" → biological entities like the brain are the products of natural selection.

∴ The brain is a product of evolution

Misconceptions about evolution & psychology

(Cogito Ergo Sum) → Natural selection causes animals & humans to spread their genes.

Evolutionary psychology would mean that the whole world be to inseminate women & ~~collect~~ giving sperms.

("Now You Happy Always Maybe - Exurb 1a")

That animals don't even know about genes.

distinction btw ultimate causation & proximate causation
reason for evolution

- history
- evolutionary course taken throughout time

What a creature wants

William James - Not one man in a billion ..

The Principles of Psychology (1890)

You don't love your kids because you're trying to spread genes.

> Evolution wires psychology to achieve certain ends

As animals whereas psych is typically ignorant custo evolution go als
We might be designed to replicate ourselves but
as ppl we have diff. priorities.

→ Natural selection entails everything is adaptive
that everything is an adaptation.

(Watch - Adaptation)

lower back pain / exist for a purpose.

Adaptations + by-products + accidents

- ✓ • Language - Adaptation + re
- ✗ • Porn - probably not
- ✗ • Pleasure from art/music
- Humor, Sexual Violence, BDSM, Xenophobia, Gays

William James: "To the psychologist alone can such questions occur."

Contemporary Psychologist

Probably watch Star Trek

→ life is impossible without emotions

Spock lacks emotion

Emotions are fundamental to human

Aspects of emotion we share / Emotion has cultural context.

Facial Expressions → Charles Darwin interested

Faces shocked to contrast them to diff expressions.

Facial Exp → Emotions → Same in Animals?

Paul Ekman

Smiles → social signals.

Real smile - Duchenne smile.

movements around the eyes.

Fake - Pan Am smile / greeting smile

even babies can distinguish b/w the two.

Wry smile / Apperception / Neurons "Don't hurt me"

→ I'm adorable, don't kill me.

~~+~~ ~~SS~~ (Neitzschian)

Fear not social

Babies aren't social In babies fear isn't instilled by conditioning completely / conditioning theory of fear Evolution plays a role
 ↳ primes us for some fear and not others
 Hard to fake facial expressions

Trisha Paytas's Emotion Palette.

Kinship

kindness compassion → Natural Selection proved wrong.
 Imagine a population of indiscriminate altruists.
 Then a free rider came, why did kindness survive.
 regurgitate

Richard Dawkins - we are evolved altruists but not indiscriminate ones. Are we just survival machines.

Animals are vehicles for genes.

Selfish genes create unselfish ones

Attachment

long period of dependence prior to sexual maturity so in some biological adaptation, we slowed down our course of growth.

Babies attached to mom's - Cupboard Theory BF Skinner.

Operant Conditioning

→ reinforcement

→ reward - breast milk

→ punishment

Bowlby

- +ve : drawn to mother for comfort
- -ve : fears of strangers.

Prisoner's Dilemma

- Animals are kind to non-kin
- Robert Trivers - Reciprocal Altruism

If you scratch my back, I'll scratch yours
 The problem is : cheating / free rider
 punishment : solution

⑨ Paisley Prisoner's Dilemma: Friend committed a crime, you're arrested. Cooperate with friend or Defect and snitch on friend

		You cooperate / Best overall		Best in scenario
		Both 1 year in prison		
Him	Cooperate	Both 1 year in prison	You go free	He - life sentence
	Defect	He goes free	Both 20 years in prison	Worst overall

Police: What if your friend cooperates, what's the best option for you?

You: "Defect him" Him = "Defect"

Police: What if he defects on you?

Best opt: Defect on him.

Wife & husband divorce & get a divorce lawyer

		C	D	Watch Marriage Story
Wife	C	50/50 Husband gets all	wife gets all	Noah Baumbach
	D	lengthy court battle		

What if you get to play prisoner's dilemma over and over again? What's the best strategy?

Anatol Rapoport : Tit for tat

Robert Axelrod - Multiple Prisoner Dilemma best output

- 1) The first time you meet a program you program, cooperate
- 2) After that do what the other program did in the previous tick.

Social Emotion & Prisoner's Dilemma.

		Player 1	
		C	D
Player 2	C	Gratitude Gratitude	1) Anger 2) Grift
	D	2) Anger 1) Guilt	Dissatisfaction Dissatisfaction

Irrationality & Culture

behavioural game - The Ultimatum Game.

A has 10 \$

A can give B any amt (1 to 10 \$)

B can accept it : A & B get their money

B can reject it : No one gets anything

Rational Approach :

A gives 1 \$
B takes 1 \$

The irrational approach / The one we often take

- Unfair distribution are unacceptable
- B would reject out of spite
- A has to offer more

Rational person: easily exploited / assault is inappropriate

Person with temper: can't be messaged with
less likely to provoke them

Daley Wilson - "In chemically bonding and warning societies, an essential manly virtue is the capacity for violence. To turn the other cheek is not saintly but stupid / contemptibly weak."

Culture of Honor

- Can't rely on law
- Resources are easily taken, like herds
- Reputation for excessive violent retaliation essential to keep resources.

When police isn't there to help you — Watch Good Fellas

& God Father

Emotions aren't just noise in the system
They are complex motivators and systems

- Evolved to solve problems → sensitive to culture
- Exquisitely crafted to deal with the problems in the social environments we live in

Andy Warhol Belle & Sebastian

SocialSocial Psych

- what we think of other people.

Social priming

→ Tony Blair more American than Obama
skin color

→ Taking an interview and the interviewer has coffee in his hand:

- cold - judges interviewee as a cold person
- hot - " " " " " Warm

→ Favourite letter

- usually from name.

Self

Read

Him

Spotlight effect

We think everyone notices us

Regret things they didn't do.

don't take charge / don't wanna look stupid

Tom Gilovich

Wai

Lake Wobegon Effect

We all tend to believe we are above average.

The self-serving bias

Positive outcomes are a result of our selves
Negatives are a result of external factors

Cognitive Dissonance Theory (Festinger)

"What we do makes sense"

When we experience internal inconsistency
it is unpleasant / b/w 2 things, 2 thoughts

Jhunka Gira Barilly hi bozgar maa

and other thoughts and actions) leads to dissonance and we try to reduce it.

1) Avoid inconsistent information that messes with our existing view.

We look out for a confirmation bias.

Ppl get a second opinion only because the first one doesn't accord with their own.

Science proceeds by seeking counter-evidence by trying to falsify theories but that's not how the human mind works. The human mind wants

2) A different manifestation of cognitive dissonance theory is the "insufficient justification effect".

- Give a boring task
- Paid either 1\$ or \$20
- Told 'bout how fun the task was
- Ask to Rate task honesty
- 1\$ enjoyed it more?

Got Paid 20\$, I wish I had a justification everything's in accord, I have enough money to make me do it, it made sense

Got Paid 1\$, you thought the task was fun, worth it
 [are you substituting]
 fun for money

[When Prophecy Fails - Book.]

Cognitive Dissonance Theory Examples

- organizations engage in biasing
- You pay therapists to value therapy more
- You love work that you volunteer for more
- Benjamin Franklin's Advice (of how to make an enemy) love you: ask him for a favour if they're obliging to do it they didn't have to explain themselves why they did a favour for you

Attribution / Psych of the Self & Other

- explains the cause of someone's behavior
- seek reason for occur- of behav/ events

Heider

- Intuitively attribute other's actions to personality characteristics
- Personal Bias: we give too much weight to personality & not to situational variables.

Fundamental Attribution Error

Read about Spock

Liking

Why do we like other people.

familiarity

Similarity

Attractiveness / Attractiveness bias

Matthew Effect: 7:12

For unto everyone that hath shall be given, and he shall have abundance ; but from

him that hath not shall be taken away even that which he hath.

Rich get richer, poor get poorer. / Good looks get stuff.

Power of 1st Impressions

Kelley's "Greatest Speakers"

- half of them are bold he is very warm
- other half " " very cold

This shapes how we interpret the person

It sets up a schema; a structure of understanding.

Form 1st impressions quickly - Thin slices.

"
Self fulfilling prophecies - when our beliefs and expectations create reality or influence behaviour of ourselves & others

- Pygmalion Effect.

"watch Midsommar"

George Bernard Shaw - My Fair Lady
 Rosencrantz → It's how you treat someone that causes them to be

Rosenthal & Jacobson [Sparrow's Test]

Psych of groups

Stereotypes / Prejudice / Racism

You use generalizations to get through the world

William Hogarth -
Without the aid of prejudice and custom
I should not be able to find my
way across the room or conduct
myself in any circumstances,
nor what to feel in any
circumstance in relation ~~of~~ life.

Stereotypes are +ve & accurate sys.

Problems with Stereotype / Social Categoris
due to confirmation bias!

Shylock - Shakespeare

Sopranos Watch 6 feet under

Bottle Star Galactica

(Also animal version)

We naturally take groups seriously even when
groups are arbitrary.

Henri Tajfel

Painters: Klee / Kandinsky

Public, Private / Implicit

IAT Method

implicit.harvard.edu

We use our heads to override our hearts

metonymy

structural anthropology

autonomy of the signifier.

Lacan assimilates metalinguistic & metonymic processes of language to condensation & displacement resp.

stylistic devices to outright censorship.

Where Descartes would cogito ergo sum

Lacan says: "I think where I am not; I am where I do not think" or "I think of where I cannot say that I am".

Where Lacan thinks there is no subject outside of language, and there no metalanguage. That verbal language outdoes the body.

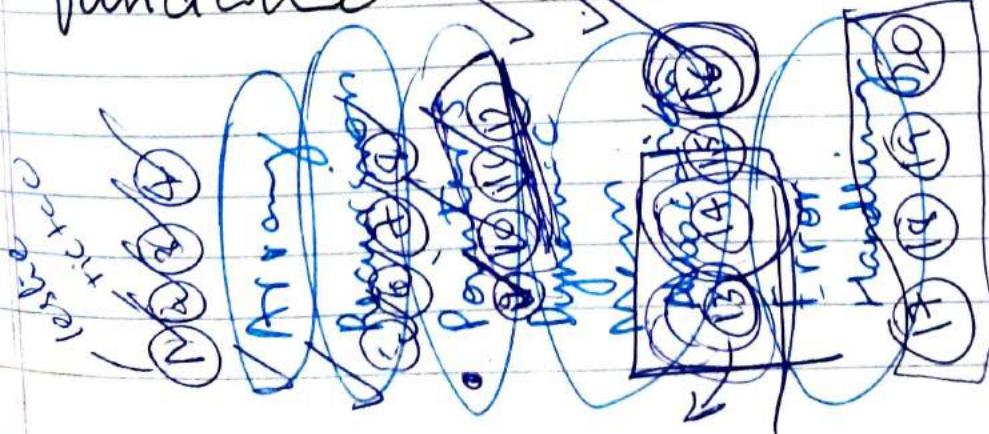
Saussure implied

- "The infinity of reflection"
- "The dialect of recognition"

I cannot be completely defined
nor can I escape all definition

Ultimate causation. Proximate causation
Mere exposure (effect or result)

fundamental distinction error



Week 5

Differences

How are we different? Gender, sex and pref, happiness, personality, intelligence.

Assessing measures of personality

reliability - step on twice and check whether

Validity - how well it measures what it's supposed to measure.

Classic personality test - Rorschach Inkblot (we don't manipulate) ↗ no validity



Gordon Allport

The big 5 personality traits

- neuroticism - stability (N)
- extraversion - introversion (E)
- openness to experience - non openness (O)
- Agreeable - antagonism (A)
- Conscientiousness - Undirectness. (C)

OCEAN

The way you characterize yourself is probably how other peeps see you too.

Intelligence

abstract reasoning

memory
mental speed

problem solving

linguistic

capacity to acquire knowledge. math

knowledge

Charles Spearman - Intelligence testing

2 factors

g - general intelligence

s - Special ability.

guarantees for similarity in results

Behavioral Genetics

Why are we different? Genes & Environment

Nature & Nurture
exhaustive

- genes - heredity
we're not talking about how much of
your height/^{trait} is due to genes.
Instead
- (Heredity - Proportion of variance due to genetic differences. (0.00 - 1.00))
 - + (Shared environment - proportion of variance due to environment shared by family members. (0.00 - 1.00))
 - + (Non-shared env - proportion of variance due to all other factors (0.00 - 1.00))
-
- 1.00

Monzygotic twins

Dizygotic twins.

Two big findings of behavioural genetics

① High heritability (0.3 - 0.7)

There is ↑ for anything

a large proportion of difference is due to the genes

true for personality, religiosity, intelligence, happiness

A large difference b/w you and others is due to genes.

A critical qualification imp to raise here which is that this conclusion of the imp of genes implies within groups. Diff b/w groups may be well due to env. forces diff ethnicities, cultures vary in intelligence

Richard Lewontin - geneticist (diffe due to env factors)

- o) Flynn effect - whenever we do IQ tests, standardize them to 100
 - What if you don't standardize. IQs have been rising. No genetic diff ∵ env
 - ① Strong heritability - within group not between group.
 - ② All of the remaining variance is due to non-shared env.
∴ Shared env comes down to nothing

Personality, Intelligence - an adopted child is no more similar to his siblings than to a stranger.

Parenting

Parents don't matter. contribute genetic material
parent practices don't matter in shaping intelligence or personality

matter because

Judith Rich Harris - The Nurture Assumption

Parents matter less than peers do.

child effects - child makes parents good
not vice versa.

When you see effects there might be
many reasons to explain it

Clinical Psychology Mental illnesses

Psychopathology

DSM-5

Thomas Szasz - Myths of Mental Illness.
mental illness is a myth, we call ppl sick if they
deviate from society and label of mental illness
deprives them of responsibility and dismisses.

Schizophrenia → Split ' & mind' greek
not split personalities but rather a
lost touch between you & reality (split
btw them).

The Soloist, Stevie Wonder

Positive symptoms

- Hallucinations
- Delusion
- Disorganized speech / behaviors.

Negative symptoms

- absence of normal cognition
emotions dulled
- catatonic schizophrenia - lay
perfectly still

Summary

wh differentiated
can't clarify
true aspects

Schizophrenia

Paranoid

- delusions of persecution
- or of grandeur

Catatonic

- unresp. to surr.

purposeless movement
parrot-like speech

Disorganized

- delusions & hallucination with little meaning

disorganized speech, behavior
flat affect

psych

Basic malfunc. in Schizo

- inability to sequence, coordinate thoughts & perceptions.
- problems due to loss of contact with others
which causes neural malfunction
 - too much dopamine.
 - heritability of Schizophrenia.
 - Possible environmental triggers.

Early (birth)

- difficult birth (O₂ deprived)
- parental viral infections
- more schizophrenics are born in winter

Later

stress producing circumstances
diff. family env.

Major Depressive disorder.

sad + worthless + lack of pleasure + lethargy
sleep appetite disturbances.
2 to 12 weeks

affects females more (hormones, less exercise
more work)

post partum depression - after birth of
a child due to hormonal changes

Men and women deal with sadness differently.
where a man would distract himself, women
ruminate and mull over it. Depression is highly
heritable. Since neurotransmitters are involved
in depression - can be due to low levels of
norepinephrine & serotonin. Drugs increase the
levels. That psychologically it is the problem is
negatively biased thoughts / counter productive
thoughts "catastrophizing events".

most extreme manifestation of depression
is suicide (8 times more likely to kill themselves)

Von Goethe (Suicide's contagion) book where
many killed themselves inspired by the book.

Werther effect - many men did kill
themselves inspired by the book.

13 Reasons Why (Contagion Effect)

Kurt Cobain killed himself. Linkin Park
Anthony Bourdain

insane
extremely high
moods delusions

Bipolar Depression

sadness + swings from mania to depression
is highly heritable (even more than
major depression) due to a diff. brain
basis / brain chemistry

Vincent Van Gogh

Virginia Woolf

Read her more
killed herself

Anxiety Disorders

vague feeling of fear + apprehension
Everyone experiences it

It's a problem when it's irrational, uncontrollable, disruptive. Primary disturbance is distressing, persistent anxiety or maladaptive behaviors that reduce anxiety.

Act in certain ways to make anxiety go away & these themselves cause problems.

Affects 5% at some point in their lives.

Physical symptoms: headaches, stomachaches, muscle tension, irritability. Childhood trauma, genetic pre-disposition, vigilant. Vulnerability, phobias.

a That not all events lead to phobias and not all of them are products of events.

Preparedness theory - Psychologically prepared for phobias due to evolution. Common phobias.

OCD - reduce scrutiny.

Dissociative Disorders

Dissociation - of you and your memory. Person suddenly becomes unaware of some aspect of their identity or history. Unable to recall under sp. circumstances.

Psychogenic	← Dissociative	Amnesia
Amnesia	: " "	Fugue
	" "	Identity disorder

Psychogenic Amnesia (Dissociative Amnesia)

- memory loss only symptom
- • selective loss surr traumatic events
- person still knows identity & most of their past
- can be global loss of identity w/ replacement of a new one.

Dissociative Fugue

global amnesia with identity replacement (no recollection of former life). New identity - fugue state. When fugue state wears off your previous identity comes back.

① Dissociative Identity Disorder

multiple personality disorder.

2 or more distinct personalities manifest in the same person at the same time.

Sybil, Trudy Chase, Chris Sizemore ("Eve")

Hillside Strangler where Bianchi set up an insanity defense that someone else had committed the 10 murders.

However, Dr. Martin Orne observed

Bianchi faking so he agreed to plead guilty and testify against Bruno in exchange for leniency.
(Causes)

- starts prior to age 10.
- mostly women have them.
- sexual torture/abuse show signs of PTSD.

Controversy

→ fewer than 25+ psychiatrists believe that it ~~exists~~ DID exists.

Personality Disorders

Paranoid narcissistic dependent histrio-

borderline

Anti-social Personality Disorder

extreme / inflexible personality types become a disorder.

"moral insanity" - sociopathy, psychopathy
 (male / selfish / selfish / callous) impulsive / promiscuous
 deficit in love, loyalty, guilt, anxiety
 easily bored & seeks out stimulation
 - James Bond (Sean Connery)
 not Hannibal Lecter Silence of the Lambs

Therapy

psychodynamic therapy (Freud)
 focus on underlying causes not the symptoms.

free association / dreams analysis

Behaviour Therapy - B.F. Skinner

token economies / psychiatric hospitals
 where you use the techniques of operant conditioning to reinforce good behaviours and diminish bad ones
 many treatments of phobia use classical conditioning - objects that would frighten you instead of being associated with fear

cognitive Therapy

cognitive Behaviour Therapy (CBT)
 identify & correct distorted thinking

Medic interventions

anti-psychotic, anti-anxiety, antidepressants

Date : / /
Page No.

electro convulsive therapy
(efficacious for severe depression)
trans cranial magnetic stimulation
Week - 5 done

Week 6

- ① Authentic Happiness - Martine Seligman
 The Happiness Hypothesis - Johnathan Haidt
 Happiness - Daniel Nettle
 Strumblng on Happiness - Daniel Gilbert
- ② What's Happiness?
 How happy are you? (1-10)

none under 5.

Swiss - 8.39 Avg 7/8

Bulgaria - 5.03

American - 7.71

satisfied

Happiness is a goal-state animals have evolved to pursue; a signal that needs to be satisfied.

Rinker: "We are happier when we are healthy, well-fed ... non-celebrity(?) and world." What about asexuals?

- ③ Happiness set point.

happiness → high heritability
 genetically determined range of how happy you are.

- Failure to appreciate day-to-day events
- Irrelevant of certain events
- We adapt to good/bad things / set point.

The Hedonic Treadmill
 Bible → Ecclesiastes

All is vanity & a chasing after wind
 Nothing to be gained besides the sun

Adopting to negative events

- Those 2 points above
- The psychological immune system (Gilbert)

John Milton - "The mind is its own place and in itself can make Heaven or Hell, a Hell of Heaven."

Satan Paradise Lost

↳ Undead (Song)

Shakespear
For there is nothing good or bad
thinking makes it so.

- ④ Our judgments about pleasure & pain
of past events are skewed.



Danny Kahneman

Endings matter.

- ⑤ Humility Optimism