**Transition Phase of Psychology**

- Psychology shifted from being a part of philosophy to becoming a science.

- Different psychologists presented their own ideas, leading to the formation of distinct schools of thought by the late 19th and 20th centuries. These include:

- Structuralism

- Functionalism

- Psychoanalytic

- Behaviorism

- Cognitive

- Gestalt

- Humanistic

- Biological

- Social

- Evolutionary

**Cognitive Perspective**

- Cognition: The mental processes of thinking, remembering, and using information.

- Focuses on how we process and store information.

- **Example**: How remembering names and dates differs from riding a bicycle.

**Jean Piaget's Theory of Cognitive Development**

- **Stages**:

1. Sensorimotor (Birth-2 years): Learn about the world through senses (touch, sight).

2. Preoperational (2-7 years): Start using words and symbols, but thinking is still egocentric.

3. Concrete Operational (7-11 years): Logical thinking about real-world things, like math.

4. Formal Operational (11+ years): Can think abstractly and plan for the future.

**Noam Chomsky**

- Children are born with the ability to learn language easily due to brain structures.

**Gestalt Perspective**

- Focuses on how we perceive the whole picture, not just its parts.

**- Key principles include:**

1. Phi Phenomenon: The illusion of movement (e.g., how cartoons are made).

2. Figure and Ground: Distinguishing an object (figure) from its background (ground).

3. Proximity: Objects close together seem to belong together.

4. Similarity: Similar objects are perceived as a group.

5. Continuity: We prefer to perceive continuous patterns.

6. Simplicity: We organize things in the simplest way.

7. Closure: We mentally fill in gaps to see a complete figure.

**Humanistic Perspective**

- Emphasizes human freedom and potential for personal growth.

- Opposes behaviorism and psychoanalytic theory, which suggest people don’t control their own destinies.

**Carl Rogers**

- Developed Client-Centered Therapy: Therapists provide unconditional positive regard, allowing clients to express themselves without judgment.

- Congruence: When our real self matches our ideal self, leading to authenticity and happiness.

**Abraham Maslow**

- Developed the Hierarchy of Needs, which explains that basic needs (like food and safety) must be met before higher needs (like self-actualization).

**Biological Perspective**

- Charles Darwin: Evolution and genetics influence human behavior. Natural selection ensures behaviors that aid survival are passed down.

**Social Perspective**

- Studies how we are influenced by others.

- Solomon Asch's Experiment: Showed how social pressure can lead people to conform, even when the group is wrong.

**Evolutionary Perspective**

- Focuses on how behavior and mental processes have evolved to solve problems faced by our ancestors.

- Explains why universal traits (like fear of snakes) exist.