

Psychology 100E

Introduction to Psychology I
Instructor: Russell Day

Mondays & Wednesdays - 16:30-17:50
C9001

Why do people study Psychology?

- ☐ Why are you interested in studying Psyc?
 - Some past answers....
 - ☐ Know yourself?
 - ☐ Figure "Other People" out?
 - ☐ Analyze People?
 - ☐ Influence People?
 - ☐ Learn about Psychotherapy?
- ☐ n.b. – reflect on what you learn!

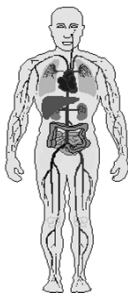
Definitions: Psychology is....

- ☐ the scientific study of behaviour and the mind
 - we infer a 'mind'
 - mind = internal (unseen) processes
 - dualism versus **monism** 😊
- ☐ the science of behaviour and mental processes

Psychology defined as.....

- ☐ the science that studies behaviour and the physiological and cognitive processes that underlie it, and the profession that applies the accumulated knowledge of this science to practical problems
- ☐ science
- ☐ behaviour

Psyc 100



physiological
processes

Psyc 102



environmental
processes

Psychology

- ☐ Connections – many!

Outline

- ☐ Why study Psychology?
- ☐ Defining Psyc – what it is and isn't!
- ☐ Scientific Goals of Psychology
- ☐ Course Structure & Expectations
- ☐ Seven Unifying Themes in Psychology
- ☐ Six Theoretical Perspectives in Psychology

Scientific Goals of Psychology

- ☐ To describe
- ☐ To understand (explain)
- ☐ To predict
- ☐ To influence
- ☐ To apply to improve human condition*
 - *Basic versus Applied

Science vs. Common Sense

☐ Science

- verifiable
- cumulative
- public
- Parsimonious

☐ Common Sense?

Common Sense? **NO!**

- ☐ People reach different conclusions about Psychological issues--and different than Psychologists.
- ☐ People do not employ the same methods when they collect and interpret information about themselves and others.

The Course Syllabus (review)

- ☐ Teaching Philosophy – Who am I?
 - Office Hours
- ☐ Canvas Tour (<https://canvas.sfu.ca/>)
 - Class Outlines (Caveat)
 - Audio Recordings (Caveat)
- ☐ Exam Structure (3 of 4 – Parts A & B)
- ☐ Textbook Quizzes (6 of 7)
 - Note about iClickers & registration

The Course Syllabus (review)

- ☐ Research Participation
 - (not ready yet – I will announce when ready)
- ☐ Textbook
 - Schacter, D. L., Gilbert, D. T., Wegner, D. M., & Nock, M. K. (2014). *Psychology* (3rd ed.). New York: Worth. (all the options [here](#))
 - LaunchPad
(<http://www.macmillanhighered.com/launchpad/schacter3e/4132463>)
- ☐ Written Assignment (will review again)
 - Assignment Syllabus

Assignment Syllabus (Pls read)

- ☐ Differentiating Research Designs
 - Assigned Topics w/ restrictions
 - Read your textbook about your topic
 - See Canvas for tools to find articles
 - Empirical, peer-reviewed
 - Experimental / non-experimental
 - Annotations
 - APA format Title and Reference pages
 - Submission process

Different Methods-- Different Conclusions

- ☐ People Perceive Situations Subjectively
- ☐ People Remember Situations Subjectively
- ☐ People Jump to Incorrect Conclusions

7 Themes *3 about Psychology*

- ☐ Psychology is empirical.
- ☐ Psychology is theoretically diverse.
- ☐ Psychology evolves in a sociohistorical context.

7 Themes *4 about what we study in ψ*

- ☐ Behaviour is determined by *multiple* causes.
- ☐ Our Behaviour is shaped by our environment and cultural heritage.
- ☐ Our experience of the world is highly *subjective*.
- ☐ Heredity and environment jointly influence behaviour.

6 Theoretical Perspectives* 😊

- ☐ Psychodynamic
- ☐ Humanist
- ☐ Behaviourist
- ☐ Cognitive
- ☐ Sociocultural
- ☐ Biological (including Evolutionary)
 - atheoretical ????

Psychodynamic Perspective

- ☐ Sigmund Freud.
- ☐ The unconscious.
- ☐ Drives.
- ☐ Original Sin/Basic Goodness.

Humanist Perspective

- ☐ Maslow & Rogers.
- ☐ people motivated toward growth and self-actualization
- ☐ Positive Psychology Movement

Behaviourist Perspective

- ☐ Watson--see only behaviour!
- ☐ Skinner--environment is everything.
- ☐ Bandura's Cognitive Behaviourism

Cognitive Perspective

- ☐ Humans as rational "problem-solvers"
- ☐ Structuralism.
- ☐ Functionalism.
- ☐ Gestalt Psych.
- ☐ Piaget

Sociocultural Perspective

- ☐ Context (Social Psychology)
- ☐ Culture
 - Transmission of Culture
- ☐ Norms
- ☐ Individualism / Collectivism

Biological Perspective (Neuroscience)

- ☐ Human as animal.
- ☐ The brain.
- ☐ Evolutionary Perspective
 - Why did certain neural structures arise?
 - How did they increase chances of survival?
 - How did they enhance reproductive success?
- ☐ Behavioural Neuroscience
- ☐ Cognitive Neuroscience

Levels of Analysis & Connections

- ☐ Biological
 - (Neurosciences & Evolutionary)
- ☐ Psychological
 - (Psychodynamic, Humanist, Cognitive & ??)
- ☐ Environmental
 - (Behaviourist & Sociocultural)
- ☐ Psychology as a 'hub' science.

Next Class – Read Chapter 2

- ☐ Outline:
 - Review of Chapter 1 & 2
 - What is Science?
 - ☐ Steps in the Scientific Process
 - Object of our research. Ethics in Research.
 - Types of Research
 - ☐ Correlation
 - ☐ Experimental