

PSYCH 101

CONTENTS

WEEK 1	2
INTRODUCTION OF PSYCHOLOGY	2
What Is Psychology	2
What Psychology Isn't	2
Psychology Is Hard To Define	2
THE THREE BEGINNINGS OF PSYCHOLOGY	2
First Psychologist?	2
THE PSYCHIATRIC TRADITION	3
Major Theorists	3
Major Assumptions	3
THE TESTING TRADITION	4
Major Theorists	4
Major Assumptions	4
THE ACADEMIC TRADITION	4
Major Theorists	4
Major Assumptions	5
Three New Beginnings in Psychology	5
The Psychiatric Tradition	5
The Trait Tradition	5
The Academic Tradition	5
Basic Philosophy of Science	6
The Philosophy of Science	6
Ways of Doing Research	6
Tension between Discovery and Explanation	6
One of Freud's famous case studies: Anna O.	6
Naturalistic Observation	6
Survey Research	6
Experiments	6

Research Methods – Surveys & Establishing Representativeness	7
Representative group of people	7
Correlation is not Causation: How do you establish causation?	7
WEEK 2	Error! Bookmark not defined.
The Nervous System and the Brain – The Big Picture	Error! Bookmark not defined.

WEEK 1

INTRODUCTION OF PSYCHOLOGY

WHAT IS PSYCHOLOGY

- Five Core courses:
 - Behavioral neuroscience
 - Developmental psychology
 - Cognitive psychology
 - Clinical psychology
 - Social psychology

WHAT PSYCHOLOGY ISN'T

- Psychology is not psychoanalysis
- Psychology is not merely common sense
- Psychology is not about the torture of animals

PSYCHOLOGY IS HARD TO DEFINE

- Psychology is about people and what makes them up
- Thoughts
- Emotions, motivations
- Behavior

THE THREE BEGINNINGS OF PSYCHOLOGY

FIRST PSYCHOLOGIST?

- Freud
 - The psychiatric tradition
 - Contribute to the beginnings of psychology
 - Started psychoanalysis

- First major work in 1898
- Sir Francis Galton
 - Testing tradition
 - Intelligence testing
 - Cousin of Darwin
 - Narrowest of the three traditions
 - Started in 1870s
- Wilhelm Wundt
 - Academic approach (laboratory Psychology)
 - First psychology laboratory
 - Scientific approach
 - Thoughts could be divided into mental atoms
 - Three reactions to Wundt
 - William James
 - Student of Wundt ,contemporary of Freud
 - Brought psychology to North America
 - John B. Watson
 - One of the early proponents of behaviorism
 - Gestalt psychologists in Europe

THE PSYCHIATRIC TRADITION

MAJOR THEORISTS

- Freud
 - Complex theory about psyche
 - Two motives that drive people: Sex and Aggression
 - Unconscious
 - Oedipus Complex
- Carl Jung
 - More important in literature
- Carl Adler
 - People want to be powerful (self-esteem)
- Ego Psychologists
 - Erik Erickson
 - Model of Social Development
 - Karen Horney ,Henry Stack Sullivan
 - Importance of relationships in developing self-concept

MAJOR ASSUMPTIONS

- Unconscious, cannot rely on people say or do to indicate what problems they are experiencing
- Understand each individual person comprehensively
 - Study one person at a time and know all details

- Most research done through therapy over years
- Clinical approach
 - Study people who are sick

THE TESTING TRADITION

MAJOR THEORISTS

- Sir Francis Galton
 - Wanted to figure out what makes someone a genius
 - Elitism
 - Connected with Darwin's theory
 - Assumed smartest were also most physically capable
 - Intelligent mathematician
- Spearman
 - Factor analysis
 - Way of figuring out what goes together
- Cattell, Eysenck
 - The Trait Tradition
 - Two major components to personality
 - Introversion vs Extroversion
 - Neuroticism
- Binet
 - First to actually perform intelligence test

MAJOR ASSUMPTIONS

- Psychology is primarily a product of biology
 - Emphasis on nature over nurture
- Only a few ways people differs
- People's traits can be understood through simple tests

THE ACADEMIC TRADITION

MAJOR THEORISTS

- Wilhelm Wundt
 - Psychological atomism
 - Introspect
 - Got thousands of psychological atoms which didn't make any sense
- William James
 - Pragmatism
 - Should study what people really care about, meaningful to people
 - Important to North America psychology

- What does it matter?
- Watson, Skinner
 - Behaviorism which dominated for about 40 years in North American psychology
 - Thought cannot be observed
 - Studied by observe people behavior
- Kurt Lewin
 - Gestalt Psychology
 - Whole does not equal to the sum of the parts

MAJOR ASSUMPTIONS

- Psychology is best understood when the causes are understood
 - Why is more important than how and when
- People's thoughts and actions can be understood
 - By observing people
- Systematic study produces the fullest understanding
 - set up labs and experiments

THREE NEW BEGINNINGS IN PSYCHOLOGY

THE PSYCHIATRIC TRADITION

- Humanistic Approach – The Third Wave
 - Carl Rogers
 - Very different from psychiatric tradition
 - Reflected back to the individual
 - Belief that people are basically good
 - They need to get in touch with good inner part of who they are

THE TRAIT TRADITION

- The Big Five Model of Personality (OCEAN)
 - Openness = intelligence
 - Open to new experiences, more flexible in thinking, more education
 - Conscientiousness
 - Stick to goals
 - Introversion VS Extroversion
 - Agreeableness
 - Neuroticism

THE ACADEMIC TRADITION

- The Cognitive Revolution
 - In the 60s and 70s there was changes from Behaviorism to Cognitive Psychology

- Study of thought is important
- Albert Bandura
 - Observational Learning

BASIC PHILOSOPHY OF SCIENCE

THE PHILOSOPHY OF SCIENCE

- Our ideas can often be wrong
- Only draw conclusions when we have shown the idea is wrong
- Accept an idea when we can't prove it wrong, it can be prove wrong by other
 - Skepticism
- May prove them wrong later
- Many things influence these ideas
 - What is accepted is often what is popular
 - It can be shaped by political forces and social influences

WAYS OF DOING RESEARCH

TENSION BETWEEN DISCOVERY AND EXPLANATION

- Psychology is in the middle of discovery and explanation
- Psychiatric tradition mostly case studies

ONE OF FREUDS FAMOUS CASE STUDIES: ANNA O.

- Developed illness after a couple years after caring her sick father
- Blind though no physically wrong with her
- Paralysis of hand
- Freud believed she was having fantasies about her father

NATURALISTIC OBSERVATION

- Jane Goodall's research with chimps

SURVEY RESEARCH

- Goal is whole population from surveying a sample portion of that population
- Problem of representativeness
- Establishes generality
- Set up correlations
- Correlation doesn't mean causation

EXPERIMENTS

- Usually establishing causation

RESEARCH METHODS – SURVEYS & ESTABLISHING REPRESENTATIVENESS

REPRESENTATIVE GROUP OF PEOPLE

- Random Sampling
 - Take a small subset of a large group people
- Unbiased questions
 - Anchoring Effects/ Framing Effects

CORRELATION IS NOT CAUSATION: HOW DO YOU ESTABLISH CAUSATION?

- Time order
 - Know which comes first
 - Longitudinal research
- Elimination of all other possible causes
 - Random Assignment
 - Randomly assign people to various conditions
 - Independent variable – what we think is the cause
 - Dependent variable
 - Valid
 - Reliable – same outcome every time