

Psychology Chapter 1

1. The study of mental process and our behavior
 - a. Real psychologists work everywhere; school, business, etc.
 - b. Behavior can be directly observed, and mental processes are thought, feelings, and motives.
 - c. Observations are observable, definable, easy to measure, and quantifiable
 - d. Operational Definitions: How you define something while you're studying it or for your study.
2. Mind and mental process
 - a. Thoughts, feelings, and motives
 - i. Observable?
 - ii. Definable?
 - iii. Easy to measure?
 - iv. Quantifiable?
 - b. Actions, Self-report, behavior (How can we measure?)
3. Science of Psychology
 - a. Critical thinking
 - b. Skepticism
 - c. Objectivity
 - i. Investigate something with myself removed from it
 - d. Curiosity
4. Wilhelm Wundt.
 - a. (1832-1920)
 - i. 1879- first psychology lab
 - ii. Structuralism
 - iii. FATHER OF PSYCHOLOGY
 - iv. Structure of the mind
5. William James
 - a. (1842-1910)
 - i. Functionalism
 - ii. Purposes of the mind
 - iii. Minds interaction with the outside world
 - iv. Stream of consciousness
 - v. Why questions?
6. Charles Darwin
 - a. (1809-1882)
 - i. Psychology and evolution
 1. Competition for resources
 2. Favors genetic characteristics that promote reproduction and survival
 3. Environmental changes alter course of evolution
7. Contemporary Approaches
 - a. Biological

- i. The brain is the physical basis of all thoughts and emotions
 - ii. Neuroscience
 - 1. Nervous system
 - a. Structure, function, development, genetics, biochemistry
- b. Behavioral
 - i. Environmental determinants of observable behavior
 - ii. Reference thought and reject explanations
 - iii. Notable behaviorists
 - 1. Ivan Pavlov
 - 2. John Watson
 - 3. B.F. Skinner
- c. Psychodynamic
 - i. Freud
 - ii. Psychoanalysis
 - 1. Unconscious thought
 - 2. Conflict between biological drives and demands of society
 - 3. Early child hood and family experiences.
- d. Humanistic
 - i. Positive human qualities/potential
 - ii. Free Will
 - iii. Notable humanistic theorists
 - 1. Carl Rogers
 - 2. Abraham Maslow
- e. Cognitive
 - i. Mental processes involved in knowing
 - ii. Information processing's
 - 1. How humans interpret incoming info, weigh it, store it, and apply it.
- f. Evolutionary
 - i. Explanations of Human Behavior
 - 1. Adaptation
 - 2. Reproduction
 - 3. Natural Selection
 - ii. Notable Evolutionary Psychologists
 - 1. David Buss
- g. Sociocultural
 - i. Social and Cultural environments
 - ii. Differences
 - 1. Between ethnic groups and cultural groups
 - 2. Within and across countries