

PSYCH 101: Week1, January 9, 2017

Introduction to Psychology: History and Science

AGENDA

- Introductions and Business:
 - Your Prof: Dr. Toni Serafini
 - Course Syllabus: overview, questions, etc.
 - Volunteer Note-taker?
- Experiential Learning and SONA: Your participation in psychological research
- What is Psychology?
- The evolution of Psychology
- Psychology as a Science, Theory, and Research

Who am I?

- Dr. Toni Serafini
- Hons BA - Psychology (co-op), University of Waterloo (St. Jerome's)
- M.Sc.- Family Relations and Human Development (Couple and Family Therapy Emphasis), University of Guelph
- Ph.D. - Family Relations and Human Development, University of Guelph
- Research - Identity development
- Clinical - Couple and Family Therapist (private practice)



St. Jerome's University in the University of Waterloo
Department of Psychology

PSYCH 101
Introductory Psychology
Winter 2017
Mondays, 6:30pm-9:20pm, Room: SJ2 1004

Instructor and T.A. Information

Instructor: Dr. Toni Serafini

Office: STJ 1013A

Office Phone: 519-884-8110 x28293

Office Hours: Thursdays 10:00am-11:00am (or by appointment)

Email: tserafini@uwaterloo.ca

Correspondence with Instructor:

It is best to contact me via email or to come see me in person during office hours. When emailing, please include your first & last name and the course code in the subject line. Please use a salutation (e.g., "Dear/Hi __") and closing (e.g., "Thanks/Regards __") to open and close all emails.

Email responses: If you do not hear back from me within 48 hours (excluding weekends), please resend your message. This is NOT an indication that I am ignoring you; more likely, this suggests that I did not receive your email, or that it got 'lost' in my ever-expanding inbox (note: use of hotmail accounts sometimes results in messages flagged as spam. It is best to use your UW email address).

Teaching Assistant (TA): Alyssa De Angelis: andeangelis@edu.uwaterloo.ca

Required Text

Weiten, W. & McCann, D. (2016). *Psychology: Themes and Variations, 4th Canadian Edition*. Toronto, ON: Nelson Education.

Course Requirements and Assessment

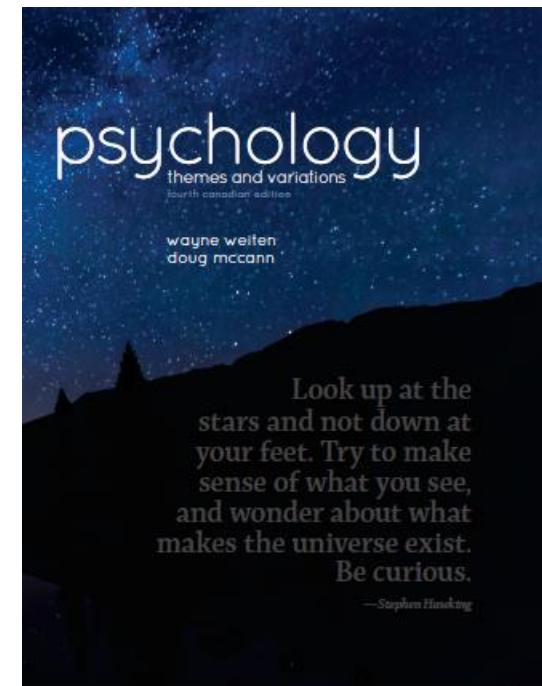
<u>Assessment</u>	<u>Date of Evaluation</u>	<u>Weighting</u>
In-class Test #1	Monday, February 6, 2017	38%
In-class Test #2	Monday, March 13, 2017	38%
In-class Test #3	Monday, April 3, 2017	20%
Experiential Learning	ongoing	4%
Bonus Points	ongoing	Up to 2%
Total		100%

Note: Experiential Learning information will also be posted on LEARN

Your Required Course Materials for: PSYCH 101 - Section 3

You will need this text for:

- ❖ Tests
- ❖ Reading assignments
- ❖ Achieving your best possible grade!
- ❖ Technology/package components



Take Advantage !

Your textbook includes:

- ✓ **Concept Charts** booklet helps you visualize the macro-level and drill down to the micro-level, and its free with each new copy of the text. These colour-coded, hierarchically organized charts create snapshots of the chapters allowing you to quickly see the relationships among ideas and sections.
- ✓ **Putting it in Perspective** features, which correspond with the findings of a study conducted recently by the APA on *Strengthening the Common Core of the Introductory Psychology Course*: “...a comprehensive understanding of the mind and behavior is more likely to be achieved by an integration ...across different levels/perspectives...”
- ✓ **8 Illustrated Overviews** found in the book provide yet another summary that appeals to the more visual learner, and strengthen connections between topics that may seem unrelated.

FREE Additional Study Resources

Have you ever found yourself reading a textbook chapter and not being able to remember what you read?

Do you know how to manage your time?

Need strategies for performing better on tests?

Visit www.dayone.nelson.com/students

and take a first step toward your success!

Experiential Learning (4% total)

Students will participate in research opportunities offered through the Research Experience Group (REG) at the University of Waterloo (Option 1, see details below), or participate in alternate assignments (Option 2, see details below). Participation in these studies and the accumulation of credits will be monitored by the REG Coordinator.

For instructions on how to log in to your SONA account and for a list of important dates and deadlines please, as soon as possible go to: <https://uwaterloo.ca/research-experiences-group/participants/sona-information>

Please forward any inquiries regarding this component of the course directly to the REG Coordinator (after reviewing the information provided in this syllabus and on the REG website (<http://www.arts.uwaterloo.ca/~regadmin/regparticipant/>)

CONTACT PERSON: Reg Coordinator, Email: regadmin@uwaterloo.ca, Phone: 519-888-4567 x32690, or in person at the REG Office (PAS 3013) -- Please call or email in advance to set up an appointment to ensure the Reg Coordinator is able to meet with you.

BONUS (up to 2% total)

These bonus marks can be earned by participating in the REG research studies (Option 1, see details below) or by completing the alternative assignment (Option 2, see details below).

Electronic Devices and Technology



**Please
Turn off Your
Mobile Phones**

**RESPECT One another and the
learning environment**

Course Outline / Class Schedule

Week	Date	Topic	Assigned Readings
1	January 9, 2017	Introduction to Course Introduction to the Science of Psychology	Chapter 1
2	January 16, 2017	Doing Psychological Research Biological Bases of Behaviour: The Nervous System and the Brain	Chapter 2 Chapter 3
3	January 23, 2017	Sensation and Perception Consciousness	Chapter 4 Chapter 5
4	January 30, 2017	Memory	Chapter 7
5	February 6, 2017	Part A: Test #1 Part B: Lecture Learning and Conditioning	Part A: Test #1 Content Chapters 1, 2, 3, 4, 5, 7 Lecture Material Part B: Chapter 6
6	February 13, 2017	Motivation & Emotions Personality	Chapter 10 Chapter 12
READING WEEK (No Classes): Monday, February 20 through Friday, February 24, 2017			
7	February 27, 2017	Cognitive Psychology: - Logic, Reasoning, Decision-making - Language and Thought - Intelligence	Chapter 8 Chapter 9
8	March 6, 2017	Developmental Psychology - Human development across the lifespan	Chapter 11
9	March 13, 2017	PART A: Test #2 PART B: Lecture Social Psychology: Obedience	Part A: Test #2 Content Chapters 6, 8, 9, 10, 11, 12 Lecture Material Part B: Chapter 13, Films (in class)
10	March 20, 2017	Social Psychology: Conformity, Prejudice, Discrimination	Chapter 13 cont'd Films (in class)
11	March 27, 2017	Psychological Disorders and Mental Health Treatment/Therapies	Chapter 15 Chapter 16
12	April 3, 2017 Last Class	Test #3	Test #3 Content: Chapters 13, 15, 16 Lecture Material, Films

What Is Psychology?

- Psychology is the science of behaviour and mental processes → thoughts, feelings, not observed
things that occur in eating

○ The Nature-Nurture debate

Nature → what we are born with

Nurture → how we were brought up
→ learned over time

- used to be either or → but now we combine the two

How Did Psychology Begin?

Origins in philosophy:

- Socrates: “Know thyself” ^{-an unexamined life is not worth living}
- Plato and Aristotle: ^{→ nature of knowledge} body, mind, and soul
- Descartes: ^{→ mind vs body debate?} “I think therefore I am”
- Empiricists (e.g., Locke and Hume): all knowledge linked to experience and comes from our senses

How Did Psychology Begin? (cont'd)

- Young science: Began a little more than a century ago
- Different schools of psychological thought emerged...
 - Structures of the mind
 - Content of consciousness
 - Introspection
 - Consciousness should be broken into smaller pieces.
- Structuralism
- Functionalism
 - How the structures of the mind function
 - More interested in purpose of the mind



Psychology's Roots in Canada

- 1891: First experimental laboratory in the British Empire established by James Baldwin at the University of Toronto
- 1892: Baldwin helped found the American Psychological Association
- 1939: Canadian Psychological Association founded
- Important Canadian contributions by Brenda Milner and Donald Hebb (both of McGill University)

Who Are These People Called Psychologists

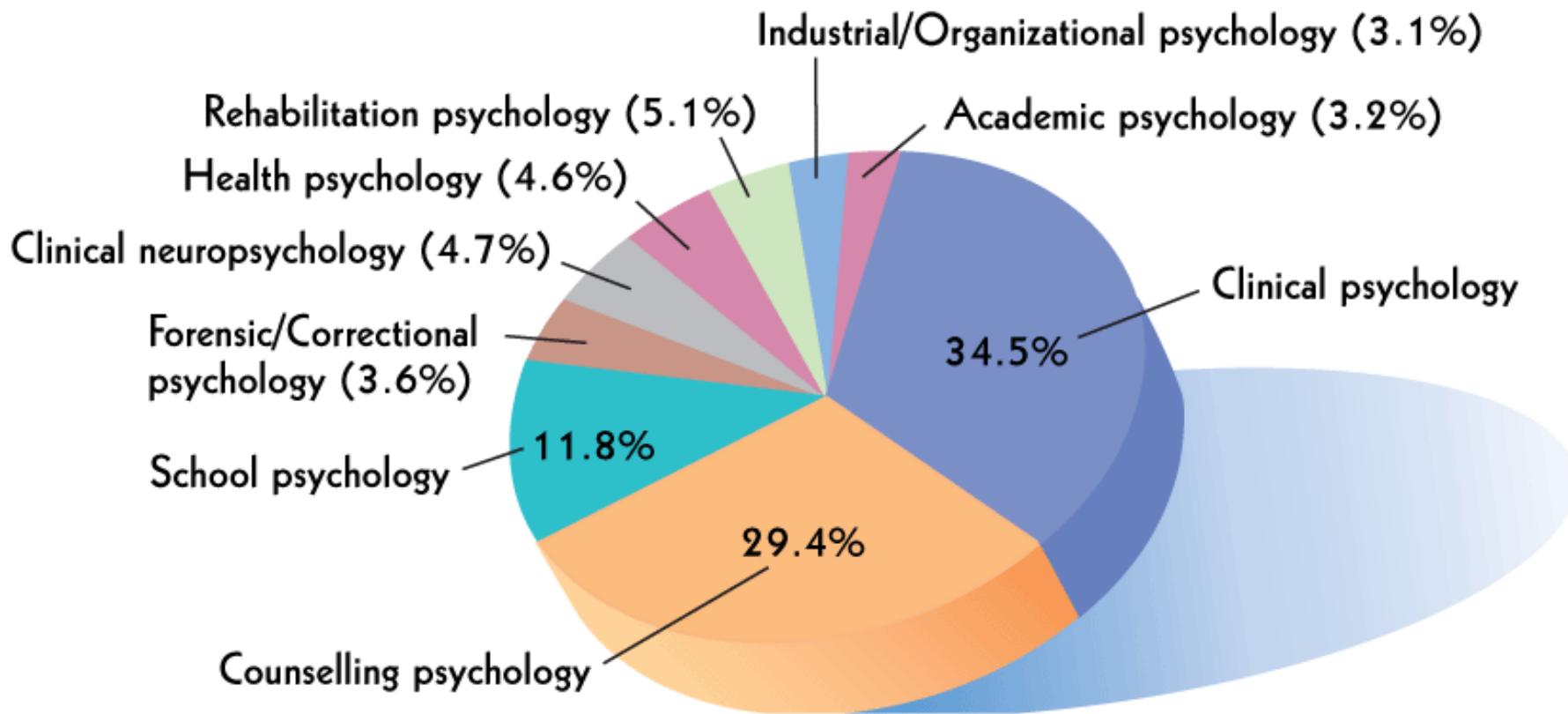
- Study all aspects of life
- Diverse areas of focus (e.g., research, teaching, clinical work)
- What's the difference between a **psychologist** and a **psychiatrist**?
 - PhD in Clinical psych
 - Administer tests/analysis
 - Diagnose

*- specialist
- prescribe meds*

FIGURE 1.2

What Psychologists Do

(Based on data from the College of
Psychologists of Ontario, May 31, 1999.)



Four Recurring Themes in Psychology

1. Relationship between brain and behaviour
2. Nature and nurture
3. Human diversity
4. Idea generation and application

What Makes Psychology A Science?

- Use of scientific principles, methods and procedures for:
- Knowledge development
- Prediction

Psychology is Based on 2 Premises:

1. Empiricism: knowledge through careful observation, not 'logic,' 'common sense,' or 'intuition'

Note:

There is nothing "**common**" about "**sense**!"

2. Theory development: collection of interrelated ideas & observations that describe, explain and predict behaviour or mental processes - of how we look at the world

The Relationship Between Theory and Research

- They inform one another
 - Theory is foundational.
 - Provides: rationale, viewpoint, focus for research
- Theory is the foundation on what research is built.

What IS theory, exactly??

Theory

- The “lens” metaphor
- The “map” metaphor
 - The “map” is not the “territory” - reflects something about the area.
- Historically situated and variable
- Reflect social and moral thinking of the day
- Limited

- When we look through a theory it is a different way to view the world.
- highlights some things, obscures others.

Theory

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- The “map” metaphor
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Major Theoretical Perspectives in Psychology

- ★ Psychodynamic
- ★ Behaviourist
- ★ Humanistic
- ★ Cognitive
- ★ Biopsychological
- ★ Social
- ★ Cultural
- ★ Evolutionary

Psychodynamic Perspective

- Founder: Sigmund Freud
 - introspection
 - Sex
 - talk therapy
 - Death
 - aggression
- Proposed that unconscious mental processes direct behaviour
 - not aware of
- Maladjustment is result of anxiety arising from unresolved conflicts in the unconscious
 - conflicts between primal urges
 - sexual energy fuels us
 - childhood experiences fuel our behavior
- Therapeutic technique:
Psychoanalysis
 - no free will

Behaviourism

- Founded by John Watson: rejected study of contents of consciousness
- Focused on measuring only what is observable
 - focus on behaviours (duh)
 - Born a blank slate → Become who we are through experiences.
- Emphasized scientific study of observable behavioural responses and their environmental determinants
 - Behavioural can be helpful
→ still no free will
 - scheduled care
↳ the parents decide
- Stimulus → Response

Humanistic Perspective

- Developed by Carl Rogers and Abraham Maslow
- Individuals motivated by a need for self-actualization
- Emphasizes each person's positive qualities, unique experiences
 - free will, can be who they want to be.
 - reject scientific process
 - see people as good.

Cognitive Perspective

- Focuses on such processes as perception, memory, and thinking
- Mental processes involved in knowing
- Ideas/Thoughts → Behaviour
 - thinking + conscious experience.
 - Stimulus → response

Social Perspective

- Focus on how social factors affect both behaviour and mental processes
- Deals with social interactions, their origins, and how they impact individuals
 - social environment
 - people influence people.

Evolutionary Psychology

- Based on ideas of Charles Darwin
- Assumes behaviours that help organisms adapt will be passed on to successive generations
- Reproduction, adaptation, “survival of the fittest”
 - natural selection occurs for physical & behavioural

The Science of Psychology

- Psychologists use scientific principles, methods, and procedures to develop a body of knowledge about human behaviour and to 'predict' how people behave
- Based on 2 premises: empiricism and theory development
- HOW do theory and research work together?

Theory and Research

- Theory informs the kinds of research questions we ask
- We conduct research to test theory
- Theory holds researchers accountable
 - move from just description to interpretation

Doing Research: Three Principles of Scientific Endeavour

1. Objectivity
 - no bias
 - always some bias
 - subjective in what we study.
2. Systematic observation
 - structure/plan
3. Replicability
 - Do the same thing with another group → See if the results are about the same.

The Scientific Method: Terminology

- Operational definitions (clarity, measurability)
- Participants or subjects: the organisms whose behaviour is systematically observed in a study
- Data (plural)
- Statistics used to analyze data
- Findings shared through reports at scientific conferences, in scientific journals
- Research Design: e.g., cross-sectional, longitudinal

*what is it we are looking for - Def'n
that is detailed for the observation*

Scientific Method in Psychology

5 STEPS:

- State the problem
- Develop hypothesis(es)
- Design a study
- Collect & analyze data
- Draw conclusions & report results

Research Methods and the Multiple Ways Data May be Gathered

- Surveys (self-report)
- Observational research
(watching/observing people, animals)
- Interviews
- Experiments

Psychology as a Science

More on how to conduct research
in Psychology next class...

**AND a glimpse into human
beings' most powerful organ:**

THE BRAIN

See you *next class!*

