

7th August, 2018

* Psychology :-

- importance of Index
- it gives certain guiding topic
- know the

→ 5 Psychiatrist rely more on pharmacology (medicines)

Psychologist rely more

on behavioural therapy

Psychiatrist - Psychologist

comes through streams of doctor behavioral sci.

→ 10 Psychology,

Behaviour of people

Psychology
is the science:

Note: What is Science?
What is the cause (dv)?
& what is effect (iv)
Science is Why?

There is diff in which they approach same problem

→ Discipline is a kind of behavioral therapy

→ Social taboos on approaching psychology

→ they would be considered as mental

→ These comes the role of Social workers

(rehabilitate in society)

⇒ talking w.r.t. psychology, if we are able to predict & know a person's bad behaviour, we would control.

* Minimize error.

→ Why labs required

to have standardized

way of doing & we are

very sure that dv depends

only iv or one there some

other factors

30

COPERNICUS Theory :

The earth is not stationary

It revolves around the sun

COGNITION

— KNOWING

↳ Objective Brain is more scientific version of mind

MIND & BRAIN

Science may not believe in ~~mind~~ mind, but accepts about brain.

→ We give ^{nick} names by seeing their personality & behaviour

10 Reductionist approach:

Bottom up v/s Top Down Approach

raw materials given

→ ~~having~~ given data to mind, mind processes

~~formed~~ Material

→ Processing info by mind & used the processed info for implementation

→ All cognitive process are Top Down Approach.

20 It relates chosen the data & tries to relate it with already stored data.

→ It depends on how much processing we do of a thing

→ Some people feel disturbed even on just ~~small~~ small sound & some others do not feel problem even if traffic huge noise.

Hallucination & illusions

A perception of having seen, heard, touched,

tasted or smelled

Hallucinations something that wasn't actually there

& delusion : not close to reality

Delusion

It is a mistaken belief that is held with strong conviction even in presence of superior evidence

Hallucin → sensory

receptor not working

we believe what we can't

Illusion : misinterpreted sensory

- Cognition involves Elaborating info: like when we only talk to a person only for 1 to 2 minutes. 5 minutes but we can tell about him & his personality for say 10 minutes (e.g. if he seemed to be intelligent then we could add on that he might be hard working)
- knowing that I know is also cognition

Information & knowledge

↓ ↓

data is there

but processing it is a big question

◦ Elaborating info

◦ Storing & recovering info using info.

◦ Reducing Sensory info

Cognition is knowing with topdown & bottom up approach analysis.

→ Cognitive abilities varies with age.

Cognition important

with the help of bottom up & topdown approach

→ Cognitive development varies with age.

Knowing

Schemas

Equilibration



New situation

↓

Disequilibrium: ~~preparation, confusion.~~

↓

Accommodation

Naive child will accommodate everything;

Slowly he learns to assimilate.

Sensation: gathering info from env.

Perception: mental activit

the raw data
same

5 Perception is context dependent thing.

→ ~~Perception~~ ~~is~~ the way we perceive it (is) context dependent

but the perception & processing the

Chair
e.g.

Our brain adds up things we see

10

Bottom up / Top-down processing

Automatic
data-driven
processing

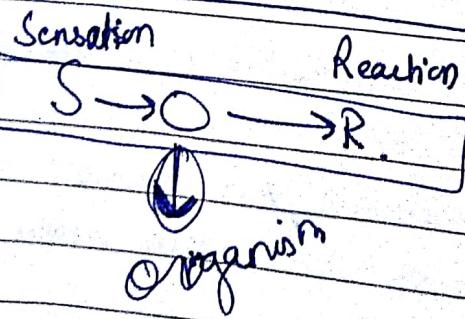
Active / Constructive
conceptually driven
processing

* Our mind
adds up to
raw data
(our image)

→ ~~sensation~~
sensory → perception

like before
as a
compu
had so
imagined
of it.

e.g. the stimulus.
response
(we do not
think in response)
to stimulus.



There is a level (organism)
where the sensation ^{level} is processed
& then accordingly reacts

16/8/18

Sensation: gathering info from environment.

Perception: mental activity

for any situation
the raw data is
same (Sensor data)
remains the same

Perception is context dependent thing.

→ themselves the way we perceive it is (stand) context dependent

(Stand)
but then our perception

& processing the differ.

Our brain adds up to things we see

* Our mind also adds up to the raw data (our imagination)

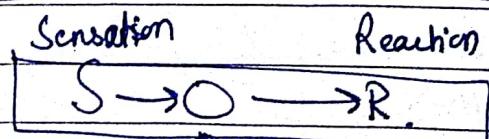
Automatic
data-driven
processing

Active/Construct
conceptually → driven
processing

→ sensation → perception

like before living
on college
campus we
had some
imagination
of it.

e.g. the stimulus.
response
(we do not
think in response)
to stimulus.



O
organism

There is a level (organism)
where the sensation is processed
& then according to it

Process of perception helping:

- Organise Info
- Interpret Info.
- Help us to recognize meaningful objects & events
- "We don't see things as they are, we see things as we are"

Sense → Select →

Organise → Transform

Beard Lotto Optical Illusion (TED Talk)

Perception is not possible without:

either interest is there or you are make context

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→ +ve contexts are heavier than the contexts

like you help people everytime but not helping
only people will not like us.

negative contexts are lighter

20

on the process of perception;

Perception key terms:

Attentional seeing.
impose meaning on that attention getting.

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How you know learning has happened Non learning?

What if past your learnings are permanent
→ may effect your previous learning

Law of proximity:

Sharing closeness in space.

General of Law of proximity

5. Depending upon the relationship we have with a person; we maintain law of proximity.

e.g. in host room allocation
we want all friends →
same wing

10. Law of proximity in dogs.

Law of similarity:

Unilever:

15. Unilever, Nestle, P&G

Law of common fate

Bob, John, Bill

Law of closure

meaning:

If 4 pieces of info; you have 3 pieces

then you automatically

supply 1 piece to it.

25. Putting a fullstop. — how I try to stop problems

e.g. Cure tension

— Listen music

— Sleep

—

—

—

—

Need to study -

CamScanner Page

Date

To unlearn a thing
UCS needed.

5 In the society;

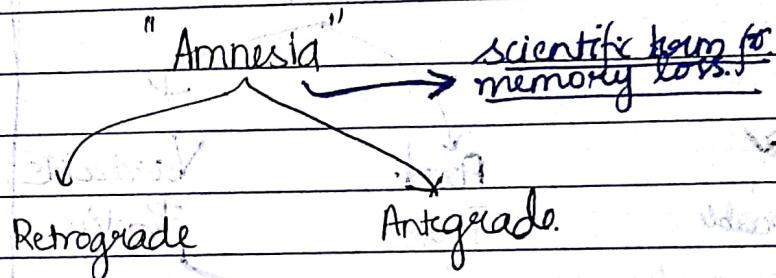
→ Eg. code of conduct :- negative reinforcement.
Fire alarm :- negative reinforcement.

Questions asking

whether +ve, -ve

ref, punsh. Right

10 Memory



your memory is your diary
which we carry with us
always.

memory := personal
diary

Memory is constructive in nature:-

people construct reality
of the world

Stages of Memory

Encoding

Storage

Retrieval

(Formation)

(Retention)

(Recovery)

- If there is problem in any of these steps; then forgetting occurs.

forgetting is result of prob- not proper at any
of these stages

Reason: because ~~cues~~ are there (providing cues)

Recognition can be misleading when proper ~~cues~~ are not generated

left hemisphere logic / Reasoning

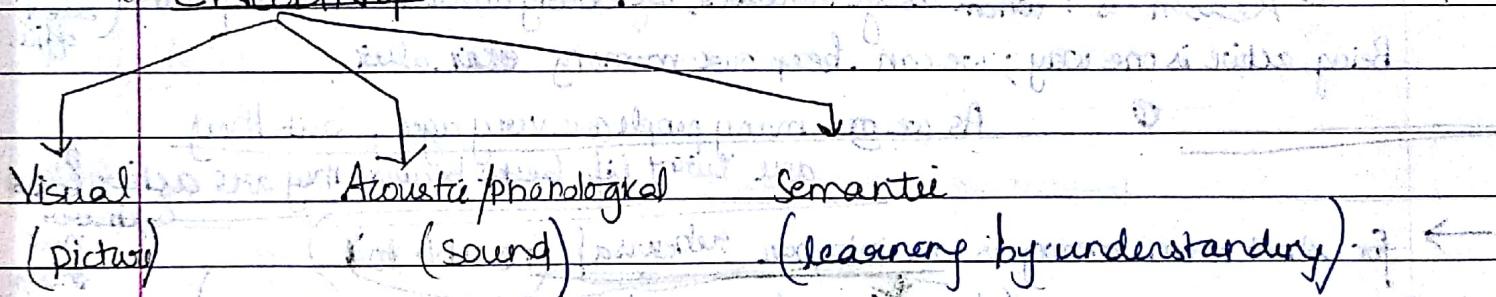
right hemisphere Emotions.

- 10 Every thought ~~is there~~ in mind - brings emotion ~~with it~~
Encoding : - trying to understand \Rightarrow logical

Retrieval :-

Certain

ENCODING



- short term & long term it's only there storage

→ 25 Sensory memory :-

The capacity of sensory memory is very large.

Certain s

Please : all my senses are working all the time

e.g. sitting in a room; I am smelling, feeling air, seeing

Goals are more career oriented.

Difference b/w career & job

Adequate intensity is required

he did not give up because drive was very much.

Abraham
Maslow

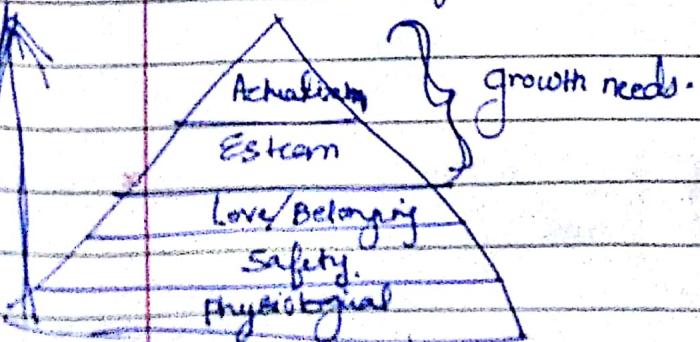
Physiological need → existential need

If there is deficiency:

Deficiency needs: Physiological, safety ; love/belonging.

without it Psychological existence not possible

motivation by needs



If deficiency needs are not taken care of, the g'll not follow the modality of society

Esteem not come if deficiency need not met.

We people actually start from

and end since the first two are taken care by parents

Anxiety & Defense

Camlin Page

Date / /

Anxiety Stress & Fear

sitting in class you know
fire on football ground — you get ~~feel~~ anxiety

but when fire comes to class — fear

~~External Anxiety~~

Defenses

Should copy

- 1) Denial
- 2) Displacement
- 3) Intellectualization
- 4) Projection → blame game.
→ Complementary —

5) Reaction formation :- like story of Cinderella.

~~obsession~~

~~action~~

you cannot change the

~~reaction~~ — Action until

you change ~~mind~~ — mind

washing
mania

see short notes

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- o When a PROBLEM

When our required skill set < the .

- o Growth in personality depends on how much problems we have

{ Problem is bottom-up

{ Problem solving is Top-down.

- o All basic cognitive processes - Topdown.

- o Problems



Well-defined ill-defined .

(no clear-cut solⁿ).

Do not ignore the problem; rather face it.