

Myers' ***AP PSYCHOLOGY***

(2nd Ed)

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Prologue:
The Story of Psychology

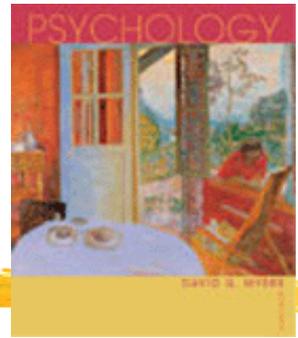
Worth Publishers

Psychology has Greek roots



- ⌘ Psyche means "***mind***" and is separate & distinct from the physical body.
- ⌘ "***ology***" is a field of study, the "study of the mind"

Prologue: Psychology's Roots



- Psychological Science Is Born
 - Empiricism
 - Knowledge comes from experience via the senses
 - Science flourishes through observation and experiment

What is Psychology?

- ⌘ Definition: ***The scientific study of behavior & mental processes.***
- ⌘ Psychology is a science that seeks to answer questions about: how we think feel and act.
- ⌘ The goals of psychology are to:
observe, predict and control or modify behavior and/or mental processes.

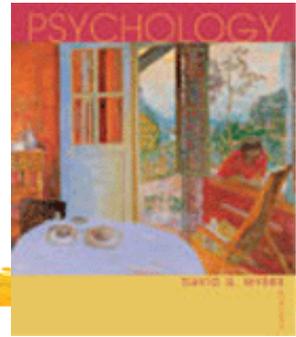
What is behavior?

-Anything an organism does...any action that we can observe & record. (what you see a person do)

What do we mean by **mental processes**?

-the internal subjective experiences we infer from behavior, sensations, perceptions, emotions, dreams, thoughts & beliefs.

Psychology's Roots



Prescientific Psychology

- Is the mind connected to the body or distinct?
- Are ideas inborn or is the mind a blank slate filled by experience?



Prologue: Psychology's Roots

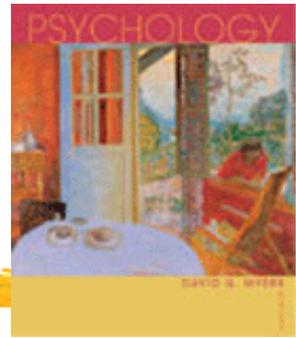
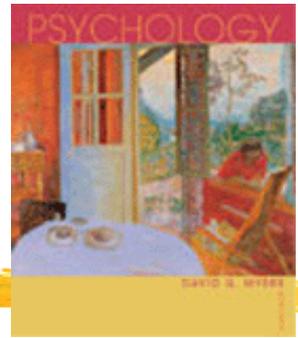


TABLE 1

DEBATES AMONG PSYCHOLOGY'S PREDECESSORS

Mind and body are connected	vs.	Mind and body are distinct	Some ideas are inborn	vs.	The mind is a blank slate
The Hebrews		Socrates	Socrates		Aristotle
Aristotle		Plato	Plato		Locke
Augustine		Descartes			

Psychology's Roots



- Wilhelm Wundt opened the first psychology laboratory at the University of Leipzig, Germany (c.Dec. 1879)

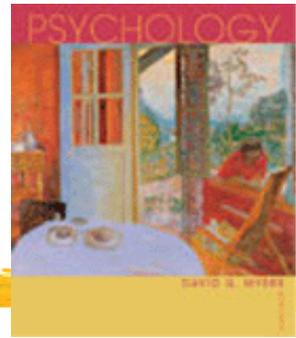


Psychology's First Experiment



- ⌘ He created an experimental apparatus that was used to measure the time lag between a person hearing a ball hit a platform and their pressing a telegraph key.
- ⌘ Wundt was seeking to measure the "atoms of the mind"

Key People in the Origin of Psychology



- Wilhelm Wundt-
"Father of
Psychology"

Structuralism used
introspection
(looking in) to
explore the
elemental structure
of the human mind

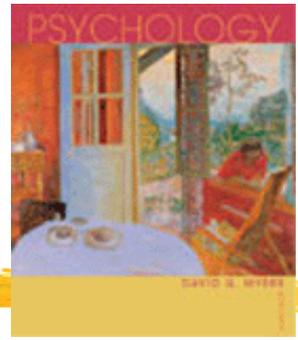


Key People in the Origin of Psychology

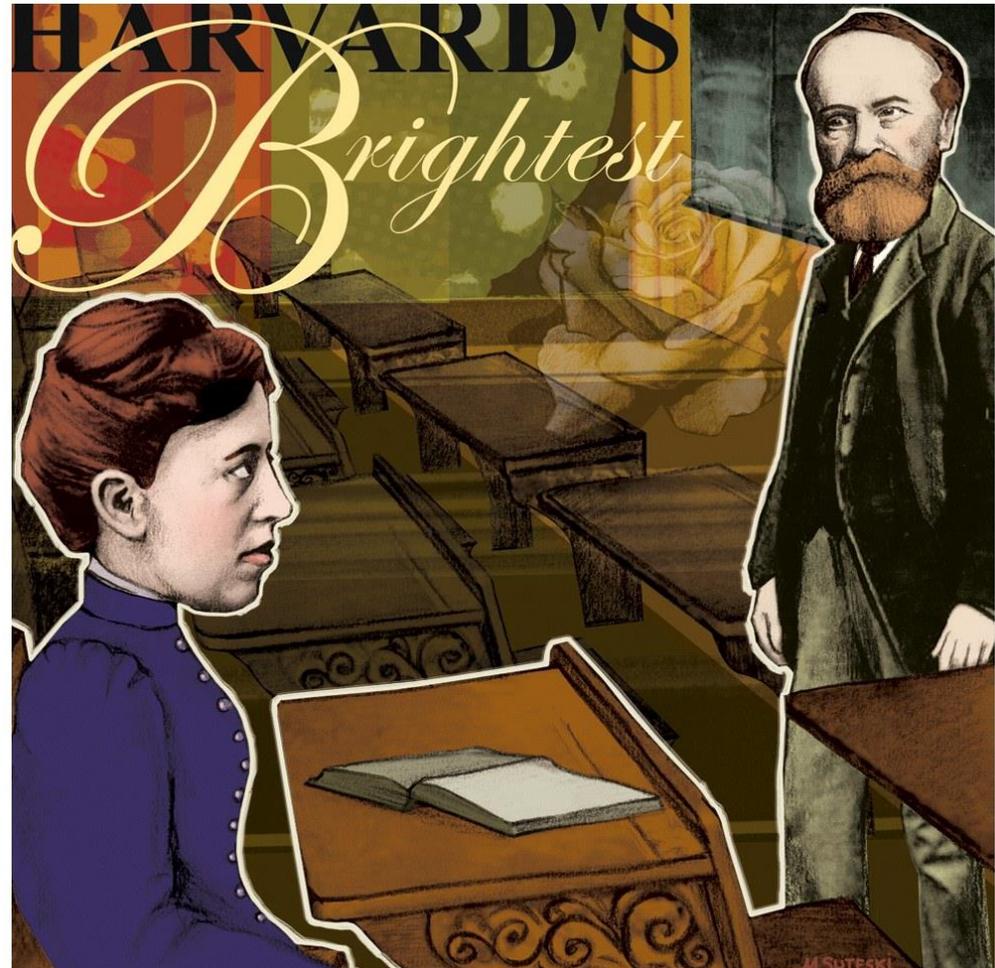


- ⌘ Edward Titchner: (1867-1927)
- ⌘ A student of Wundt
- ⌘ Created Structuralism

William James- 1842-1910



- **Functionalism** focused on how behavioral processes function- how they enable organism to adapt, survive, and flourish



William James- 1842-1910



- ⌘ First American psychologist
- ⌘ Author of first psychology textbook in 1890, called *Principles of Psychology*
- ⌘ Harvard University philosopher & psychologist
- ⌘ Created Functionalism

G. Stanley Hall 1844-1924



- ⌘ Receives from Harvard, the first PHD in psychology
- ⌘ Established the first Psych lab in the U.S. at John Hopkins University
- ⌘ Founded in 1892 the APA and was the first president.
- ⌘ Student of Wundt

Mary Whiton Calkins

1863-1930



- ⌘ Student of James
- ⌘ 1905-was first female president of APA
- ⌘ Harvard refused her PHD degree in Psychology, offered it from Radcliffe
- ⌘ Did research in dreams, memory & personality.

Margaret Floy Washburn

1871-1939



- First woman to get a PHD in psychology from Cornell University.
- Student of Titchner
- Second female president of the APA in 1921
- Wrote *The Animal Mind* in which she synthesized animal behavior from human behavior

Gestalt Psychology



- ⌘ Founded by Max Wertheimer as a revolt against Wundt.
- ⌘ Gestalt is a German word that means: whole or configuration. Instead of analyzing the elements of consciousness, you must study the individual elements of the entire experience together which creates something new & different.
- ⌘ ***"The whole is different from the sum of its parts."***
- ⌘ Perception, insight & problem-solving.
- ⌘ Movement died during Nazi Germany in 1930's.

Sigmund Freud 1856-1939



⌘ Founded **Psychoanalysis**

⌘ School of thought that focused on how behavior & our problems are a result of unresolved childhood conflicts of which we are unaware of.

⌘ Also a form of treatment for abnormal behavior.

Ivan Pavlov



- ⌘ Behaviorist
- ⌘ Discovered Classical Conditioning (a type of learning. Learning by association)
- ⌘ Conditioned dogs to salivate when they heard a bell

John Watson



- ⌘ Founded **Behaviorism**-which is a school of thought that focuses on how we learn by studying only observable responses.
- ⌘ Psychology should only study what can be observed & measured scientifically.

B. F. Skinner



⌘ Behaviorist

⌘ Developed Operant Conditioning

⌘ Using reinforcement & consequences to shape behaviors

Abraham Maslow 1908-1970

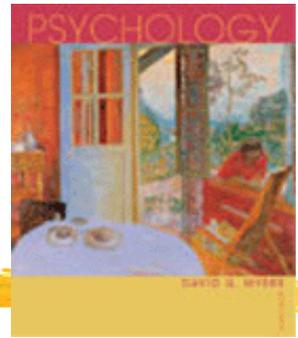


and

Carl Rogers 1902-1987

- ⌘ Founded **Humanism** a school of thought that focuses on the study of the conscious experience, the individual's right of choice and capacity for personal growth.
- ⌘ People strive to reach their potential or "***self-actualization***".

Psychology's Big Issues



Nature-nurture controversy

- the relative contribution that genes and experience make to development of psychological traits and behaviors

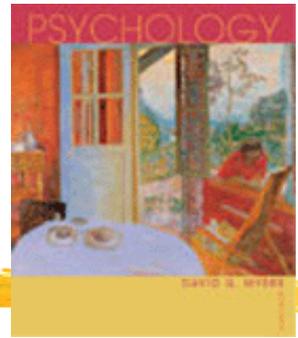
Psychology's Big Issues



⌘ **Stability vs. Change** - do our traits change as we age or do we stay the same?

⌘ **Rationality vs. Irrationality** –what causes our minds to error?

Perspectives in Psychology



Natural selection

- principle that those inherited trait variations contributing to survival will most likely be passed on to succeeding generations

Psychological Approaches



⌘ Biological

⌘ Psychoanalytic

⌘ Psychodynamic

⌘ Behavioral

⌘ Evolutionary

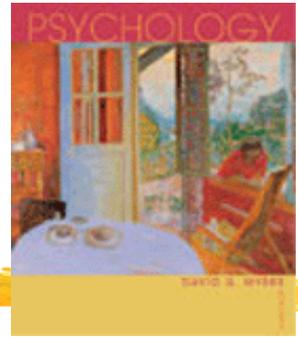
⌘ Cognitive

⌘ Humanistic

⌘ Socio-Cultural

⌘ Biopsychosocial

Psychology's Subfields



- **Basic Research**
 - Increase scientific knowledge base.
- **Applied Research**
 - Scientific study to solve practical problems

Psychology's Subfields

⌘ **Developmental** – study of how mental process & behavior changes as we age



⌘ **Educational** – study of how psychological processes affect teaching and learning



⌘ **Personality** – study of an individual's characteristic pattern of thinking, feeling, and acting

Psychology's Subfields

⌘ **Social** – how our behavior and mental processes are impacted by the people around us



⌘ **Industrial – Organizational (I/O)** – study of how to improve human performance in the workplace



⌘ **Human Factors** – study of how humans interact with machines and the physical environment in the workplace



Psychology's Subfields

- ⌘ **Counseling** – assists people with problems in living or to help achieve greater well-being
- ⌘ **Clinical** – assess and treats mental, emotional, and behavioral disorders
- ⌘ **Psychometrics** – testing (IQ tests, etc)
- ⌘ **Psychiatry** – branch of medicine that addresses psychological disorders with medical treatments. Requires a medical degree