

Chapter 1
Perspectives of Psychology

Column A
Perspective

Column B
Emphasis

____ 1. Behavioral

A. How cultural factors influence behavior

____ 2. Biological

B. Darwin's theory of natural selection

____ 3. Cognitive

C. The study of observable behavior

____ 4. Sociocultural

D. Human potential, self-actualization, and free will

____ 5. Humanistic

E. The unconscious, sex, aggression, conflicts, early childhood trauma, repression

____ 6. Psychodynamic

F. Physical bases of human and animal behavior

____ 7. Evolutionary

G. How mental processes work

Chapter 1

Am I a Critical Thinker?

Place a checkmark next to each item that you believe is mostly true about the way you think.

1. ____ I think for myself and am not easily manipulated by others.
2. ____ I recognize my own values and perspectives, and I can talk insightfully about the influences on my beliefs.
3. ____ I do not simply accept conclusions; I evaluate and critique the underlying reasons.
4. ____ I recognize irrelevant facts and false assumptions, and I discount them.
5. ____ I am able to consider the strengths and weaknesses of my own point of view and that of opposing positions.
6. ____ I admit my tendency toward egocentrism and my capacity for self-deception, and work to overcome them.
7. ____ I am able to distinguish what I know from what I don't know, and I am not afraid to admit, "I don't know".
8. ____ I am willing to consider all available information when working on problems or making decisions; I am also flexible and willing to try any good idea whether it has been done before or not.
9. ____ When evaluating the behavior of myself and others, I am conscious of the standards I use, and I am especially concerned with the consequences of my actions.
10. ____ I am a good questioner. I like to probe deeply into issues, to get down to root ideas, to find out what's really going on.
11. ____ I am comfortable being questions, and I do not become defensive, confused, or intimidated. I welcome good questions since they help to clarify my thinking.

Chapter 1

Identifying and Explaining the Goals of Psychology

In the space to the left of each statement, identify which goal of psychology (describe, explain, predict, or control) is being met by each of these studies. In the space below each statement, briefly explain your choice of goal.

- _____ 1. Researchers have recently identified a gene that predisposes certain individuals to become obese because their satiety mechanism doesn't "turn on".

- _____ 2. Some developmental psychologists believe that a much larger number of playground accidents will occur this year among young children who watch Batman or Mighty Morphin Power Rangers.

- _____ 3. Comprehensive sex education should be required in all high schools because studies demonstrate that such education has reduced the teenage pregnancy rate.

- _____ 4. Surveys show that women who graduate from college earn as much money per year as men who graduate from high school.

Chapter 1 Research Areas

The Story of Mel

Mel began drinking alcohol when he was 12 years old. At first, he just drank with his friends. After a while, though, he began drinking alone. By the time Mel reached age 30, he would drink when he was sad, he would drink when he was happy, and he would drink when he was lonely. He began experiencing problems at home-his wife would constantly fight with him and his children didn't want to be around him. He began experiencing problems at work too. He missed several days of work and would forget to complete assignments. Mel realized that he had a drinking problem.

Using the example of Mel, try to decide which research area best match with what psychologists would want to know about Mel to help him over-come his difficulties.

Options:

Humanistic
Sociocultural
Psychodynamic
Evolutionary
Biological
Cognitive
Behavioral

1. "I want to know if Mel's family has a history of alcoholism, and how efficiently Mel's brain processes alcohol". This psychologist is utilizing the _____ research area.
2. "I want to know how Mel's capacity for growth and his ability to direct his life contribute to his drinking". This psychologist is utilizing the _____ research area.
3. "I want to know if Mel's drinking is traceable to problems early humans faced in adapting to the environment". This psychologist is utilizing the _____ research area.
4. "I want to know to observe and measure Mel's behavioral responses to drinking". This psychologist is utilizing the _____ research area.
5. "I want to know if early childhood experiences and unconscious thoughts caused Mel to abuse alcohol". This psychologist is utilizing the _____ research area.
6. "I want to know how Mel thinks about alcohol and whether he believes that it helps him handle other difficulties in life". This psychologist is utilizing the _____ research area.
7. "I want to know how Mel's family or colleagues or work situation contributes to his drinking". This psychologist is utilizing the _____ research area.

Chapter 1 Areas of Specialization

Match the following fields of psychology with its principal activity.

Field of Psychology

- ___ Clinical and Counseling Psychology
- ___ Physiological Psychology and Behavioral Psychology
- ___ Cognitive psychology
- ___ Social psychology
- ___ School and Educational Psychology
- ___ Developmental psychology
- ___ Industrial and Organizational psychology
- ___ Health Psychology
- ___ Community psychology
- ___ Forensic psychology
- ___ Environmental Psychology
- ___ Sport Psychology
- ___ Cross-cultural psychology
- ___ Personality psychology
- ___ Psychology of Women and Gender
- ___ Learning
- ___ Motivation and Emotion
- ___ Sensation and Perception

Principal Activity

1. Studies thinking process and information processing.
2. Concerned with how people become who they are from conception to death.
3. Examines and treats patients in mental health settings.
4. Assists educators to promote greater learning in students.
5. Discovers relations between lifestyle, emotions, behavior, stress, and illness.
6. Interested in how individuals are influenced by other people or groups.
7. Measures brain waves and function of nervous system.
8. Interested in improving the quality of relationships among individuals, their community and society at large.
9. Studies organizations, human factor design and employee training.
10. Study traits, goals, motives, genetics, personality development and well-being.
11. Applies psychological concepts to the legal system-conducts research topics related to psychology and law.
12. Explore the physical settings in most areas of psychology including perception, cognition, learning, development, abnormal behavior and social relations.
13. Interested in improving sport performance.
14. Study of culture's role in understanding behavior, thought, and emotion.
15. Study the psychological, social, and cultural influences on women's development and behavior.
16. Focus on the physical systems and psychological processes that allow us to experience the world.
17. Focus on the intricate process by which behavior changes in response to changing circumstances.
18. Focus on how individuals persist to obtain a difficult goal and how rewards affect the experience.

Chapter 1

Jobs in Psychology

Beside each area of psychology below, list two to three jobs that a person in that area could have.

Physiological Psychology and Behavioral Neuroscience:

Developmental Psychology:

Sensation and Perception:

Cognitive Psychology:

Learning:

Motivation and Emotion:

Personality Psychology:

Social Psychology:

Industrial and Organizational Psychology:

Clinical and Counseling Psychology:

Health Psychology:

Community Psychology:

School and Educational Psychology:

Environmental Psychology:

Psychology of Women and Gender:

Forensic Psychology:

Sport Psychology:

Cross-Cultural Psychology:

Chapter 1

Common Sense or Fact

Read the statement and determine if the statement is true or false. Write a letter "T" in the space provided if you believe the statement is true and a letter "F" in the space provided if you believe the statement is false.

1. ____ People dream on average around five to six times a night.
2. ____ Dogs dream.
3. ____ Psychiatrists attend medical school just like your family physician or a surgeon.
4. ____ Psychology stemmed from the area of biology.
5. ____ You are more likely to receive help if there are two people around than if there are 20 people around.
6. ____ You would value receiving \$10 for helping a neighbor clean out their garage versus getting \$10 for doing nothing.
7. ____ Adults' interest in sex starts to decline when they are in their sixties.
8. ____ Psychology is all about making people feel better.
9. ____ Living together before marriage will result in a better marriage.
10. ____ Intelligence is inherited.

Chapter 1

Who Am I? Exercise

Names

- ___ 1. Aristotle
- ___ 2. Plato
- ___ 3. Socrates
- ___ 4. John Locke
- ___ 5. Ancient physicians
- ___ 6. Ancient Greek philosophers
- ___ 7. Rene Descartes
- ___ 8. British empiricists
- ___ 9. 17th and 18th Century Physical Scientists
- ___ 10. Herman von Helmholtz
- ___ 11. Mary Calkins
- ___ 12. Sigmund Freud
- ___ 13. Stanley Hall
- ___ 14. William James
- ___ 15. Abraham Maslow
- ___ 16. Ivan Petrovitch Pavlov
- ___ 17. Carl Rogers
- ___ 18. Ulric Neisser
- ___ 19. B.F. Skinner
- ___ 20. Edward Titchener
- ___ 21. Margaret Floy Washburn
- ___ 22. John B. Watson
- ___ 23. Wilhelm Wundt
- ___ 24. Edward Lee Thorndike
- ___ 25. Kurt Koffa, Max Wertheimer, Wolfgang Kohler
- ___ 26. Francis Cecil Sumner

Accomplishments

- A. If you are going to study behavior you have to be able to observe it and measure it. You cannot observe a thought.
- B. I was most controversial in my day for I wrote about unconscious conflicts, sex, and the importance of early childhood experiences.
- C. I was the first American woman to officially earn a Ph.D. in psychology.
- D. I was one of the very first to write about sleep, memory, the senses, dreams, and learning. I also believe we gain knowledge through our senses.
- E. I was one of the founders of the third force in psychology in America, and I offered a theory of motivation.
- F. I was an early French philosopher who promoted a belief that the mind and body are two separate entities—called interactive dualism.
- G. They call me the father of scientific psychology; I established the first psychology research laboratory in Germany in 1879.
- H. In Russia, I studied physiology and discovered the basic learning process called classical conditioning.
- I. I established structuralism, the first formal school of psychology.
- J. I wrote the principles of Psychology in 1890 and established functionalism, first school of psychology in the United States.
- K. I received the first Ph.D. in psychology from Harvard University and started a professional organization and a professional journal that are both still active today.
- L. I was the first female president of the APA, and I wrote a very popular Introduction to Psychology Textbook. I earned my Ph.D., from Harvard, but I never received it.
- M. As one of the founders of the humanistic movement, I placed great value on the importance of each person's personal growth, self-determination, and free will.
- N. I believed that all we had to do to explain voluntary behavior was to study the relationship between the organism's behavior and the environment.
- O. I was a Greek Philosopher who tackled the question what is the mind?
- P. I believed the mind was a "blank slate" at birth and that knowledge was gained through experiences.
- Q. I studied reaction time and helped to establish the mind as something that could be studied scientifically.
- R. We believe the brain is the source of the mind.
- S. We believe knowledge is the result of experience.
- T. We provided natural, not supernatural, explanations for observations.
- U. We made discoveries about sensations and movement and showed that the mind was physical.
- V. We were the founders of Gestalt psychology.
- W. I proposed the Law of Effect.
- X. I was a student of Stanley Hall's at Clark University. I was also the first African American to receive a Ph. D. in psychology.
- Y. I contributed the term cognition to the emerging field that studied information processing, thinking, reasoning, and problem solving.
- Z. I believe the mind and body