Some “trick” questions

- When angry, it is best to “vent” by expressing that anger, thereby reducing one’s aggressive feelings.
  False
- Most Americans have low self-esteem, which causes many social and psychological problems.
  False
- Even today, severely depressed people are sometimes given “electric shock therapy.”
  True
- Schizophrenia is also known as split personality, in which a person has two or more separate identities.
  False

“trick” questions (cont’d)

- If a mother drinks heavily, her baby may be mentally retarded.
  True
- Some people dream every night; others seldom dream.
  False
- Forgotten memories can be accurately recovered using hypnosis.
  False
- When studying, it is important not to study too much, or you will “overlearn” material.
  False
- People who win the lottery lead happier lives, and people who become quadriplegic lead unhappier lives.
  False

Psychology

- psyche (mind) + logos (study of)
- The science that studies behavior and the physiological and cognitive processes that underlie behavior, and it is the profession that applies the accumulated knowledge of this science to practical problems.
Wilhelm Wundt (1832-1920)

- Often called founder of psychology
- University of Leipzig, Germany
- First laboratory of psychology (1879)

Structuralism

- Edward Titchener
- Introspection
- Elements (structure) of consciousness

Functionalism

- William James
- Function or purpose of consciousness
- Influenced by Darwin

Theoretical Perspective: Behaviorism

- Psychology should not study internal states
- Only observable behavior
- Repeat behaviors that lead to positive outcomes; stop behaviors that lead to negative outcomes
- Nurture over nature
John Watson (1878-1958)

“I’ll guarantee to take any one at random and train him to become any type of specialist I might select – doctor, lawyer, artist, merchant-chief, and yes, even beggar-man and thief…”

B. F. Skinner (1904-1990)

- Behaviorist
- Skinner box
- Free will is an illusion

Theoretical Perspective: Psychoanalysis

- Sigmund Freud (1856-1939)
- The unconscious
- Sex

Theoretical Perspective: Humanism

- Carl Rogers, Abraham Maslow
- Said behaviorism and psychoanalytic theory were dehumanizing
Theoretical Perspective:
Cognitive

• Renewed interest in mental processes

Theoretical Perspective:
Biological

• Study brain to understand the mind

Summary:
Theoretical perspectives

• Behaviorism
• Psychoanalysis
• Humanism
• Cognitive
• Biological
• Evolutionary

Where Psychologists work
Major Professional Specialties

- Clinical Psychology
- Counseling Psychology
- Educational and School Psychology
- Industrial/Organizational Psychology