

General Psychology

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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)

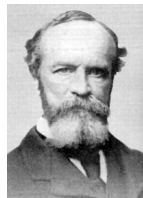


Structuralism

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

Functionalism

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

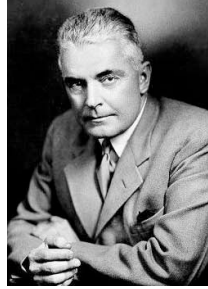


Theoretical Perspective: Behaviorism

- 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

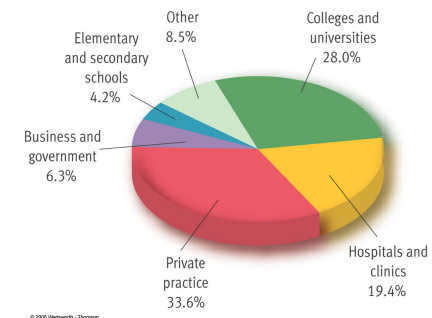
Theoretical Perspective: Biological

- 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