

# Unit 1

## Psychology's History and Approaches

### Overview

Psychology's historical development and current activities lead us to define the field as the science of behavior and mental processes. Unit 1 discusses the development of psychology from ancient times until today and the range of behaviors and mental processes investigated by psychologists in each of the various specialty areas. In addition, it introduces the biopsychosocial approach that integrates the three main levels of analysis followed by psychologists working from the seven major perspectives. Finally, an overview of the diverse subfields in which psychologists conduct research and provide professional services is given.

### Tip #1 Vocabulary Cards

Making vocabulary cards can be a very useful tool in mastering all the new psychology jargon. See the example below for an example of the depth, detail, and content for your vocabulary card.

**PSYCHOLOGY**

The scientific study of behavior and mental processes

What do we mean by scientific?

What do we mean by behavior?

What do we mean by mental processes?

?? Why is the word *human* absent from the definition?

### Modules

- 1 Psychology's History

---

- 2 Psychology's Big Issues and Approaches

---

- 3 Careers in Psychology

---

# Module 1

## Psychology's History

### Before You Read

#### Module Summary

Module 1 introduces the foundations of thought that influenced and directed the growth of psychology. From the earliest philosophers debating the duality of mind and body to the more recent scientific methods of inquiry, psychology has grappled with the question of being, doing and thinking. This module discusses the key contributions of scholars, philosophers and scientists across the ages and sets the stage for the remainder of the course.

Before beginning the module, take a moment to read each of the following terms and names you will encounter. You may wish to make vocabulary cards for each.

#### Key Terms

empiricism  
structuralism  
functionalism  
experimental psychology  
behaviorism  
humanistic psychology  
cognitive neuroscience  
psychology

#### Key Names

Socrates  
Plato  
Aristotle  
René Descartes  
Francis Bacon  
John Locke  
Wilhelm Wundt  
G. Stanley Hall  
Edward Titchener  
William James  
Charles Darwin  
Mary Whiton Calkins  
Margaret Floy Washburn  
John B. Watson  
B. F. Skinner  
Sigmund Freud  
Carl Rogers  
Abraham Maslow

## While You Read

1-1

Complete the following chart with details to support each early theorist's beliefs about the nature of mind, body, and innate and acquired knowledge. One has been filled in to get you started.



More information is given on Locke, Decartes and Darwin in Module 2. Make sure to leave some space in the table and return to the two charts below later to add the additional information that will complete your chart.

Theorist/ Philosopher	Viewpoint
Socrates	
Plato	<ul style="list-style-type: none"> <li>• <i>Knowledge is innate—born within us</i></li> <li>• <i>Mind is separable from body and continues after the body dies</i></li> </ul>
Aristotle	
René Descartes	
Francis Bacon	
John Locke	

1-2

Complete the following chart detailing the contributions and important milestones each of the early psychologists made to the field.

Psychologist	Contribution or Milestone
Wilhelm Wundt	
G. Stanley Hall	
Edward Titchener	
Charles Darwin	
William James	
Mary Whiton Calkins	
Margaret Floy Washburn	

1-3

Complete the following chart with information about the developments in psychology from 1920 to the present.

Psychologist	Psychological Approach to Explaining Behavior and Mental Processes	Key Terms
John B. Watson		
B. F. Skinner	<i>You should observe and record people's behavior to understand them</i>	
Sigmund Freud		
Carl Rogers		<i>Growth potential</i>
Abraham Maslow		

2. According to your text, what is the definition of psychology?

## After You Read

---

### Module 1 Review

Complete the Matching Questions below to see if you have mastered the basics.

#### *Terms or Names*

- \_\_\_\_\_ 1. Socrates
- \_\_\_\_\_ 2. empiricism
- \_\_\_\_\_ 3. Aristotle
- \_\_\_\_\_ 4. structuralism
- \_\_\_\_\_ 5. William James
- \_\_\_\_\_ 6. functionalism
- \_\_\_\_\_ 7. René Descartes
- \_\_\_\_\_ 8. experimental psychology
- \_\_\_\_\_ 9. Francis Bacon
- \_\_\_\_\_ 10. behaviorism
- \_\_\_\_\_ 11. John Locke
- \_\_\_\_\_ 12. humanistic psychology

#### *Definitions or Associations*

- A. British researcher who emphasized observation and experimentation
- B. French philosopher who believed the mind and body are separate
- C. Greek philosopher who believed that knowledge is innate
- D. Greek philosopher who believed knowledge comes from experience
- E. American functionalist
- F. The view that knowledge originates in experience and science should rely on observation and experimentation
- G. The field of psychology that believes only observable behavior is worthy of study
- H. The field of psychology that conducts experiments to study behavior and thinking
- I. An early school of thought that emphasized introspection as a tool to discover the structures of the mind.
- J. An early school of thought that questioned how behavioral process function and enable an organism to adapt, survive and flourish
- K. A British political philosopher who believed the mind at birth is a 'tabula rasa'
- L. Psychological perspective that emphasizes growth potential of healthy humans

# Module 2

## Psychology's Big Issues and Approaches

### Before You Read

#### Module Summary

Module 2 tackles the enduring question of the influence of nature and nurture on organisms. The various levels of analysis and the myriad subfields of psychology are presented as a means to interpreting, explaining, and predicting behavior. This module concludes with an overview of the SQ3R study method and some additional study tips.

Before beginning the module, take a moment to read each of the following terms you will encounter. You may wish to make vocabulary cards for each.

#### Key Terms

nature–nurture issue	educational psychologists
natural selection	personality psychologists
levels of analysis	social psychologists
biopsychosocial approach	applied research
behavioral psychology	industrial-organizational psychologists
biological psychology	human factors psychologists
cognitive psychology	counseling psychologists
evolutionary psychology	clinical psychologists
psychodynamic psychology	psychiatrists
social-cultural psychology	positive psychology
psychometrics	community psychologists
basic research	testing effect
developmental psychologists	SQ3R

## While You Read

2-1

Answer the following questions:

1. List a few of your more prominent traits: physical (for instance, eye color which is filled in for you), intellectual, personality, and so on that you feel either were inherited (nature) or arose from your environment (nurture).

Nature	Nurture
<i>eye color</i>	

*Nurture works on what nature endows. (p. 10)*

2. What do you think is meant by the statement above?
3. List and elaborate on at least two examples of your own traits—taken from your list above or new ones—that could make the above statement true in your life. For instance, if you wrote “intelligence” in the Nature column, discuss how your environment (nurture) contributed to or detracted from that trait.



More information is given on Locke, Decartes and Darwin in this module. Remember to return to your charts in Module 1 and add the additional information to make them more complete.



2-2

Consider the levels of analysis and varying perspectives your author gives to explain the emotion of anger. Using the trait of shyness, apply the seven perspectives to explain why a person might be shy. One is done for you as an example.

Perspective	This person is shy because . . .
Behavioral	she learned that when she is quiet and avoids eye contact, other people leave her alone. She feels pleasure at being left alone to think her own thoughts and daydream so is rewarded for being shy.
Biological	
Cognitive	
Evolutionary	
Humanistic	
Psychodynamic	
Social-cultural	

2-3

Complete the chart below by providing the focus of each of the subfields of psychology.

Subfields of Psychologists	Focus
psychometrics	
developmental	
educational	
personality	
social	
industrial-organizational	
human factors	
counseling	
clinical	
psychiatrists	
positive	
community	



## After You Read

---

### Module 2 Review

Complete the Matching Questions below to see if you have mastered the basics.

#### *Terms*

- \_\_\_\_\_ 1. biological perspective
- \_\_\_\_\_ 2. educational psychology
- \_\_\_\_\_ 3. developmental psychology
- \_\_\_\_\_ 4. cognitive perspective
- \_\_\_\_\_ 5. personality psychology
- \_\_\_\_\_ 6. industrial-organizational psychology
- \_\_\_\_\_ 7. behavioral perspective
- \_\_\_\_\_ 8. counseling psychology
- \_\_\_\_\_ 9. clinical psychology
- \_\_\_\_\_ 10. social-cultural perspective

#### *Definitions*

- A. The traits that govern our behavior and thoughts
- B. Optimizing human behavior in workplaces
- C. Genetic influence on individual differences
- D. Ethnic and regional differences in behavior and mental processes
- E. Influences on teaching and learning
- F. Assists with daily problems of functioning
- G. Life-span changes in our emotional, mental and physical abilities
- H. Thoughts' and memories' impact on behavior
- I. Effects of learning and environment on behavior and thoughts
- J. Assesses and treats psychological disorders

# Module 3

## Careers in Psychology

### Before You Read

#### Module Summary

Module 3 builds on the introduction of psychology's subfields from Module 2 and provides additional information regarding the vast opportunities and specialized focus of the varied career paths.

### While You Read

**3-1** Complete the two tables below:

Basic Research Subfields of Psychology	Examples of Work These Psychologists Do
Cognitive	
Developmental	
Educational	
Experimental	
Psychometric/ Quantitative	
Social	

Applied Research Subfields of Psychology	Examples of Work These Psychologists Do
Forensic	
Health	
Industrial-Organizational (I/O)	

Applied Research Subfields of Psychology	Examples of Work These Psychologists Do
Neuropsychology	
Rehabilitation	
School	
Sport	
Clinical	
Community	
Counseling	

## After You Read

### Module 3 Review

Complete the review questions below to see if you have mastered the basics.

Which psychologist would you consult with if you:

1. are a Major League Baseball player who is in a slump? \_\_\_\_\_
2. are a corporate executive that wants to increase employee morale? \_\_\_\_\_
3. work for the Centers for Disease Control and want to start a program to prevent the spread of sexually transmitted diseases? \_\_\_\_\_
4. want to develop a valid, reliable test to measure student performance in a school district? \_\_\_\_\_
5. want to reform the child-care institutions in this country? \_\_\_\_\_
6. suffer from schizophrenia? \_\_\_\_\_
7. have a child you suspect may have a learning disability? \_\_\_\_\_
8. just moved to a new town and are feeling out-of-place and sleeping more than usual? \_\_\_\_\_
9. want to make changes to the way you think about and perceive the world? \_\_\_\_\_
10. sustained a concussion in a soccer game and believe you may have a serious head injury?  
\_\_\_\_\_

✓ Check Yourself

Now that you have mastered the basics, work through the problems below to see if you can *synthesize* what you have learned.

1. Describe one way in which Titchener's ideas of structuralism and James' emphasis on functionalism differ.
2. Discuss the arguments behaviorists Watson and Skinner may have had with James regarding the study of human behavior.
3. How might Sigmund Freud have differed from the behaviorists in his ideas of human behavior?
4. In what way did the theories of humanists Rogers and Maslow run counter to those of their predecessors, Freud and Watson?
5. In what way do the cognitivists agree with the early theorists' ideas of structuralism?

✓ Check Yourself

Now that you have mastered the basics and can apply your knowledge, work through the case study below to see if you can *evaluate* and *analyze* using the basic material you have learned. You are not diagnosing the patient in the case, simply explaining her behavior through the lens of each listed approach.

Norah is a 6-year-old girl who is often disobedient. She frequently throws temper tantrums and refuses to finish her meals. Her parents come to you, a well-respected psychologist in your town, asking for your thoughts on why they are having such difficulties with her. How would you explain Norah's behavior to her parents if you were a:

Humanist? It is obvious to me, as a humanist, that your daughter Norah's difficulties stem from...

Behaviorist? It is obvious to me, as a behaviorist, that your daughter Norah's difficulties stem from...

Psychoanalyst (Freudian)? It is obvious to me, as a psychoanalyst, that your daughter Norah's difficulties stem from...

In what ways might you find the four approaches above to be limiting in their ability to help you explain Norah's behavior?

Cognitivist? It is obvious to me, as a cognitivist, that your daughter Norah's difficulties stem from...

**✓ Check Yourself**

Now that you have mastered the basics, work through the problem below to see if you can *synthesize* what you have learned.

A famous television and movie actor is repeatedly in and out of rehabilitation centers for drug and alcohol abuse. She began her career as the lead in a popular children's show and spent a decade starring in both Hollywood movies and television dramas. Now, in her late-twenties, she is a regular feature in the celebrity magazines and tabloids for her bizarre public outbursts, illegal behavior and edgy lifestyle. Finally, as a result of a court-order, she has sought psychological counseling and assessment. She is finding it hard to decide on a permanent psychologist because she is receiving conflicting explanations for her lack of functioning. Using your knowledge from Module 2, discuss how each of the perspectives/levels of analysis below might be utilized to explain the actor's behavior. Create specific examples that would apply.

1. A behaviorist:

5. A humanist:

2. A biopsychologist:

6. A psychodynamic/psychoanalytic psychologist:

3. A cognitive psychologist:

7. A socio-cultural psychologist:

4. An evolutionary psychologist:





## Before You Move On

---

Use the checklist below to verify your understanding of the unit's main points.:

- Do I know the difference between structuralism and functionalism?
- Do I know the seven main approaches to understanding and explaining behavior?
- Do I know the subfields of psychology?
- Do I know the major historical figures in psychology from the ancient Greeks through the theorists of the 1900s?
- Do I know the definition of psychology?
- Do I know the careers available in psychology?