

Psychology 1010-009. Class notes 8/26/14 Professor: Raymond

Learning vs true learning

- Must be permanent
- Must cause a change in our behavior
- Must be able to use or apply the knowledge

Keys to true learning

- Arousal
- Motivation
- Experience
- Application

* Read the assigned pages BEFORE class

- Study a little each day
- Elaborate
- Test yourself
- Application

HISTORY OF PSYCHOLOGY

- Started off as a shoot-off from philosophy
- Wilhelm Wundt
 - First formal psychological lab in 1879
 - Using introspection

Theoretical Perspectives

- **STRUCTURALISM**
 - Founded by E.B. Titchener
 - Wanted to find underlying structures that made up human psychology
 - Used introspection
- **FUNCTIONALISM**
 - Founded by William James
 - Influenced by Charles Darwin and his theory of natural selection
- **BEHAVIORISM**
 - John B Watson= founder of behaviorism
 - B.F. Skinner: Influential behaviorist
 - Focused on observable behavior
 - Interested in the mechanisms of learning
 - Still influential today
- **COGNITIVISM**
 - Jean Piaget: Developmental psychologist
 - Ulric Neisser: Helped separate cognitivism as a new field
 - Believed that behaviorism ignored an essential part of psychology by ignoring cog
 - Concerned with information process and interpretation
 - Very strong field of psychology today
- **PSYCHOANALYSIS**
 - Sigmund Freud: Founder of psychoanalysis
 - Popular in Europe
 - Focused on internal, unconscious cause of behavior

initive/ thinking

- Very controversial in modern psychology

GREAT DEBATES

- Nature vs. Nurture
 - **Nature**: Behavior is genetically predetermined
 - **Nurture**: All behavior is shaped by the environment
 - Truth: both are important/ influential in behavior
- Free Will Vs. Determinism
 - **Free Will**: We are consciously capable of choosing our behavior
 - **Determinism**: Behavior is dictated by several unconscious influences from the env
 - Debate still continues today

PSYCHOLOGY

- What is psychology?
 - Hard to define
 - Study of the mind, brain and behavior
 - It spans multiple levels of analysis
- What makes psychology interesting/ distinct?
 - Behavior is difficult to predict
 - Almost all behaviors are multiply determined
 - Psychological influences are rarely independent from each other
 - Individual differences
 - Reciprocal determinism
 - Behavior is often culturally influenced