

1. psychology	science of behavior and mental processes	15. Humanism	-developed by Carl Rogers and Abraham Maslow -focus on choice, free will, capacity to grow and change -focuses on the present and on positive aspects: happiness, love, creativity. -puts the emphasis on self esteem movement- we want people to have high self esteem. -to understand someone, we need to understand their perspective and understand their behavior -study of optimal human functioning instead of those who are not high functioning
2. scientific method	involves 3 steps: 1) forming a hypothesis 2) testing a hypothesis 3) verifying the result through replication	16. Cognitive	-Piaget and Steinberg were founders- they saw the mind as an information processor -deals with reasoning, problem solving, and decision making -focus on logical, rational thinking
3. hypothesis	educated guess based on data and research	17. naturalistic observation	observe behavior in its usual or natural setting
4. research	-basic: design a study for the purpose of acquiring knowledge -applied: solving practical, real-world problem. Apply the findings from basic research. ex: how to reduce stress.	18. covert observation	-natural observation in which the subject is not aware of observation. -cannot make cause and effect statements.
5. psychiatrists	-medical degree -prescribe medication -deal with more severe forms of mental illness	19. survey	-an investigation of a large number of people -representative sample: accurately represents a given population.
6. psychologists	-Ph.D -provide help in dealing with a problem. ex: marriage counseling	20. random survey	each subject in the population has an equal chance of being included in the survey
7. Wilhelm Wundt	-established first psychology lab -structuralism and introspection	21. case study	-an individual case is studied in great detail. -cannot make cause/effect statements due to size
8. structuralism	structure or content of the mind. ex: people's reactions to sound	22. experimental method	-preferred method, however cannot always be used due to ethics. -used to make cause and effect statements -allows manipulation of variables for cause and effect purposes
9. introspection	inward examination of mental processes	23. correlation	-extent to which two things are related -positive correlation: factors vary in the same direction -negative correlation: factors vary in different directions -does not imply causation
10. Functionalism	-William James: considered to be the founder of American psychology. He said that psychology should investigate the function or purpose of the mind rather than its structure	24. social deniable answer	-often found in surveys -people will lie not to sound ridiculous. source of inaccuracy
11. Behaviorism	-John Watson: was founder. Believed psychologists should focus on overt, observable behavior, not thinking. He believed everything was connected by S-R (stimulus-response) psychology. ex: scaring a child of a stuffed animal with a noise -B.F. Skinner - developed theory of learning. He believed that behavior was developed and maintained by reinforcement, or reward and punishment	25. variable	any changeable element that can be manipulated
12. behavioralists	-help treat fears and phobias	26. independent variable	factor that is manipulated
13. unconscious motivation	the idea that behavior is influenced by past events that you are not aware of, usually based on childhood events and conflicts. -ex: Freud says that we choose partners who are closest to our parents	27. dependent variable	the subject's response. it is what is being measured
14. Psychoanalysis	-founded by Sigmund Freud -he was a physician who focused on past or childhood in order to explain ailments (such as paralysis) that have no physical evidence		

28. control group	-eliminates extraneous or confounding variables so only independent variable is active -they do not receive the treatment. allows cause and effect statements.
29. experimental group	the independent variable is present; they receive the treatment
30. matched groups	if you think there is a factor that will affect results, you can divide up groups beforehand in order to make them as equal as possible
31. random assignment	the idea that if you have a large enough group of participants, that if you divide randomly, the groups will end up even
32. "a person's set"	a tendency to respond in a certain way based on past experiences. This is why a placebo is used.
33. double blind	-a participant does not know what group they are in, but neither does the experimenter. -most controlled method -disadvantage: a lab is not real life
34. Harlow's study	-surrogate mothers of terrycloth and of wire were made. wires had good and cloth had warmth. babies became more attached to source of warmth and body contact than a source of food -separate experiment where monkeys were only raised by one or the other. the ones raised by cloth were able to play with toy bear while ones raised by wire were scared and did not play
35. attachment	Bowlby observed children separated from mothers were afraid to play and make connections
36. imprinting	-animal attachment -bond of young animal to a mother figure
37. critical period	-animal attachment -period of readiness to learn so when exposure occurs during this period, the bond is formed quickly and is more lasting. -ex: ducks is first 3 days, animals is first year
38. human attachment	-sensitive period: first 2 years -antisocial personality disorder: could occur when baby never bonds, and could become a psychopath
39. Cognitive Development	-developed by Piaget -belief that child's cognitive development develops in 4 stages, and in each stage, they think differently than previous stage

40. Sensorimotor stage	-birth to 18-24 months -child is dependent on senses and motor activities -this is why children put everything in their mouth, it is how they learn. It does not matter if it smells good or bad -object permanence
41. object permanence	-develops between 8-10 months- they understand that an object continues to exist even if they do not see it or feel it -does not exist before 8-10 months. "out of sight, out of mind". So at this age, going in to check to see if child is crying will not do anything
42. Preoperational Stage	-2 to 5-7 years -use language to communicate and also symbolic play (using a toy car as a car) -egocentric: unable to take anyone else's point of view. They are forced out of this by other kids -egocentric speech: collective monologue -centration
43. centration	-judge by appearance and focus on only one aspect of the object -not really logical way of thinking -failure to conserve: failure to realize that quantities remain the same even though appearance has changed
44. Concrete Operations Stage	-7 to 11 years -can solve conservation problems and can think logically if concrete objects are in front of them -can consider more than one aspect at a time
45. Formal Operations Stage	-capable of abstract reasoning and can deal with hypothetical situations
46. Nature vs. Nurture	-nature = heredity and nurture = environment -environment can affect heredity. ex: being malnourished can affect height and cognitive development -intelligence is somewhat based on heredity
47. temperament	-determined at birth. it is your basic disposition -factors that make up temperament: activity level, sociability or shyness, emotionality, anger

48. authoritarian	<ul style="list-style-type: none"> -the parents make all of the decisions, they set all rules, and expect child to obey them- "because I said so" -this produces a child that is very obedient, but usually out of fear -always afraid of being criticized so they do not tell parents things, and this leads to frustration -not very self-reliant because they cannot make decisions for themselves -child often builds up anger and resentment toward parent up into adulthood -these children often become good at lying, which they carry into their adult relationships -can become passive aggressive- a coping mechanism of trying to obtain some independence 	54. Stage 3	<ul style="list-style-type: none"> -4 to 6 years -Initiative vs. Guilt -"Am I good or am I bad?" -kids at this stage are not trying to be bad, they are just trying to help by initiating things. Parents can make the kids feel guilty or they can teach them what is right. those were made to feel guilty are afraid to try new things
49. authoritative	<ul style="list-style-type: none"> -firmly controlling but give reasons, much more flexible with rules. will use reward if child behaves -generally produce children with highest self esteem, more self control, and are happiest -will behave well even when no one is watching (vs. authoritarian who will misbehave when no one is watching) 	55. Stage 4	<ul style="list-style-type: none"> -6 to puberty -Industry vs. Inferiority -"Am I competent or worthless?" -self esteem is related to feelings of confidence. they jump from one thing to another to find what they are good at. it is a stage of kids torturing each other
50. permissive	<ul style="list-style-type: none"> -parents usually do not have any control -"permissive indulgent"- wants to be child's best friend. child will control the family. usually happens with parents of divorce or when both parents work because they feel guilty -"permissive neglectful"- parents are either too busy with their own life or too stressed out to get to know child. produces a child that has trouble following rules. child often sees disinterest as rejection. usually impulsive, immature, and do not listen. usually has emotional problems and is insecure. more likely to become delinquents 	56. Stage 5	<ul style="list-style-type: none"> -Adolescence -Identity vs. Confusion -"Who am I and where am I going?" -the decisions you make here have life-long ramifications (teenage pregnancy). One of the most pivotal stages
51. Erik Erikson	<ul style="list-style-type: none"> -said there are 8 psychological stages, and there is a crisis at each stage 	57. Stage 6	<ul style="list-style-type: none"> -Early Adulthood -Intimacy vs. Isolation -"Shall I share my life with another or live alone?" -people try to form relationships with other people (marriage, jobs)
52. Stage 1:	<ul style="list-style-type: none"> -First year of life -Trust vs. Mistrust -"is my world predictable and supportive?" -it is the comfortable relationship with mother that affects this stage 	58. Stage 7	<ul style="list-style-type: none"> -Middle adulthood -Generativity (productivity) vs Self-Absorption (stagnation) -"Will I produce something of real value?" -the person wants to make the world a better place- can get involved with a lot of things. there are also people who are bored with life
53. Stage 2	<ul style="list-style-type: none"> -2nd and 3rd years -Autonomy vs. Shame and Doubt -"Can I do things by myself or must I always rely on others?" -if parents do everything for them, they will not be able to become autonomous 	59. Stage 8	<ul style="list-style-type: none"> -late adulthood -Integrity vs. Despair -"Have I lived a full life?" -a person can continue to be active and happy or be in despair about dying
		60. Storm and Stressed View	<ul style="list-style-type: none"> the idea that adolescence is a hard time where kids are stressed and trying to fit in and not getting along with parents. This is the view of people in this stage
		61. adolescence egocentrism	<ul style="list-style-type: none"> adolescents become very preoccupied with themselves, which is why they are so self-conscious about themselves -David Elkind: imaginary audience and personal fable -invincibility: often leads to drinking and driving or teenage pregnancy -frontal lobe is not fully developed until 20: planning, organization, judgement