

- Generally start with definitions
- Psychology
  - o Study of the mind
  - o What is the mind?
    - Thoughts
    - The brain
    - Your essence
  - o Very philosophical
    - Monism v. Dualism
      - Monism – there's only one thing (biology)
      - Dualism – maybe more than just biology
      - Is there something more than a body?
      - Is it just your brain that contributes to thoughts?
    - Determination v. Free Will
      - Do we determine our actions or are they predetermined?
      - Are our actions predictable?
    - Nature v. Nurture
      - Are we trained to do something or is it our nature to?
      - Does environment effect our personalities or is it congenital?
      - Fixed mindset – Intelligence and talent are fixed at birth
      - Growth mindset – Intelligence and talent can be altered based on process
      - One way to study this is twins
        - o Identical twins should have identical DNA
        - o Difference based on nurture
        - o DNA – genes can be turned on and off
      - Another way is to study adoptive children
- Early Roots of Psychology
  - o Structuralism, Functionalism, Behaviorism, Psychoanalysis
  - o Early 1800's
  - o Structuralism
    - Immanuel Kant – German
      - Said that you can't study thoughts
      - Can't isolate and measure thoughts
      - When you think about your thoughts they may change
    - William Wundt – German
      - Can study thoughts
      - Find building blocks and study them
      - 1879 – 1<sup>st</sup> experimental psych lab in Leipezig, Germany
      - Introspection – looking within
        - o An experience results in thoughts
      - Taught Edward Titchener
    - Edward B. Titchener - German
      - Thoughts are made up of sensations
      - Taught in America
      - Thoughts = sensations = intensity, quality, duration, extent
    - Problem with structuralism is that it's not very accurate

- No right or wrong
  - o Functionalism
    - William James
      - Looks at thoughts for function
      - Why are thoughts important?
      - "The assumption that all mental processes are useful to an organism in adapting to environment"
      - JAMES - Just adaptive mental experience survive
  - o Behaviorism
    - John B. Watson
      - Forget things we can't see
      - Study behavior
      - School of behaviorism
      - Maybe discover laws of behavior
      - Input (stimulus) → Black Box → Output (behavior)
        - o Unexpected output makes you question what's wrong with stimulus
      - You can make anyone into anything if they are raised correctly
        - o Nurture to the nth degree
    - Sir Francis Galton
      - Thought that intelligence is inheritance
      - Nature
      - Eugenics
    - Behaviorism is still around
      - You can get people to do what you want them to
      - Emphasis on measurable behaviors
      - Evidence shows behavior infers mental processes
  - o Structuralism → Functionalism → Behaviorism
    - What goes wrong? How do we fix it?
    - How do you control actions for wanted outcomes?
- Psychology's philosophical plagues
  - o M v. D, D v. FW, N v. N
  - o Can we ever answer these?
  - o Reliant on good measurement
    - What is a good measurement?
    - How do we measure these things?
  - o A lot of correlations