

LECTURE NOTES FOR SECTION 1 OF CLASS BEGIN HERE

Introduction

What Isn't Psychology?

- Dr. Drew, Phil, Laura b/c they just give opinions not facts

"late night chats"

- What do dreams mean?
- Why are people the way they are?
- If a tree falls in the forest and no one hears it, does it really make a sound?
- Why doesn't he/she call?

A Research Finding About Love

"out of sight, out of mind"

"absence makes the heart grow fonder"

The Hindsight Bias

Predict Winner of Election

- Powell (1988)

When you think you would've predicted something you read but really wouldn't have

The Hindsight Bias

- Predict Rape
- Janoff-Bulman et al. (1985)

What Is Psychology?

- The Scientific Study of Behavior and the mind.

What Is Psychology?

- Scientific: Systematic, objective methods of observation (book calls "empirical")

What Is Psychology?

- Behavior: Any activity that can be observed, recorded, and measured.

What Is Psychology?

- Mind:
 - All conscious and unconscious mental states
 - Must be inferred

Goals of Psychology

- Not just to describe and explain behavior but also to predict and control behavior.

The History of Psychology

Wundt

- The father of psychology (scientific)
- First laboratory
- Structuralism - identify the common elements of experience
- Introspection

Functionalism

- How and why does the mind help us function in the world?
- Influences by Charles Darwin
- William James
 - Amazing Ideas and Prose
 - First Lab in USA

Gestalt Psychology

- The whole is more than the sum of its parts
- Visual (e.g. Neon)

Psychodynamic Theory

- Freud
- Theory of how thoughts and feelings affect behavior
- Push and pull of unconscious and conscious forces

Behaviorism

- Skinner
- Reaction to Psychodynamic Theory
- Reinforcement
- Study behavior for behaviors sake

Humanistic Psychology

- Rogers
- Reaction to Behaviorism and Psychodynamic
- People have positive values, free will, and creativity
- Goal: Personal Growth

Cognitive Approach

- How information is stored and operated on
- Reaction to Behaviorism

Neuropsychology

- Understanding how the brain works helps us to understand psychology

Evolutionary Psychology

- Natural Selection: changes in the frequency of genes in a population that occur because those genes give an organism more chance of survival

What do psychologists do?

Research Methods

Steps to Research:

1. Observe phenomena
2. Come up with hypothesis
3. Operationalize variables
4. Choose research method
5. Analyze data
6. Theory