

Psychology 001

* The scientific study of mind + behavior.

Major Goal? → To predict behavior by understanding its causes.

Ch. 1 Notes: Intro

1.1) * hindsight bias → the tendency to think that we could have predicted something that has already occurred that we probably wouldn't have been able to predict.

1.2) * Values (personal statements) vs. facts (determined to be accurate through empirical study)

1.3) * Levels of explanation → the perspectives used to understand behavior when studying topics of psychology.
→ Low levels = biological influences (i.e. genes, neurons, hormones etc.)
→ Middle levels = abilities + characteristics of individual people
→ High levels = social groups, organizations, + cultures

1.4) * Individual differences → physical + psychological variation among people

* Behavior is hard to predict → almost all behavior is multiply determined (produced by many factors on different levels).

* People are frequently unaware of their own behaviors.
→ repressed memories

2.1) * Important Questions in Psychology that are Constants
→ nature vs. nurture? i.e. Do genes or the environment influence people's behavior the most?
→ free will vs. determinism? i.e. Is our own will or the environment more influential on decision making / actions?
→ accuracy vs. inaccuracy? i.e. Is our judgement / thinking process compromised by our motivations + emotions?
→

~~Chapter 2.1~~

- CONSCIOUS VS. UNCONSCIOUS PROCESSING? i.e. To what extent are our behaviors + actions influenced by things we aren't aware of?
- Differences vs. similarities? ~~is there a difference?~~ i.e. Are there differences or similarities of basic psychology + personal between men + women? Ethnicities + cultures?

②.1 * Structuralism → a branch of psychology whose goal was to identify the basic elements or "structures" of psychological experience.

* Introspection → a method involving asking study participants to describe exactly what they experience while doing mental tasks.

* Sensation vs. perception of stimuli.

↳ More than 40,000 sensations identified

* Issue with introspection → since many aspects of human psychology are outside our awareness, we can't accurately report all experience

②.3 * Functionalism → concept looking to understand why animals + humans have developed their particular psychological aspects.

→ supporters believed that psychological characteristics all no longer exists underwent natural selection (in addition to physical mutations)

↳ became: * evolutionary psychology → (same basic definition).

↳ issue: predictions are very difficult to test → no base of psychological characteristics

2.4) * psychodynamic psychology → an approach to understanding human behavior, focusing on the role of unconscious thoughts, feelings, and memories.

* psychoanalysis → talk therapy + dream analysis to uncover repressed memories + thoughts, especially from childhood.

2.5) * behaviorism → a branch of psychology based on the premise that it's impossible to objectively study the mind, so psychologists should limit their attention to the study of behavior itself.

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↳ behaviorists believe it's possible to develop laws of learning that can explain all behaviors.

→ believe that certain stimuli produce certain behaviors/responses

→ believe in the "nurture" concept (i.e. humans are shaped and influenced by their environments).

→ believe in determinism (no free will), but think our behaviors are determined by events in our past.

2.6) * cognitive psychology → a branch that studies mental processes, including perception, thinking, memory, and judgement.

2.7) * social-cultural psychology → the study of how social situations and cultures influence thinking + behavior.

↳ particular concern: how people perceive themselves + others, and how people influence each other's behavior.

* conformity → process where we change our beliefs + behaviors to be similar to those of the people we care about.