Chapter 1

1. **What are some potential problems with basing psychology thought on common sense?**
    - "Folk psychology"-makes its determination on common sense
    - Pseudoscience- claims to be scientific, but doesn't adhere to the scientific method-not supported by evidence
    - Example:
        - Scientific-accurate measurement
        - Pseudoscience- "ball-park" measurement

2. **What are some treatments that scientific research has shown potentially harmful?**
    - Facilitated communication-people who couldn't speak so they has a therapist who was supposed to help them say what they wanted, but it ended up being a problem because the therapist was basically making up what they wanted the kid to say
    - Boot camps/"scared straight" interventions- actually show to have the opposite effect because they are put in an atmosphere w a bunch of other bad kids and the behavior is actually encouraged
    - D.A.R.E. program- kids are more likely to do drugs, because it exposes kids to things they may not otherwise know about, same w abstinence programs
    - Not only do they not work they are bad
    - To avoid these problems research is key

3. **How do we define psychology today?**
    - The study of human behavior and mental processes
    - PSYCHE="mind" or "soul"

4. **What are three big philosophical questions that guide theories of psychology?**
    - Dualism------monism
        - Dualism-belief that your mind and brain are separate
        - Monism-belief that your mind and brain are one
    - Free will vs. determinism
        - Our own decisions vs. our fate
        - Free will: ability to make choices unconstrained by external factors
        - Determinism: all events are caused by things that come before and result in set consequences
    - Nature vs. nurture
        - Are our psychological traits inherent(deeply rooted)? Or inherited?

- How we are the way we are

5. **Who are the important historical figures in psychology?**
   - Begins with the ancient Greeks→modern psychology
   - Wilhelm Wundt studied reaction time
     - Father of psychology
     - Founded the first psychological lab
     - Results-people react quicker to things they hear than the things they see
     - Helped the movie business
   - Edward Titchener
     - Structuralism
     - What things ARE
   - William James
     - Functionalism
     - What things DO
   - John B. Watson
     - Behaviorism
     - What is actually happening and why that matters
   - Sigmund Freud
     - Psychoanalysis-underlying desires, wants, conflicts that we don't know about ourselves
     - First real psychotherapy
   - Modern Psychology
     - Most psychologists work in mental health services, but also in educational settings, administration/management, and research

6. **What are some of the areas of research and service for psychiatrists?**
- Examples of areas of research
  - Biopsychology (behavioral neuroscience)
  - Evolutionary Psychology-why do these things exist the way they do
    - Look at how that's developed over time
    - Ex) anxiety
  - Cognitive psychology-study how we think and our thoughts
  - Developmental psychology-what happens to us as we grow up
    - Giraffe babies come out of the womb being able to walk etc. human babies can do nothing
  - Social Psychology-why do we act differently in the presence of other human beings and different social settings
- Examples of areas of services
  - Clinical Psychology-implementing therapy, applying the things we know to everyday life (depression/anxiety)

- Counseling Psychology-day to day when people just need to talk to someone not mental instability
- School Psychology-classroom setting-school psychologists that give you IQ tests-create better learning environments
- Industrial Organization (I/O) Psychology-do things to maximize workers in a professional setting
  - Ex) Google lets workers take naps and exercise
- Psychiatry-treat illness through pharmaceutical therapy and drugs

7. **What are the basic assumptions of scientific thought and the scientific method?**
   - Science is all about thinking, understanding, and doing
   - Not absolute truth or magic
   - Science does not give us complete **certainty**, instead supporting ideas with evidence=**the burden of proof** for and scientific theory
   - Good science is built on systematic study and critical thinking
   - Scientific method
     - Make an observation
     - Ask a question (operationalize-find a way to measure)
     - Form an hypothesis (statement that relates two things)
     - Conduct an experiment (methods)
     - Accept hypothesis or reject hypothesis (theory building)

8. **What are the major components a good theory must have?**
   - Prediction-tells you how things should happen
   - Replicability-people can also prove the theory with the experiment
   - Falsifiability-people should also be able to prove it false
   - Parsimony-the simplest explanation is usually the best

9. **How are subjects or participants selected for an experiment?**
- Sampling-selecting a subset of individuals from within a statistical population to estimate characteristics of the whole
  - Population
  - Representative sample-demographic of the people (certain number of women
  - Random sample-anyone can participate not a set number of certain people

10. **What are the key components of an experiment?**
- Variable-any condition that can change and that might affect the outcome of the experiment
  - Independent-the one you set (the one you are changing)
  - Dependent-what you are measuring at the end
  - Extraneous-distracting variables that aren't supposed to be part of the experiment