

# Chapt. 1 Psychology

## I. The Boundaries of Psychology

- **Psychology** – the scientific investigation of mental processes and behavior
- Combination of biological processes and context in which we live
- All have different ways of reacting to things

### A. Boundary we all share with Biology

- **Biopsychology** – understand mind with how brain actually functions [understanding the biological activity of the brain]
- **Localization of function** – discrete brain regions that control specific parts of mental functioning.

ex: Phineas Gage (1800s) – railroad stake went through his head and completely changed his whole personality.

*Proof with rain inquires, messes with different things*

### B. Boundary with Culture

- **Culture** – the influence of memberships in a larger group
- ex: difference between lecture with two people and 500.
- We all affect each other*
- Impacts how we think

*Constantly think about what's going on around us.*

### C. Boundary with Philosophy

- Way to look at issues with either one or questions
- **Classic issue – nature versus nurture**

*Hard-wired biology; environment*

ex: child gets 4.0 nature or nurture? – BOTH

- Schizophrenia – off track, see things others don't, freak out. Nature or nurture – BOTH

*Found this out through twin studies, if all nature with twin you would have schizophrenia (both would) but one can have it and one can't (nurture)*

- A LOT OF GRAY AREAS

### D. Short History Lesson

- **Wilhelm Wunt** – 1<sup>st</sup> psychology lab (come up with method to take information)
- Structuralism – uncover basic elements of consciousness

- **William James** – functionalism (do things because they are functional)  
helps up to adapt to the environment
- **Inez Prosser** – 1<sup>st</sup> African American woman to get a PhD (got it from UC) in 1933

## II. Perspectives in Psychology

### A. The Psychodynamic Perspective – thoughts, feelings, etc.

- Conscious and unconscious forces interact to control our thoughts and behaviors (do stuff but don't know why)  
ex: iceberg: portion above water (conscious) we are aware of, larger part below water (unconscious)
- Reasons we act the way we act we have no control over (based on initial nurturing community)
- **Case studies** – studying individuals  
ex: beginning of chapter woman pretending to have breast cancer.

### B. The Behaviorist Perspective

- How mind works with behavior, reaction to psychodynamicists saying we need to do stuff with things we can see, touch and feel.
- Learning plays a role in acquiring and maintaining behavior  
Ex: look at consequences of behavior, if awarded likely to keep doing it  
OR getting punished for actions (reinforcement v. punishment)
- Humans are mechanistic
- Rely on empirical data analysis
- What external stimuli are affecting you

### C. The Cognitive Perspective – inputs, outputs, program in between

- Focuses on how people process, store and retrieve information
- Mind is like a computer
- Experimental method  
ex: reaction times, etc.

### D. The Evolutionary Perspective

- Human behavior evolved because it helped our ancestors survive and reproduce
- More adaptable, more likely to reproduce and move on
- Babies prolong our genetics
- We are all competing for resources
- Want children to thrive and do better than us
- Deductive and some experimental

- How does it help us survive