

learning to learn.

- learning vs. true learning
  - must be permanent
  - must cause a change in our behavior
  - must be able to use or apply the knowledge
- Keys to true learning
  - Arousal
  - Motivation
  - Experience
  - Application

\* Read the assigned pages BEFORE class

- Study a little each day
- Elaborate.
- Test yourself
- Mnemonic devices

## HISTORY OF PSYCHOLOGY

- started off as a shoot-off from Philosophy
- Wilhelm Wundt
  - First formal psychological lab in 1879.
  - Using introspection

## Theoretical perspectives

### • Structuralism

- Founded by E.B. Titchener.
- Wanted to find underlying structures that made up human psychology.
- Used introspection