



—  —

What is Psychology?


Introduction to the History and Science of Psychology

—  —


Module Objectives:

- How do we define psychology?
- What are the major psychological perspectives?
- Psychology as a science

What is Psychology?

—  —

The term psychology comes from the Greek roots psyche meaning soul or mind and logos meaning word or study



What is Psychology?




Psychology is the science of _____


_____ is everything we do that can be observed

Mental processes are our _____

- Thoughts, feelings, and motives that each of us experiences privately but that cannot be observed directly.



Why should we study Psychology?

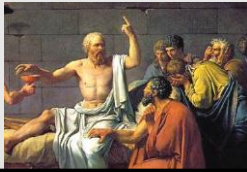


Why should we study Psychology?

Psychology helps us scientifically evaluate _____
about behavior and mental processes.

True or False?

The science of psychology developed from the more established fields of biology and philosophy.



The best way to learn and remember information is to “cram,” or study it intensively during one concentrated period.



Advertisers and politicians often use subliminal persuasion to influence our behavior.



Punishment is the most effective way to permanently change behavior.



Eyewitness testimony is often unreliable.



Police often use psychics to help solve crimes.



People with schizophrenia have two or more distinct personalities.



Psychological information is often misunderstood



It is NOT limited to "common sense" information

How Accurate is the Image of Psychology?



Think on your own...

Make a list of words you would use to describe a psychologist...think about some images you have as well.



Typical images of Psychologists




The collage includes: a person in a grey straitjacket; a therapist in a white coat sitting with a client; a child sitting on a brown leather couch with a teddy bear; and a person holding up a Rorschach inkblot card.

How about Scientists?

— *Ω* —

Think on your own..
Make a list of words you would use to describe a scientist? What images do you have?



Did any of these images come to mind?



The collage includes: a person in a lab coat holding a flask; two scientists in white coats working in a lab; a scientist in a blue lab coat with goggles pouring liquid from a beaker; and a scientist looking through a microscope.

Psychologist's ARE
scientists!

What Do
Psychologists Do?



Psychologists are professionals who study
behavior and use behavioral principles in
research or applied settings

What kinds of things
do psychologists
Study?



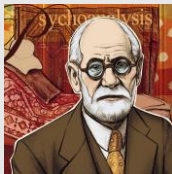
Name a type of Psychologist



Why do we have so many types of psychologists?



Psychologists have different ways of looking at the same problem, which is why there are so many sub-fields of psychology



The Psychodynamic Approach emphasized the importance of the _____

Psychological Science returns with Behaviorism



Behaviorists believe people are the result

Through the 1920s into the 1960s John Watson and B.F. Skinner emphasized the study of overt behavior as the subject matter of scientific psychology.

Behaviorism focuses on



Humanistic Psychology



Humanistic psychology emphasizes the environmental influences on our growth potential

They believe that warm, supportive behavior toward others helps us to realize our capacity for self-understanding.





Clinical Psychology studies, assesses, and treats people with



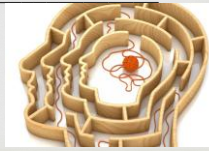
Counseling Psychology helps people cope with academic, vocational, and marital challenges.



Cognitive Psychology



☞ This is the field of psychology that examines how we _____



Biopsychology




☞ How brain activity influences our behaviors, thoughts, and feelings.

☞ Biopsychologists are interested in the _____




Developmental Psychology studies how we change from “the womb to the tomb”



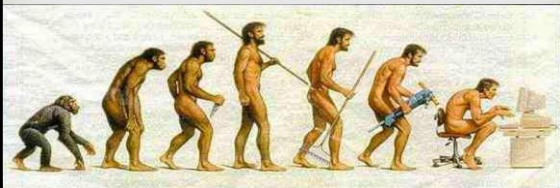
—  —
Educational Psychology studies
and helps individuals in
school and educational
settings


The sociocultural approach
examines the ways in which

—  —
influence behavior.






Some psychologists emphasize an
evolutionary approach that uses ideas such
as adaptation, reproduction, and natural
selection as the basis for explaining specific
human behaviors









Where do
Psychologist's
Work?



Experimental
Psychologists
(usually researchers and professors)

About 34% of American Psychologists work
in colleges and universities.



Applied Psychologists
(service providers)

These Psychologists work in hospitals, clinics,
police departments, research institutes,
government agencies, business and industry,
schools, nursing homes, counseling centers,
and private practice.

What is a Psychiatrist?



☞ Psychologist:

- _____

☞ Psychiatrist:

- _____

What's Next? Psychology as a Science

