What is Psychology?

PSYCHOLOGY: What is it?

- Objectives for Today’s Class:
  - How do we define psychology?
  - What are the major psychological perspectives?
  - Psychology as a science

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 human
- Behavior is anything we do
- Mental processes are our internal experiences

Why study Psychology?
Psychology helps us understand behavior and mental processes.

True or False?
- 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

Scientific psychology has four basic goals:

to ______________________________________

behavior and mental processes

Psychological information is based on *empirical evidence*

This is information based on direct
How Accurate is the Image of Psychology?

How would you describe a psychologist?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How about Scientists?

What words would you use to describe a scientist?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Psychologist’s ARE scientists!
What Do Psychologists Do?

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

Psychologist

Psychiatrist

Who hasn't heard of Freud?

Freud believed that emotional problems are the result of anxiety from ________

Psychoanalytic Theory

Freud was one of the first to treat ________

- The first to provide therapy for patients.
- Developed ____________________________

Freud's theories were the first to suggest this
Behaviorism...the opposite of Psychoanalysis

Behaviorist's believe people are controlled by their environment.

We are the result of what we have _________ from our environment.

Cognitive Psychology

Cognitive psychologists believe that

The cognitive perspective focuses on such processes as perception, memory, and thinking.

Biopsychology

How the brain influences our behaviors, thoughts, and feelings.
Where do Psychologist’s Work?

Experimental Psychologists
(usually researchers and professors)

About 1/4 of American Psychologists work in colleges and universities.

Applied Psychologists
(service providers)

The remaining 3/4 work in hospitals, clinics, police departments, research institutes, government agencies, business and industry, schools, nursing homes, counseling centers, and private practice.
Can you think “outside the box?”

Next Class-
Psychology as a Science