



Introduction to the History and Science of Psychology

What is Psychology?

ψ Objectives for Today's Class:

Module 1:

- How do we define psychology?
- What are the major psychological perspectives?

Module 2:

- Psychology as a science
- How do psychologists ask questions? And find answers?

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?

ψ *Psychology* is the science of behavior and mental processes

ψ *Behavior* is any action that can be



ψ *Mental processes* are our internal experiences

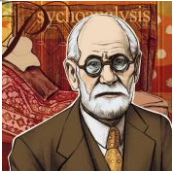
What Do Psychologists Do?

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







The Psychodynamic Approach emphasized the importance of the _____

Psychological Science is Born

Behaviorists



Watson (1878-1958)




Skinner (1904-1990)


Through the 1920s into the 1960s
Watson and Skinner emphasized the study of _____ as the subject matter of scientific psychology.

Humanistic Psychology

ψ *Humanistic psychology* emphasizes the environmental influences on _____

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







ψ *Clinical Psychology* studies, assesses,

ψ *Counseling Psychology* helps people

Cognitive Psychology

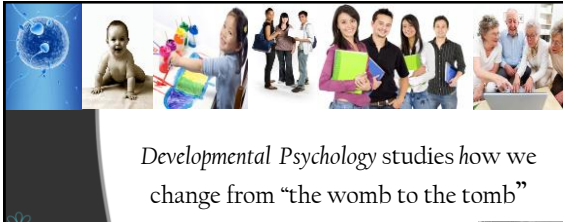
ψ This is the field of psychology that examines how we _____






Biopsychology

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




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



Educational Psychology studies and helps

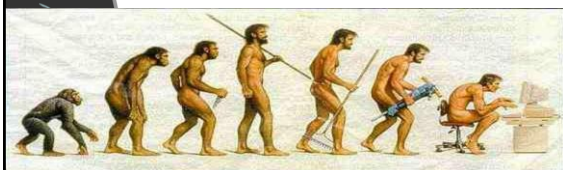
The **sociocultural approach** examines the ways in which social


Socioculturalists argue that understanding a person's behavior requires knowing about the cultural context in which the behavior occurs (Matthews & Gallo, 2011).




Some psychologists emphasize an

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.

THINK


What is a Psychiatrist?

ψ Psychologist:

ψ Psychiatrist:

How Accurate is the Image of Psychology?

How would you describe a psychologist?



Module 2:
Why should we study Psychology?

Psychology helps us scientifically evaluate common beliefs and

True or False?

- ψ The best way to learn and remember information is to “cram,” or study it intensively during one concentrated period.
- ψ Advertisers and politicians often use subliminal persuasion to influence our behavior.
- ψ Punishment is the most effective way to permanently change behavior.
- ψ Eyewitness testimony is often unreliable.
- ψ Police often use psychics to help solve crimes.
- ψ People with schizophrenia have two or more distinct personalities.

Psychological information is often misunderstood

It is NOT limited to “common sense” information

Psychologists are critical thinkers.

ψ Critical thinking (*Smart thinking*) is the process asking questions and evaluating the evidence and not blindly accepting arguments and conclusions.

ψ Critical thinking reduces the likelihood that conclusions will be based on _____

When Psychologists perform research they begin by asking questions through critical thinking...



Let's Start with Some Critical Thinking!

A policeman was walking past a house. He heard someone cry, "Don't shoot me, John! Don't shoot!" There was one gunshot. The policeman entered the house and saw a lawyer, priest, and an engineer, gathered around a dead body. The priest was immediately arrested.



What's Next? Psychology as a Science

