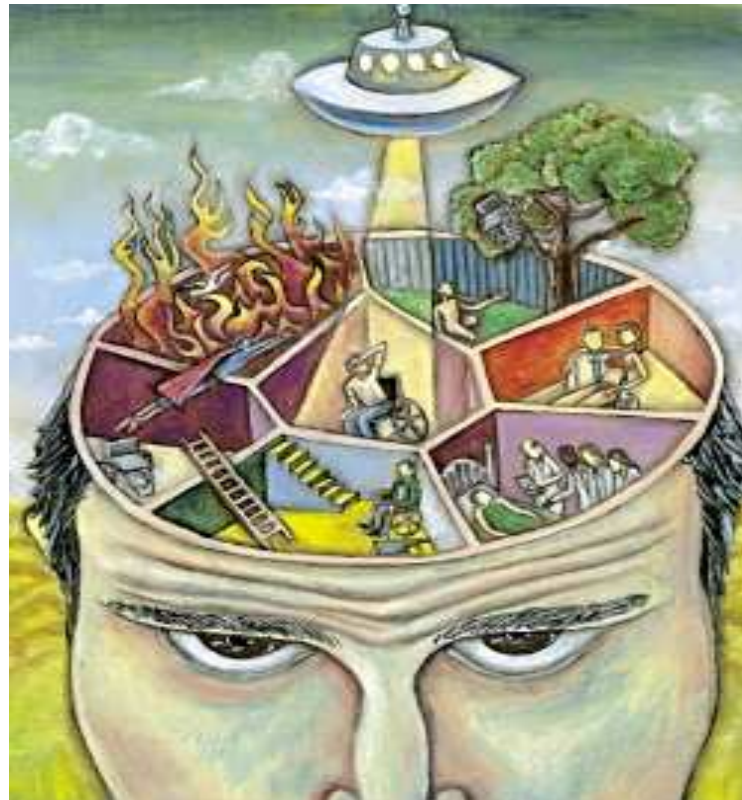


INTRODUCTION TO PSYCHOLOGY



Week 1

The Science of Psychology



Psychology as a Science

- ❑ Definition of Psychology:
 - ❑ The scientific study of behaviour, both external observable action and internal thought
- ❑ Psychology is a science
- ❑ Not all behaviour is directly observable

Goals

- ❑ Become skilled consumer of psychology
 - ❑ Become familiar with scientific approach to psychology
 - ❑ Understand the range of questions and issues that psychology can address
 - ❑ Begin to critically evaluate social science research

Scientific Theories in Psychology

- What is a theory?
- “Why” Questions
- Must be verifiable
- In order to be scientific, a theory must make predictions that can be tested

Science and Theories: Three Warnings

- Science can never prove a theory correct
2. Not all theories are scientific theories
 3. Theories do not have to be correct to be useful

Charles Darwin's Theory of Evolution and Natural Selection

The Origin of Species (1859)



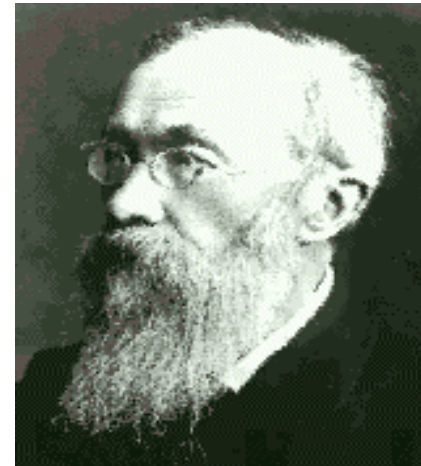
Charles Darwin

Application of Darwinian Theory to Psychology

- ❑ Realization of common ancestry among animals
- ❑ Use of rats and other animals for psychological experiments
- ❑ Position of humans within the animal kingdom, rather than above it

A Short History of Psychology- 19th Century

- Wundt's Structuralism: **The basic elements of the mind**
- James's Functionalism: **The uses of the mind**



Wilhelm Wundt

A Short History of Psychology- 20th Century

- Psychoanalytic perspective
- Behaviourist perspective
- Humanistic psychology
- Cognitive psychology
- Neuroscience

A Short History of Psychology- Early 20th Century

Psychoanalytic perspective

- Sigmund Freud (1856-1939)

Behaviourist perspective

- Edward Thorndike (1874-1949)

- John B. Watson (1878-1958)

- B. F. Skinner (1904-1990)

- Ivan Pavlov (1849-1936)

A Short History of Psychology- Middle 20th Century

- ❑ Humanistic Psychology
 - ❑ Maslow's self-actualization
 - ❑ Rogers' client-centered therapy
- ❑ Cognitive Psychology
 - ❑ Bartlett's schema
 - ❑ Bruner's concept formation
 - ❑ Piaget's stages of development

A Short History of Psychology- Late 20th Century

- ❑ Neuroscience
- ❑ Recent popularity due to technological advances
- ❑ Schizophrenia, Alzheimer's Disease

Contemporary Fields of Specialization

- ❑ Experimental Psychology
 - ❑ basic processes (sensation, perception, learning, memory, etc.)
- ❑ Neuroscience
 - ❑ neural aspects of basic processes
 - ❑ growing field of psychopharmacology

Contemporary Fields of Specialization

Personality Psychology

- individual differences in behaviour

Social Psychology

- social and group phenomena

Developmental Psychology

- systematic changes that occur in people throughout the life cycle

Contemporary Fields of Specialization

- ❑ Industrial and Organizational Psychology
 - ❑ behaviour related to the workplace
- ❑ Educational Psychology
 - ❑ all aspects of the learning process
- ❑ School Psychology
 - ❑ application of psychological knowledge

Contemporary Fields of Specialization

- Clinical Psychology
 - diagnosis and treatment of psychological disorders
 - investigate causes of disorders
 - associated mental health specialists:
Psychiatrists and Psychoanalysts

Contemporary Fields of Specialization

Counseling Psychology

- aid mild problems of social and emotional adjustment

Health Psychology

- relationships between mind and body

The Goals of Psychology

- Describing behaviour
- Predicting behaviour
- Explaining behaviour
- What about “changing” behaviour?