Compare your lectures notes from idealized notes of the professor. Keep in mind that I have had all the time in the world to write out my notes and so some of them are in complete sentences. Your notes do not need to be in complete sentences as they had to be written in the moment of the lecture. It is more important that you compare them in terms of content. What you should see in your notes is where you have taken significant notes during the reading assignment (with lots of space in between) and you have filled in missing space with lecture notes. Note in your assessment, anywhere that important information was missed by you during the lecture. Investigate if there are patterns to your missing information. Do you zone out every few minutes? Do you stop taking notes toward the end of class? Answer the above questions and indicate differences between your notes and mine. Also I have given you notes for all of chapter one as I was not sure where I would stop for the lecture on Jan.30 , 2014. You are only responsible for notes up to the point of my stopping the lecture on Jan. 30, 2014. I have italicized definitions from the text. In your notes you may highlight definitions or use italicized type in typed notes to identify definitions. Notes from the reading of chapter one are in bold print. Notes from the lecture are in non-bold print. Describe how you will work to improve your note taking during lecture.

Introductory Psychology Chapter 1: The Science of Psychology 1/30/14

**What is Psychology**

**The Field of Psychology**

***Psychology is the scientific study of behavior and mental processes.***

**Behavior includes overt actions such as talking, facial expression, and movement.**

**Mental processes include covert activities such as thinking, feeling, and remembering.**

One of the reasons we want to observe behavior is to understand what is normal.

-Activity: cultural norms

**Scientific because psychology uses the scientific method to eliminate biases and faulty observations.**

Make sure that you include all three components to the definition of psychology 1) behavior, 2) mental, 3) scientific. If you do not include all three parts it is an incorrect definition.

**Psychology Goals**

**Four goals that are specifically aimed at uncovering the mysteries of human and animal behavior are description, explanation, prediction, and control.**

**Goal 1:Description: What is Happening?**

**Description involves observing a behavior and noting everything about it.**

Essentially we want to give a name to the behavior or mental act that we want to understand. Furthermore, we want to write down everything about the behavior or mental activity.

**Questions include: what is happening, where it happens, to whom it happens, and under what circumstances it seems to happen.**

**Example: observation that more men than women are computer scientists and observation that there is a stereotype that computer scientists surround themselves with computer related items such as games, junk food, and science fiction gadgets or a masculine environment.**

**Observations are a starting place for explanation.**

**Goal of description is to provide observations.**

**Goal 2: Explanation: Why is it Happening?**

**The purpose of this goal is to try to find an explanation for or understand the observations previously noticed.**

**This sometimes leads to a theory.**

Finding explanations for behavior is a very important first step in the process of forming theories.

**A theory is a general explanation of a set of observations or facts.**

**The goal of explanation is to build a theory.**

**Example: Sapna Cherya et al. set up four experiments with >250 participants (male and female). Some students were placed into an environment with Star-Trek posters, video games, and Coke cans. Other students were placed into an environment with nature posters, art, a dictionary, and coffee mugs. Students were told to ignore the items but to complete a questionnaire about their attitude toward computer science. The attitude of male students did not differ but female students were less interested in computer science when exposed to stereotypical male environment.**

What is the problem with this study?

Can we really consider Star Trek, video games and coke as male items? I have and love all of these items.

Could there have been another factor? If you look at page 5 in the text this picture is of a supposedly “male” environment but to me it just looks messy. I would not like to work in a messy environment. Is it possible that women were not less interested due to the maleness of the room but instead due to the messiness of the room. The researchers tried to normalize this by putting similar types and amounts of items in both rooms. However, I would find video games in a computer room to be messy as my thinking is that video games would be in bedrooms or living rooms not a common use area in a university. Likewise, a dictionary seems appropriately placed in a university room but may seem messy to me in a kitchen.

There has been some research that shows that women have a more anxious reaction to clutter than men.

Another possibility was that it was the maleness of the room that caused women to rate the career as less desirable and that I am not as socialized toward the gender roles that are presented in our culture as I grew up with brothers only and was never a stereotypical female. Maybe what this study really looked at was the degree to which gender socialization (and not gender) impacts career choice.

**Goal 3: Prediction: When will it happen again?**

**A prediction is determining what will happen in the future.**

**Example: Cheryan et al. predicted that to get more women into computer science that the environment or the perception of the environment associated with that field has to be changed.**

If we take into account the criticisms that we have of the study design what would be a more accurate prediction

-we have to consider how gender socialization impacts career choice

-we need to understand how our views of gender impact our research

**Goal 4: Control: How can it be changed?**

**The purpose of control is changing behavior from an undesirable one to a more desirable one.**

**Example: Cheryan suggests changing the image of computer science will increase the number of women in the field.**

**Not all studies try to meet all four psychology goals.**

1. **Personality theorists focus on description and prediction.**
2. Personality theorists want to know what people are like (description) and what they might do in certain situations (prediction)
3. **Experimental psychologists are interested in description and explanation.**
4. Experimental psychologists find explanations for observed behaviors (description) (explanation)
5. **Therapists are interested in control.**
6. Therapists work on changing undesirable behaviors (control) but you need to have description, explanation, and prediction to be able to sufficiently enact control.

Control is not brainwashing.

**Psychology Then: The History of Psychology**

**In the beginning: Wundt, Introspection, and the laboratory**

**Psychology is a new field only 130 years old.**

**Prior to psychology, philosophers, medical doctors, physiologists thought about why people and animals do what they do.**

The word psychology is derived from two Greek words “psyche” which means mind and “logos” which means study or knowledge.

In the early twentieth century most psychologists, as in most other academic disciplines, were white males. But women and people of color have played a role since the beginning.

Hippocrates

Philosopher, contributed to the creation of the field of psychology

Lived 460-370 B.C.

Believed the brain was the seat of thought and emotions

**Aristotle**

**a. lived from 384-322 B.C.**

**b. wrote about the relationship of the soul to the body**

Believed the brain served to cool the passion of the heart

Viewed the heart as the seat of thought and emotion

1. **the two aspects (soul and body)were the same underlying structure**

His version of the soul could more accurately be interpreted as “lifeforce”

**d. wrote De Anima**

**Plato**

**a. Aristotle’s teacher**

**b. 427-347 B.C.**

**c. felt that soul could be separate from the body, called dualism**

Dualism: a belief that human beings consist of two distinct but intimately conjoined entities a material body and an immaterial soul

For purposes of exam link dualism with Descartes and understand that Plato believed the soul could exist separately from the body

**Rene Descartes**

1. **17th century French philosopher and mathematician**

1596-1650

Agreed with Plato (and dualism) that the brain (more specifically the pineal gland) was the seat of the soul

**b. felt the pineal gland (a small organ at the base of the brain involved in sleep) was the seat**

**of the soul**

The pineal gland is a small organ at the base of the brain

Pineal gland produces several hormones including melatonin.

Functions of the pineal gland include secretion of melatonin, regulation of endocrine functions (hormones), conversion of nervous system signals to endocrine signals, causes feeling of sleepiness, influences sexual development (timing of development of sexual organs).

Descartes Dualism

Prior to Descartes work the soul was considered to be the source of heat, life, and movement

However, Descartes had done a number of animal and human cadaver dissections and research on the flow of blood. He began to view the body as an intricate machine that generates its own heat and was capable of moving without the influence of the soul.

He even went so far as to describe movement through a method that we now refer to as a reflex or a reflex arc.

He continued to believe in the soul. He maintained that non-human animals do not have souls which was consistent with church doctrine. He stated “any human activity that is qualitatively no different from that of nonhuman animals can, in theory, occur without the soul. If my dog (who can do some wondrous things) is just a machine, then a good deal of what I do might occur purely mechanically as well” (Gray, 1999, p.4)

The one function Descartes attributed to the soul was thought. Thought was defined by Descartes as conscious deliberation and judgment

Descartes Dualism: Soul Receiving Information from the Eyes

Descartes believed soul’s function was thought in the form of deliberation and judgment. Even with this viewpoint he seemed to view the soul in mechanistic ways where it was reliant on input from the sensory organs. Information enters through the eyes or other sense organs and is transmitted to the soul in the pineal gland. On the basis of that information the soul then wills the body to move by triggering physical actions in nerves that act upon muscles.

People liked this theory because it acknowledged the function of the sense organs, nerves, and muscles without violating people’s religious beliefs.

It had a major flaw however which is sometimes called “Casper’s Dilemma”. That is how can something ethereal (like the soul) interact with something material (like the human body/brain). How can Casper walk through walls one minute, thus being ethereal, and then in the next minute pick up a vase of flowers, thus being material. Descartes attempted to resolve this by stating that the pineal gland is where this transformation happens but he did not explain **how** it happens.

If you don’t know who Casper the ghost is you can look at the website.

Materialism

Theory created by Thomas Hobbes.

Hobbes was an Englishman who lived from 1599-1679.

Being English allowed Hobbes to break from the church more than Descartes was able to break from the church in France. The church and state in England were feuding and democracy was starting to emerge.

Hobbes was employed as a tutor to King Charles II and when Charles came to power later he offered a measure of protection to Hobbes.

Hobbes wrote Leviathan.

In Leviathan, Hobbes argued that spirit, or soul, was a meaningless concept and that nothing exists but matter and energy.

This philosophy became known as materialism.

Materialism espouses that nothing but matter and energy exist.

Hobbes believed all human behaviors were mechanical.

Leviathan was considered to be blasphemous and the bishop petitioned to have Hobbes burned to death. However, due to his relationship with the king he instead received a stern warning and the church burned copies of his book.

Hobbes however lived to be 91 years of age.

In Hobbes view all human behavior including seemingly voluntary choices we make, can in theory be understood in terms of physical processes in the body, especially the brain.

He believed that conscious thought itself was purely the product of the brain’s machinery and therefore subject to natural law.

**Gustav Fechner**

Was a physiologist.

Philosophers wanted to explain the human mind in connection to the physical body, while medical doctors and physiologists wondered about the physical connection between the body and the brain.

**a. first scientific experiments that formed the basis of experimentation in psychology**

**b. studies of perception**

Lived 1801-1887

German

One of the founders of experimental psychology.

For purposes of the exam consider him the founder of experimental psychology.

Empiricism

Empiricism is a theory that refers to the idea that all human knowledge and thought ultimately derive from sensory experience (vision, hearing, touch).

Central idea is that the human mind consists of basic units, or elementary ideas (such as the idea of a chair) which originate from sensory experiences.

These elementary ideas become associated (linked together) in certain ways based on the pattern of one’s sensory experiences and the links in turn provide the basis for chaining together ideas that flow into thought.

Contrasted with the theory of nativism.

Nativism-elementary ideas are innate to human mind and do not need to be gained through experience.

**Hermann von Helmholtz**

Also a physiologist

Lived 1821-1894

German

1. **groundbreaking experiments in visual and auditory perception**

Johannes Muller

1801-1858

German

Strong advocate of application of experimental techniques.

Prior to Muller, Helmholtz, and Fechner scientists used observation of natural processes and classification as forms of study.

Muller stated that our advances in understanding the body could only be achieved by experimentally removing or isolating animals organs, testing their responses to various chemicals, and otherwise altering the environment to see how the organs responded.

Most important contribution was the doctrine of specific nerve energies

Doctrine of specific nerve energies: because all nerve fibers carry the same type of message, sensory information must be specified by the particular nerve fibers that are active.

Doctrine of specific nerve energies: same type of message is an electrically impulse, but we perceive the messages of different nerves differently for instance messages carried by optic nerves produce sensations of visual images, and the messages carried by auditory nerves produce sensations of sounds.

How can different sensations arise from the same basic message? Messages occur in different channels. The portion of the brain that receives messages from the optic nerves interprets the activity as visual stimulation even if the nerves are stimulated mechanically. For instance when we rub our eyes we see flashes of light.

The brain is therefore functionally divided.

**William Wundt**

**a. laboratory in Leipzig, Germany in 1879**

**b. lived 1832-1920**

**c. physiologist**

**d. applied scientific principles to study of the human mind**

**e. believed the mind was made up of thoughts, experiences, emotions, and other basic**

**elements**

**f. *Objective introspection is the process of examining and measuring one’s own thoughts and***

***mental activities***

**g. Wundt believed that objective introspection was the way to study the nonphysical**

**elements of the mind**

in order to inspect the nonphysical elements of the mind, his students had to learn to think objectively about their own thoughts.

Objective introspection: place an object into a students hand and have the student tell him everything that he was feeling as the result of having the object in his hand (all the sensations)

**h. objectivity was important to help scientists remain unbiased**

**i. first attempt to bring objectivity and measurement to psychology**

**j. Wundt is known as the father of psychology because he established the first experimental**

**laboratory and focused on objectivity.**

Objective Introspection

Ignoring what the object is, try to describe only your conscious experience of it.

This was the first attempt to bring objectivity and measurement to the field of psychology

Wundt was the father of psychology because he established the first true experimental laboratory in psychology

Holding the red ball: it feels smooth, the color is intense at the edges but less so in the middle, it feels cool to the touch, it feels heavier than paper but less heavy than a rock

NOTE: physical sensations only

**Titchener and Structuralism in America**

1. **Edward Titchener (an Englishman) was a student of Wundt**

Lived 1867-1927

**b. he took Wundt’s ideas to Cornell University in Ithaca, New York.**

**c. Called the new viewpoint, Stucturalism**

**d. *Structuralism is the early perspective in psychology associated with Wilhelm Wundt and***

***Edward Titchener, in which the focus of study is the structure or basic elements of the mind.***

1. **Believed every experience could be broken down into its individual emotions and**

**sensations**

1. **Expanded Wundt’s ideas so that objective introspection could be used on thoughts as well as Sensations**
2. **Example of objective introspection on thoughts might include something like “what is blue”.**
3. Credited with bringing Structuralism to America
4. Structuralism-early perspective in psychology associated with Wilhelm Wundt and Edward Titchener in which the focus of study is the structure or basic elements of the mind
5. Titchener believed every experience could be broken down into it’s individual emotions and sensations
6. Believed introspection could be used on thoughts as well as physical sensations
7. Wudnt-introspection on physical sensations and Titchener used it on thoughts as well.
8. When having to decide between Wundt and Titchener with Introspection and Structuralism, link Wundt with introspection and Titchener with structuralism
9. Introspection was the method that Wundt used and Titchener expanded upon in order to understand the STRUCTURES of the mind and therefore Titchener used introspection to inform his theory of structuralism

Structuralism

Established as a theory of psychology in America by Edward Titchener

Died out in early 1900s due to infighting over the key elements of experience that were most important

Titchener believed there were four dimensions (quality, intensity, duration, clarity) to every sensation but others trained differently disagreed and may only have three

Fatal flaw: private technique but science requires public techiques

Titchener looking at blue light: quality, intensity, duration, clarity

blue, strong, brief, clear

Someone else looking at light: blue, clear, brief

(see clarity and intensity as one element not two)

Data must be able to be reproduced for scientific objectiveness and something happening in one’s own mind cannot be reproduced by others.

**Margaret F. Washburn**

Lived 1871-1939

Originally a student at Columbia University but was discriminated against while at Columbia and not permitted to get a doctoral degree.

She transferred to Cornell University and became a student of Titchener.

**a. a student of Edward Titchener**

**b. the first woman to receive a Ph.D. in psychology in 1894**

**c. 1908 she published The Animal Mind, a book on animal behavior**

1921 Became the second female president of the American Psychological Association (APA)

**Structuralism died out in the 1900s due to infighting about the most important elements**

Christine Ladd-Franklin

1847-1930

Completed all the requirements at Johns Hopkins University for a Ph.D. in 1882

University refused to give her the degree as they did not issue doctoral degrees to women

Distinguished research career in psychology

Developed a new theory of color vision

Finally received her Ph.D. in 1926

Functionalism

Functionalism: early perspective in psychology associated with William James in which the focus of study is how the mind allows people to adapt, live, work, and play.

It was a response to structuralism

It was influenced by the work of Darwin and the theory of natural selection.

Darwin had shown that behavior can be understood in terms of its purposes without analyzing the elementary mechanisms through which it occurs.

Natural selection: if physical traits helped survival (i.e. the function was survival) then these traits were passed on to offspring

Still used today by evolutionary psychologists.

**William James and Functionalism**

**William James 1842-1910**

Contemporary of Titchener

Found laboratory work boring and opposed structuralism.

Wrote in response to german experimentalists “this method taxes patience to the utmost and could hardly have arisen in a country whose natives could be bored”

In an article wrote of structuralism, he compared the structuralist method of understanding the mind as attempting to understand a house by analyzing the contents of each bricks. To understand a house one must first ask what it is for and then look at the whole thing and its larger parts to see how it fulfills its purposes.

Used introspection in a broad manner as a source of ideas rather than proof

**a. taught first psychology courses in America at Harvard University**

**b. wrote the psychology textbook Principles of Psychology**

**c. interested in the importance of consciousness to everyday life but believed scientific study**

**of consciousness was not possible**

**d. instead James focused on functionalism, how the mind allows people to function**

***e. Functionalism is an early perspective in psychology associated with William James, in which***

***the focus of the study is how the mind allows people to adapt, live, work, and play.***

**f. Influenced by the ideas of Charles Darwin**

**Natural Selection**

**a. behavior could aid in survival just like physical traits**

**b. behavior that aided in survival would be passed on to offspring**

**c. example: avoiding eye contact on elevator is evolutionary trait rooted in primitive need to**

**protect territory or to avoid challenging another person**

**Mary Whiton Calkins**

Lived 1863-1930

**a. one of William James’ students**

**b. completed all coursework at Harvard required for a Ph.D. in psychology but was denied the**

**degree because she was a women and only permitted to take the courses as a guest.**

Harvard had the same policy as John Hopkins University in that it didn’t grant doctorates to women

She was allowed to take classes at Harvard as a guest only

Offered a doctorate through Radcliffe College, a woman’s academy affiliated with Harvard, but refused it

**c. established a psychology laboratory at Wellesley College**

**d. conducted earliest research in human memory and psychology of the self**

**e. in 1905 she became the first female president of the APA**

**f. unlike Washburn, she never received her degree**

**Francis Cecil Sumner**

Lived 1895-1954

**a. first African American to earn a Ph.D. in psychology at Clark University** 1920

**b. became the chair of psychology department at Howard University**

**c. sometimes called the father of African American Psychology**

**Kenneth and Mamie Clark**

1. **worked to show the negative effects of school segregation on African American children**

Mamie Clark

Mamie Clark (1917-1983)

1943 Mamie Clark became second African American to earn a doctorate from Columbia.

Her husband was the first African American to earn a doctorate from Columbia.

Research on formation of racial identity and self-esteem.

Had two children while completing a doctoral degree.

Difficulty finding a job

“Although my husband had earlier secured a teaching position at the City College of New York, following my graduation it soon became apparent to me that a black female with a Ph.D. in psychology was an unwanted anomaly in New York City in the early 1940s.

1946 opened Northside Center for Child Development. Was the first agency to offer psychological services to children and families living in the Harlem area. She served as directed until her retirement in 1979.

Kenneth Clark

Kenneth Clark (1914-2005)

1971 Kenneth Clark elected first African American president of American Psychological Association

Worked with his wife to show the negative effects of segregation on school children

J. Henry Alston

John Henry Alston

1920 became the first African American to publish research findings in a U.S. psychology journal

Research was on the perception of warmth and cold

Gilbert Haven Jones

1883-1966

1909 Received a doctorate in psychology from a university in Germany

First African American with a Ph.D. to teach psychology in the U.S.

Richard Suinn

1999 First Asian American president of American Psychological Association

One of first members of the APA Committee on Ethnic Minority Affairs in 1979

Research in sport psychology and ethnic minority issues

First psychologists to serve on U.S. Olympic sports medicine team 1972

**Jorge Sanchez**

**a. Hispanic psychologist**

**b. conducted research in intelligence testing and the cultural biases in such tests**

Where we are today

**There has been an increase in minority contributions to psychology since the early days of psychology but the percentage of minorities in psychology is still small**

**Functionalism is no longer a major perspective in psychology**

**Elements of functionalism are found in modern day educational psychology or industrial/organizational psychology**

Today women constitute 48% of all psychologists holding doctoral degrees. Women earn 75.7% of new master’s degrees and 66.9% of the new doctoral degrees awarded in psychology each year.

18% of new doctoral degrees in psychology are being earned by members of ethnic minority groups. Note the chart would add to 15% so it can be assumed that some other constellation of ethnic diversity is accounting for another 3% that is being shown in this chart as white. (also keep in mind that there are +/- in statistics) If you ever see a political poll it is always +/- some amount. We can never sample the entire population of anything and so our sample has error.

**Issues in psychology: Psychology’s African American Roots**

**Even the Rat was White by Dr. Robert V. Guthrie published in 1976**

**Detailed African Americans that were important to psychology**

**Charles Henry Thompson (1896-1980)**

1. **first African American to receive a doctorate in educational psychology in 1925 from the**

**University of Chicago**

1. **editor of the Journal of Negro Education for 30 years**

**Albert Sidney Beckham (1897-1964)**

Specialized in Educational Psychology

Researched racial disparity in intelligence testing and intellectual disabilities

**a. received Ph.D. in psychology in 1930 from New York University**

**b. senior assistant psychologist at the National Committee for Mental Hygiene at the Illinois**

**institute for Juvenile Research**

**c. psychologist at DuSable High School in Chicago**

**d. publications/research in intelligence and social concerns of African American youth**

**Robert Prentiss Daniel (1920-1968)**

**a. earned a Ph.D. in educational psychology from Columbia University in 1932**

**b. Director of the Division of Educational Psychology and Philosophy at Virginia Union University**

**c. President of Shaw University in North Carolina**

**d. President of Virginia State College**

**Inez Beverly Prosser (1897-1934)**

**a. earned Ph.D. in educational psychology from University of Cincinnati in 1933**

**b. first African American woman to earn this degree**

**c. died in an automobile accident one year after earning her degree**

**Howard Hale Long (1888-1948)**

**a. earned Ed.D. in educational psychology from Harvard University in 1933**

**b. Dean of Administration at Wilberforce State College in Ohio**

**Ruth Howard (1900-1997)**

1. **first African American woman to earn a Ph.D. in psychology, not educational psychology, in 1934 from the University of Minnesota**
2. **Worked as the co-director of the Center for Psychological Services with her husband, Albert Beckham**
3. **maintained a private practice in clinical psychology**

**Gestalt Psychology: The whole is greater than the sum of its parts**

Another response against structuralism like functionalism

In psychology there is a history of having one theory that is then immediately tried to be disproven by an alternative theory: gestalt psychology and functionalism vs. Structuralism, state hypnosis vs role hypnosis, , psychoanalysis vs behaviorism, humanistic psychology vs psychoanalysis and behaviorism

Major figure was Max Wertheimer

**Max Wertheimer**

1. **objected to structuralism because he believed psychological events such as perceiving and**

**sensing could not be broken down into smaller elements and still be understood**

**b. Example: if you take apart a CD player you no longer have a CD player**

**c. slogan: the whole is greater than the sum of its parts**

**d. believed people naturally seek out patterns**

**Gestalt Psychology**

1. ***early perspective in psychology focusing on perception and sensation, particularly the***

***perception of patterns and whole figures.***

1. **Gestalt is a German word meaning an organized whole or configuration**

Gestalt is a German word meaning “good form” or “good figure”

**c. Gestalt psychology today is part of the field of cognitive psychology which focuses on**

**perception, learning, memory, thought processes, and problem solving**

Also a founding principle for Gestalt therapy

**Sigmund Freud’s Theory of Psychoanalysis**

**Freud**

1. **noted physician in Austria, a neurologist who specialized in disorders of the nervous system**

1856-1939

1. **his patients suffered from nervous disorders that seemed to have no physical cause**
2. Theory created during the Victorian age, a time of sexual repression.
3. Many of Freud’s clients were woman
4. Woman: book states it is because during the Victorian age that women were repressed sexually but that men were permitted to meet their needs through mistresses
5. An alternative reason is that only wealthy woman at the time had the resources and time to attend daily psychoanalysis
6. Patients suffered from nervous disorders without any known physical causes
7. Freud proposed that the unconscious of the patients was causing the symptoms

**c. he proposed that there was an unconscious (unaware) mind where people repress**

**threatening urges or desires and when these repressed urges try to resurface that the**

**symptoms of the nervous disorders appear**

**d. stressed the importance of childhood experiences**

**e. believed personality formed in first 6 years of life and problems started during this time**

**f. followers included Alfred Adler, Carl Jung, Anna Freud, Erik Erikson**

**g. Freud’s ideas are present today in modified form but especially in much of modern therapy**

There are people called Neo-Freudians today who have theories that are considered less sexist than some of Freud’s ideas about penis envy and the Oedipal complex. We will talk more about these in Chapter 12 so you don’t need to know these concepts yet.

Modern day therapy has been altered significantly from the days of Freud but the idea of the skilled professional helping an individual gain insight into and change his or her behavior still remains. But behaviorism has been more influential on the field of psychology as a whole not just in regard to therapy.

**h. developed the theory of psychoanalysis**

***Psychoanalysis is the theory and therapy based on the work of Sigmund Freud***

**Pavlov, Watson, and the dawn of behaviorism**

**Ivan Pavlov**

1849-1936

1. **Russian physiologist who showed a reflex could be caused to occur in response to an**

**unrelated stimulus**

1. **observed that dogs could be stimulated to salivate to the sound of a metronome as a**

**conditioned response**

Pavlov’s Conditioned Response

Pavlov’s experiments were able to show that natural responses (called unconditioned responses) that were previously triggered by unconditional stimuli (naturally occurring stimuli that are not altered in anyway) could be triggered through a stimulus that was formerly neutral but has since been conditioned (i.e. tied to the natural stimulus)

We will talk more about this in chapter 5

**John B. Watson**

1878-1958

**a. founder of behaviorism**

***b. behaviorism is the science of behavior that focuses on observable behavior only***

Challenged Structuralists , Functionalists, and psychoanalysis

**c. wanted to bring psychology back to a scientific focus and decided to focus on only**

**observable behavior and not consciousness to achieve this**

1. **observable behavior is something that can be directly seen and measured**

Based a lot of his ideas on Ivan Pavlov

**--YOU CAN STOP AT THIS POINT IN COMPARING YOUR NOTES TO MINE---**

**Of Babies and Rats**

1. **Watson believed all behavior (including phobias) is learned which is directly opposite of the viewpoint of psychoanalysis**
2. Freud’s view was that phobias were a symptom of an unconscious repressed conflict and required years of psychoanalysis to uncover and understand the repressed material
3. Watson trained the child to become afraid of the rat by pairing it with a loud noise and eventually trained the child to become afraid of anything fuzzy even when a loud noise was not present

**Little Albert**

Everyone is born a Tabula Rasa (Blank Slate)

1. **Watson taught Little Albert to fear a white rat by pairing the appearance of the rat with a**

**loud noise until Little Albert would cry in response to the rat even without the loud noise**

**b. Little Albert later started to show a fear reaction to all fuzzy things**

**c. Watson used this experiment to show that a more simple explanation could explain phobias**

**in response to the dominant force of psychoanalysis at the time**

Today the experiment would not be considered to be ethical

Later, Mary Cover Jones repeated the experiment with a child named “little Peter” but completed counterconditioning to undo the learned fear response

**Mary Cover Jones**

1897-1987

**a. completed her master’s degree in 1920 under the supervision of Watson**

**b. duplicated the Little Albert study with Little Peter to fear a white rabbit**

**c. used counterconditioning to remove the fear of the rabbit from Peter by pairing the**

**presence of the rabbit with Peter’s favorite food and by slowly bringing the rabbit closer and**

**closer to Peter**

**d. Jones was an early pioneer of behavior therapy and conducted the Oakland Growth Study**

**e. the Oakland Growth Study was a study of 200 fifth and sixth grade children and their**

**development from the beginning of puberty to adolescence**

**f. published the first educational television course in child development with her husband**

**Harold Jones in 1952**

**Behaviorism is still a major perspective in psychology today and influential in the development of cognitive psychology**

**Psychology Now Modern Perspectives**

**Psychodynamic perspective**

***The psychodynamic perspective is the modern version of psychoanalysis that is more focused on the development of a sense of self and the discovery of motivations behind a person’s behavior other than sexual motivations***

**Still influential today in therapy but with less emphasis on sexual motivations.**

Based on Freud’s theory

Modified for use today

Focus remains on the unconscious mind

-and the influence of the unconscious over conscious behavior

-and the relation of the unconscious mind to childhood experiences

-less of an emphasis on sex and sexual motivations

-more emphasis on self and discovery of other motivations behind a person’s behavior

Current Followers are called Neo-Freudians

Use in therapy

-therapists consider “Freudian complexes” in explanation for behavior

-most often speak of repression, reaction formation

-enduring as there is really no way to scientifically test them and show whether they are useful or useless (this is a very behaviorist statement to make and thus even the

authors of your textbook reveal themselves to be behaviorists)

-Freudians would see testing it in things like word association and clinical vignettes not in behaviorist kinds of testing

**Behavioral Perspective**

**Still influential today.**

**John B. Watson left psychology for advertising and B.F. Skinner became the new leader of the field.**

**B.F. Skinner**

1904-1990

**a. developed operant conditioning to explain how voluntary behavior is learned**

**b. in operant conditioning behavioral responses that are followed by pleasurable**

**consequences are strengthened and reinforced**

1. **example: a child who gets his mother’s attention after crying will cry more often**

**Humanistic perspective**

**Called the third force in psychology**

1st being psychoanalysis

2nd being behaviorism

**It was a reaction to psychoanalysis and behaviorism**

psychoanalysis viewed person as being at the whim of unconscious drives

behaviorism viewed person as being at the whim of the environment

**Focused on a person’s ability to direct their own lives**

humanistic perspective focused on the ability of people to direct their own lives

**Believed people have free will, the freedom to choose their own destiny, and strive for self-actualization**

Self-actualization

-achieving one’s full potential

-Mahatma Gandhi, Martin Luther King Jr., Jesus Christ

Focused on what makes us uniquely human

focused on things like the ability of humans to appreciate beauty

meant that this perspective was more closely related to roots of psychology in

the field of philosophy instead of medicine and physiology

they did not believe that animal laboratories or psychoanalysis with individuals with nervous disorders could lead to a better understanding of human potential

today all therapists utilize a humanistic technique in the building of the therapeutic relationship

**Two founders include Abraham Maslow (1908-1970) and Carl Rogers (1902-1987)**

**Cognitive Perspective**

***Cognitive perspective is a modern perspective that focuses on memory, intelligence, perception, problem solving, and learning.***

**Became a major force in psychology in the 1960s but grew out of the work of the Gestalt psychologists**

**Interest in studying processes of thought was stimulated by computers, the work of Piaget, Chomsky’s analysis of language, and discoveries in biological psychology.**

**Within the field of cognitive perspective is a new field of cognitive neuroscience**

***Cognitive neuroscience is the study of the physical changes in the brain and nervous system during thinking.***

**Cognitive neuroscience used tools for imaging the structure and activity of the brain including MRI, fMRI, and PET.**

modern perspective that focuses on memory, intelligence, perception, problem solving, and learning

**Sociocultural perspective**

***The sociocultural perspective is a perspective that focuses on the relationship between social behavior and culture.***

**Combines the study of social psychology and cultural psychology**

Reminds people that they are influenced by their social environment

how we behave and think is influenced by being alone, with friends, in a crowd, or part of a culture

**Lev Vygotsky, Russian psychologist, used sociocultural concepts in forming his sociocultural theory of children’s cognitive development.**

**Behavior is influenced by social environment (alone, in a crowd, with friends, in a group) and social norms, fads, class differences, and ethnic identity.**

**Cross-cultural research a behavior or issue is studied in two or more cultures.**

**A study by Darley and Latane found that the presence of other people lessened the likelihood that a person will receive help called the bystander effect.**

**The bystander effect is the result of diffusion of responsibility, the tendency to feel that someone else is responsible for taking action.**

**Shorey showed that the bystander effect appeared in another culture, Canada.**

Bystander effect

Somali Prisoner study (article in how a somali prisoner was killed by Canadian

military because of failure of bystanders to act)

We will not have time to go over chapter 13 so I will include just these two studies

here and you are expected to understand them

Bystander Effect

The likelihood that a bystander will help someone is related to the number of bystanders available

-the more bystanders available the less likely any one of them will actually help an

injured person

-everyone assumes that someone else will take care of getting help

-if only one person is standing by that person is far more likely to help

Story of Kitty Genovese

-at least 38 bystanders and no one did anything

-Kitty Genovese received no help because there were too many potential helpers

Diffusion of responsibility

-occurring when a person fails to take responsibility for actions or for inaction

because of the presence of other people who are seen to share the responsibility

Diffusion of responsibility is very important to understand

In the Milgram experiment volunteers believed they were giving powerful shocks to other human beings

What role did diffusion of responsibility play in Nazi Germany?

What role did diffusion of responsibility play in the Somali prisoner death?

**Biopsychological Perspective**

***The biopsychological perspective is a perspective that attributes human and animal behavior to biological events occurring in the body, such as genetic influences, hormones, and the activity of the nervous system.***

**Also known as physiological psychology, biological psychology, psychobiology, and behavioral neuroscience.**

Hormones, brain chemicals, tumors, and diseases are the causes of disordered behavior and mental illness

-evidence is growing for a biological cause to schizophrenia

-we will watch a movie at the end of the semester called Losing Lambert that

discusses a potential brain dysfunction that correlates with suicide

**Evolutionary perspective**

***The evolutionary perspective is a perspective that focuses on the biological bases of universal mental characteristics that all humans share.***

**Seeks to explain general mental strategies and traits such as why we lie, how attractiveness influences mate selection, why fear of snakes is so common, or why people universally like music or dancing.**

**The mind is seen as an information-processing machine designed by natural selection.**

**Example: it is evolutionary to avoid eating bitter tasting substances as a lot of poisons have a bitter taste.**

**Example: women are more likely to forgive an physical affair than an emotional affair and men are more likely to forgive an emotional affair than an physical affair. Men want to be sure of the genetic heritage of their offspring but women know the heritage of the offspring and want to be sure that they have support in raising them.**

Evolutionary explanation for anorexia

some individuals in the society carried a gene that during times of famine would be activated. This allowed these individuals to deny the need for food, have large energy supplies, and an urge to move. When the entire community was starving these individuals helped to motivate the community to travel to places where food was more plentiful.

**Psychological Professionals and Areas of Specialization**

***A psychologist is a professional with an academic degree and specialized training in one or more areas of psychology.***

**Psychologists focus their careers in a variety of settings.**

***A psychiatrist is a medical doctor who has specialized in the diagnosis and treatment of psychological disorders.***

***A psychiatric social worker is a social worker with some training in therapy methods who focuses on the environmental conditions that can have an impact on mental disorders, such as poverty, overcrowding, stress, and drug abuse.***

**Psychiatrist**

Medical Doctorate degree

specializes in diagnosis and treatment of psychological disorders

can prescribe medication

usually works in private setting or hospital setting

**Psychoanalyst**

either a medical doctorate degree or a psychologist with a Ph.D., Psy.D., or Ed.D.)

specialized training in theories of Sigmund Freud and psychoanalysis

usually work in private setting or hospital setting

**Psychiatric social worker**

Master’s degree

Licensure beyond degree (L.C.S.W. or L.P.C. or M.F.T.)

focus more on environmental conditions that can impact mental disorders such as

poverty, overcrowding, stress, drug abuse

work in clinics, hospitals, private practice, social service organizations

**Psychologist**

usually have a doctorate degree (Ph.D, Psy.D. or Ed.D)

intense academic training

learning about many different areas of psychology

some can prescribe medications with specialized training

**Areas of Specialization**

**Psychologists can conduct therapy, research, teach, design equipment and workplaces, or develop educational materials.**

**There are many subfields of psychology.**

**Psychology: The Scientific Methodology**

**Why Psychologists use the scientific method**

***Scientific method is a system of gathering data so that bias and error in measurement are reduced.***

**There are five steps in the scientific method:**

1. **Perceiving the Question**
   1. **Based on observations you determine a question you want to answer**
   2. **This step is derived from the goal of description**
   3. **EX: you notice children are more aggressive after watching a violent cartoon so your question becomes does violence in cartoons cause aggressive behavior in children?**
2. **Forming a Hypothesis**
   1. **A tentative answer to your question is a hypothesis**
   2. ***Hypothesis is a tentative explanation of a phenomenon based on observations***
   3. **This tentative explanation is put in to form of a statement that can be tested in some way**
   4. **Forming a hypothesis is based on the goals of description and explanation**
   5. **EX: Children who watch violent cartoons will become more aggressive**
   6. confirmation bias: people tend to notice only that which agrees with their world view

-belief: men with long hair smoke cigarettes. Therefore, the person only notices

long haired men smoking cigarettes and not other long haired men who don’t

smoke.

-Depressed person sees a friend across the street and waves at them. The friend does not wave back. The depressed person assumes the person no longer likes them.

- A non-depressed person sees their friend across the street and waves at them.

The friend does not wave back. The non-depressed person assumes they had

mistaken the identity of the person as their friend when they were not that person.

-The scientific method encourages people to overcome confirmation bias by actively seeking out contradictory information.

1. **Testing the hypothesis**
   1. **Seek out information that contradicts any bias or hypotheses to avoid confirmation bias**
   2. **Specific methods of testing depend on the type of question**
   3. **Ways of testing a hypothesis include detailed observations, surveys, experiments**
   4. **EX: show half of a group of children a violent cartoon and half of the group a cartoon with no violence and then measure the aggressive behaviors in each of the groups**
2. **Drawing conclusions**
   1. **Determine if the hypothesis was or was not supported**
   2. **Data is analyzed within a statistical method**
3. **Report your results**
   1. **Results are reported to help other investigators continue in this line of research and replicate the research**
   2. ***Replicate: in research, repeating a study or experiment to see if the same results will be obtained in an effort to demonstrate reliability of results***
   3. **Replication gives more support to your results and also allows others to predict and control behavior based on your findings**

**Some questions can be empirically tested through direct observation and some cannot.**

**Empirical questions can be supported or disproved by gathering evidence not by beliefs.**

**Descriptive Methods**

**Naturalistic Observation**

1. **Naturalistic observation includes watching people or animals behave in their normal environments.**
2. **The Advantage of naturalistic observation includes that it allows researchers to get a realistic picture of how the behavior occurs without the behavior being contrived or artificial.**
3. **Goal of naturalistic observation is to eliminate observer effects.**
4. ***Observer effect is the tendency of people or animals to behave differently from normal when they know they are being observed.***
5. ***Participant observation is a naturalistic observation in which the observer becomes a participant in the group being observed.***
6. **Disadvantages of naturalistic observation includes observer bias and limited generalizability of findings due to the setting being unique.**
7. ***Observer bias is the tendency of observers to see what they expect to see***
8. Blind observer: this person does the observations but has no knowledge of the hypothesis of the study

**Laboratory Observation**

**Laboratory observation has the advantage of allowing the researcher to control the setting.**

**A disadvantage of laboratory observation is that people or animals might behave in an artificial manner.**

**Case Studies**

***Case Study: study of one individual in great detail.***

**Sigmund Freud based his entire theory of psychoanalysis on case studies of his patients.**

**The advantage of a case study is the tremendous amount of detail it provides.**

**Another advantage of case study is that it is sometimes the only way to get certain information.**

**The disadvantage of a case study is that it is difficult to generalize the findings to other people or situations.**

**Another disadvantage is that case studies are vulnerable to observer/researcher bias.**

Phineas Gage

Experienced significant personality changes following an accident where a railroad spike went through the frontal lobe of his brain

Case Study that helped establish the frontal lobe as the location of personality and impulse control in the brain

**Phineas Gage is a famous case-study where after an accident he suffered major personality changes.**

**Surveys**

**In surveys researchers ask a number of questions about the topic they are studying.**

**Surveys can be conducted in person in the form of an interview, over the phone, on the internet, or with a questionnaire.**

**The advantage of surveys is that they can include hundreds of participants.**

Advantages include that they are useful for acquiring information about personal topics like sexual relationships and can gain a lot of data from large groups of people.

**Researchers must make sure they get a representative sample from the population they wish to study.**

***Representative sample: randomly selected sample of subjects from a larger population of subjects.***

***Population: the entire group of people or animals in which the researcher is interested.***

**A disadvantage of surveys is that people do not always give researchers accurate answers due to poor memory, distorting the truth, lying, or courtesy bias.**

**Courtesy bias includes when participants deliberately give the answer they think is more socially correct rather than their true opinion so that no one gets offended.**

**The wording of questions and order of questions in a survey can impact the outcome.**

**Finding Relationships**

**There are only two methods that allow researchers to know more than just a description of what has happened: correlation and experiments.**

**Correlations**

**Correlation is actually a statistical technique, a particular way of organizing numerical information so that it is easier to look for patterns in the information.**

***Correlation: a measure of the relationship between two variables.***

**A variable is anything that can change or vary such as scores on a test, temperature, gender and so on.**

**EX: researchers may want to know if smoking is tied to life expectancy but they can’t wait around for people who smoke to die. They instead use medical records of people who have already died to see if there is a connection between the number of cigarettes smoked per day and age of death.**

-EX: does cigarette smoking connected to life expectancy?

-researchers can’t wait until people die (would take too long)

-can’t perform unethical experiments where you make people die

-can only look at death records and note correlations with smoking

-researchers would collect age of death and # of cigarettes smoked

- these numbers go into a mathematical formula to get a correlation

coefficient

***Correlation coefficient: a number derived from the formula for measuring a correlation and indicting the strength and direction of a correlation (r)***

**If researchers understand how variables are correlated they can make predictions about one variable by looking at the other.**

**In a positive correlation the variables both increase in the same direction; as one goes up the other goes up or as one goes down the other goes down.**

**In a negative correlation the two variables have an inverse relationship.**

**The strength of a correlation ranges from +1.00 to -1.00.**

**The closer the correlation coefficient is to + or – 1.00 the stronger the relationship and the closer the number is to 0, the weaker the relationship between the two variables.**

**Correlation does not prove causation.**

This idea is so important that I have given this idea its own slide.

Please please please remember this!

In the book they discuss that a strong correlation between smoking and high life expectancy does not mean that smoking causes a longer life.

Instead it could be that third factor causes both increased smoking and long life or it could be that a third factor makes smoking have no impact on life expectancy and that people with high life expectancy could simply get away with smoking with no impact due to this other third factor that protects them and promotes a long life.

Just because two variables are related does not mean one of them causes the other to occur.

In the book they give an example of where there is a high number of bars that there is also a high number of churches. The number of bars does not cause the number of churches. Instead, high population causes a high number of bars and high population causes a high number of churches.

**Just because two variables are related to each other does not mean that one causes the other to occur.**

Determined by the correlation coefficient actual number

**-**The strength of the correlation is determined by the actual number

-remember the direction of the correlation is determined by whether the number is

positive or negative

- a correlation of .89 is equally strong to a correlation of -.89 but the direction of the

correlation is opposite

-0.75 is a stronger correlation than +0.45

- look at the absolute value of the number and not the sign to determine strength

**Experiments**

Experiments are the only research method that will allow researchers to determine the cause of a behavior.

***Experiment: a deliberate manipulation of a variable to see if corresponding changes in behavior result, allowing the determination***

**In an experiment researchers deliberately manipulate one variable they think is causing the behavior while holding all the other variables constant.**

**It is important to have a randomly selected sample in experiments just like in surveys.**

**The variables**

**Deciding on the variables of an experiment is very important and often occurs prior to the selection of participants.**

**It is important that variables are defined clearly.**

***Operational definition: definition of a variable of interest that allows it to be directly measured.***

***Independent variable: variable in an experiment that is manipulated by the experimenter.***

**The independent variable is independent of anything the participants do.**

***Dependent variable: variable in an experiment that represents the measurable response or behavior of the subjects in the experiment.***

**If the hypothesis is correct the behavior of the dependent variable should change based on the exposure to the independent variable.**

**The Groups**

**Confounding variables are variables that interfere with each other and possibly effect the other variable of interest.**

**The best way to control for confounding variables is to have two groups of participants an experimental group and a control group.**

***Experimental group: subjects in an experimental who are subjected to the independent variable.***

***Control group: subjects in an experiment who are not subjected to the independent variable and who may receive a placebo treatment.***

**The importance of randomization**

***Random assignment: process of assigning subjects to the experimental or control groups randomly, so that each subject has an equal chance of being in either group.***

**Random assignment helps to control for extraneous variables.**

**Random assignment means each participant has an equal chance of being assigned to each condition.**

**Experimental Hazards**

***Placebo effect: the phenomenon in which the expectations of the participants in a study can influence their behavior***

***Experimenter effect: tendency of the experimenter’s expectations for a study to unintentionally influence the results of the study.***

**Single-blind and Double-blind studies**

**Two ways to control for experimenter effect and placebo effect are single-blind and double-blind studies.**

***Single-blind study: study in which the subjects do not know if they are in the experimental or control group***

**For a long time single blind studies were what was carried out.**

**Robert Rosenthal and Lenore Jacobson wrote Pymgalion in the Classroom in 1968 which discussed how teachers expectations of students impacted the performance of those students.**

**Pymgalion in the classroom showed the need for double-blind studies.**

***Double-blind study: study in which neither the experimenter or the subjects know if the subjects are in the experimental or control group.***

**Other experimental designs**

**When subjects are not able to be randomly assigned to experimental or control groups then the study is a quasi-experimental design.**

**Issues in Psychology: Stereotypes, Athletes, and College Test Performance**

**Example of an experiment.**

**Robert Diehl and Henry Danso questioned if negative stereotypes of athletes actually contribute to poor test performance.**

**They divided 72 athletes into two groups. One group took a questionnaire about athlete stereotypes before an intelligence test and one group took the questionnaire after the intelligence test.**

**Taking the questionnaire before the intelligence test was to produce a “high threat” level for the negative stereotype.**

**Results showed that the high threat level students scored lower on the intelligence test than the other low threat group.**

**Ethics of Psychological Research**

**As the field of psychology grew, professionals wanted some protections in place so that no one would look like a “mad scientist” and to prevent the field from dying out quickly in response to experiments that hurt people.**

**Institutional review boards are a group of psychologists or other professionals at a university that look over other professionals research and judge its safety.**

**Guidelines for doing research with people**

1. **Rights and well –being of participants must be weighed against the study’s value to science.**
2. **Participants must be allowed to make an informed decision about participation.**
   1. **Participants must give their informed consent to participate**
3. **Deception must be justified**
4. **Participates may withdrawal from the study at any time.**
5. **Participants must be protected from risks or told explicitly of risks.**
6. **Investigators must debrief participants telling the true nature of the study and expectations of results.**
7. **Data must remain confidential**
8. **If for any reason a study results in undesirable consequences for the participant, the researcher is responsible for detecting and removing, or correcting these consequences.**

**Animal Research**

Animals are used for questions that are very important but impossible or difficult to study with people.

Animals shorter lives allow researchers to understand long-term effects developmentally.

Animals are easier to control.

White laboratory rat has become its own species different from ordinary rats.

Each rat is essentially its own twin due to breeding.

Animals engage in more simple behaviors than people.

Animals are not to be exposed to unnecessary pain or suffering.

**Applying psychology to everyday life: Thinking critically about critical thinking**

**The criteria for critical thinking**

***Critical thinking: making reasoned judgments about claim.***

**1. There are few truths that do not need to be subjected to testing.**

**2. All evidence is not equal in quality**

**3. Just because someone is considered to be an authority or have a lot of expertise does not make everything that person claims automatically true.**

**Law of parsimony-the simplest explanation is more often the best one.**

**4. Critical thinking requires an open mind**