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| Psychology is defined as | The scientific study of behavior and mental processes |
| What are the four goals of psychology? | Description  Explanation  Prediction  Control |
| What is description | Observing a behavior or mental process and noting everything about it. |
| What are the four questions of description? | 1. What is happening? 2. Where does it happen? 3. To whom does it happen? 4. Under what circumstances does it seem to happen? |
| What is the goal of description | observation |
| What is the goal of explanation | theory |
| What is a theory | A general explanation of a set of observations or facts |
| What is prediction | Determining what will happen in the future |
| What is the goal of prediction | Understand the behavior in the future |
| What is the goal of control | Goal of control is to change or modify the behavior, specifically from undesirable behavior to desirable behavior |
| The early roots of psychology are founded in what two fields of study | Philosophy and Physiology |
| Philosophers who made a contribution to the development of the field of psychology include | * Hippocrates * Aristotle * Plato * Descartes |
| Philosopher who lived from 384- 322 B.C. | Aristotle |
| Believed the pineal gland was the seat of the soul | Descartes |
| Philosopher who lived from 427-347 B.C. | Plato |
| Believed the brain served to cool the passion of the heart | Aristotle |
| * Aristotle’s teacher * Lived 427-347 B.C. * Believed the soul could exist separately from the body * Dualism: a belief that human beings consist of two distinct but intimately conjoined entities, a material body and an immaterial soul. | Plato |
| French philosopher and mathematician | Descartes |
| Prior to Descartes what did philosophers believe was the function of the soul | The soul was viewed as the source of heat, life, and movement |
| What function did Descartes attribute to the soul | Thought in the form of conscious deliberation and judgment |
| Why was Descartes dualism theory well received | It accounted for the functions of the sense organs, nerves, and muscles without violating religious beliefs at that time. |
| Lived from 1596-1650 | Rene Descartes |
| Lived from 1599-1679 | Thomas Hobbes |
| Lived from 1801-1858 | Johannes Muller |
| -Lived from 384- 322 B.C.  -Believed the brain served to cool the passion of the heart  -Viewed the heart as the seat of thought and emotion  -Believed the soul and the body were two parts of the same underlying structure  -Wrote De Anima | Aristotle |
| What did Descartes believe was the function of the pineal gland | Descartes believed the pineal gland was the seat of the soul |
| Believed the soul and the body were two parts of the same underlying structure | Aristotle |
| English Philosopher | Thomas Hobbes |
| Philosopher who believed the soul could exist separately from the body (called dualism) | Plato |
| Dualism | A belief that human beings consist of two distinct but intimately conjoined entities, a material body and an immaterial soul. |
| Performed first scientific experiments in studies of perception | Gustav Fechner |
| Viewed the heart as the seat of thought and emotion | Aristotle |
| Lived 1821-1894 | Herman von Helmholtz |
| What is the true function of the Pineal gland | -Produces several hormones including melatonin  -Regulation of endocrine functions  -Conversion of nervous system signals to endocrine signals  -Causes sleepiness  -Influences development of sexual organs |
| Conducted groundbreaking experiments in visual and auditory perception | Hermon von Helmholtz |
| What was the major flaw of Descartes theory | How can something ethereal interact with something material which in modern day has been nicknamed “casper’s dilemma”. |
| Aristotle’s teacher | Plato |
| Wrote De Anima | Aristotle |
| Tutor to King Charles II | Thomas Hobbes |
| Strong advocate for the application of experimental techniques | Johannes Muller |
| What political/religious struggle was set off by the book Leviathan? | The bishop wanted Thomas Hobbes to be burnt to death for blasphemy but he was a former tutor to the king. Because of the protection of the king, Hobbes only received a stern warning and copies of Leviathan were burned by the church. |
| Believed all human behavior was mechanical | Thomas Hobbes |
| What is materialism | A theory made popular by Thomas Hobbes that espouses that nothing but matter and energy exists. |
| Nativism | Elementary ideas are innate to the human mind and do not need to be gained through experience. |
| Wrote the doctrine of specific nerve energies | Johannes Muller |
| Wrote Leviathan | Thomas Hobbes |
| Conclusion was that the brain must be functionally divided | Doctrine of specific nerve energies |
| The process of examining and measuring one’s own thoughts and mental activities | Objective introspection |
| Lived 1801-1887 | Gustav Fechner |
| What is empiricism | Theory that espouses that all knowledge is derived from sensory experiences. |
| Believed conscious thought was a product of the brain’s machinery | Thomas Hobbes |
| How are thoughts formed according to empiricism? | Elementary ideas that are derived from sensory experiences become linked together to form thoughts. |
| Why was Thomas Hobbes able to break away from dualistic theory while Rene Descartes was not? | Thomas Hobbes was an Englishman where the church and the state were already in conflict and democracy was emerging. Rene Descartes was in France where the church maintained power. |
| The first woman to receive her Ph.D. in psychology in 1894 | Margaret F. Washburn |
| States that 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 |
| Established the first psychology laboratory in Leipzig Germany in 1879 | Wilhelm Wundt |
| Lived from 1847-1930 | Christine Ladd-Franklin |
| Student of Wundt | Edward Titchener |
| Received her Ph.D. in 1926 | Christine Ladd-Franklin |
| Published *The Animal Mind* in 1908 | Margaret F. Washburn |
| Brought Wundt’s ideas to America | Edward Titchener |
| Lived 1871-1939 | Margaret F. Washburn |
| Women constitute what percentage of all psychologists holding doctoral degrees? | 48% |
| What percent of new doctoral degrees are being earned by members of ethnic minority groups? | 18% |
| Lived from 1832-1920 | Wilhelm Wundt |
| Believed the mind was made up of thoughts, experiences, emotions, and other basic elements | Wilhelm Wundt |
| Expanded Wundt’s ideas of introspection of to include thoughts as well as physical sensations | Edward Titchener |
| Father of psychology | Wilhelm Wundt |
| Lived 1867-1927 | Edward Titchener |
| What percentage of new doctoral degrees in psychology are earned by women each year? | 66.9% |
| Inventor of objective introspection | Wilhelm Wundt |
| 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 | Structuralism |
| Physiologist who applied scientific principles to the mind | Wilhelm Wundt |
| Psychology as a field is how old? | Around 125 years old. |
| Women earn what percent of new master’s degrees in psychology each year? | 75.7% |
| Student of Titchener at Cornell University | Margaret F. Washburn |
| Second female president of the American Psychological Association | Margaret F. Washburn |
| Johns Hopkins University refused to grant her a Ph.D. in 1882 despite her having completed all the requirements. | Christine Ladd-Franklin |
| Originally a student at Columbia University but left due to discrimination | Margaret Washburn |
| What is the fatal flaw of structuralism? | It is a private technique and therefore data is not able to be reproduced by others |
| Lived from 1847-1930 | Christine Ladd-Franklin |
| The reason John Hopkins University did not give Christine Ladd-Franklin her Ph.D. | She was a woman and the university did not issue doctoral degrees to woman in 1882 |
| What did Titchener view as the four qualities of an introspection? | Quality, intensity, duration, clarity |
| Developed a new theory of color vision | Christine Ladd-Franklin |
| Lived 1842-1910 | William James |
| 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. | Functionalism |
| Lived 1863-1930 | Mary Whiton Calkins |
| Theory used today by evolutionary psychologists | functionalism |
| 1905 First female president of the American Psychological Association | Mary Whiton Calkins |
| First African American to earn a Ph.D. in psychology at Clark University | Francis Cecil Sumner |
| Student of William James | Mary Whiton Calkins |
| Completed Ph.D. requirements at Harvard University but was denied a doctorate | Mary Whiton Calkins |
| Lived from 1897-1964 | Albert Sidney Beckham |
| Father of African American Psychology | Francis Cecil Sumner |
| Established a psychology lab at Wellesley College | Mary Whiton Calkins |
| Theory of psychology influenced by the theory of natural selection | functionalism |
| One of the first members of the APA Committee on Ethnic Minority Affairs | Richard Suinn |
| Despite having completed the work she was never awarded her Ph.D. | Mary Whiton Calkins |
| 1943 became the second African American to earn a doctorate in psychology from Columbia | Mamie Clark |
| Research on learning , short term memory, and psychology of the self | Mary Whiton Calkins |
| Lived 1895-1954 | Francis Cecil Sumner |
| Means good form or good figure | Gestalt |
| Research on formation of racial identity and self-esteem | Mamie Clark |
| Worked with his wife to show the negative effects of segregation on school children | Kenneth Clark |
| In 1909 he received a doctorate in psychology from a university in Germany and then returned to the U.S. to become the first African American with a Ph.D. to teach psychology in the U.S. | Gilbert Haven Jones |
| Lived 1856-1939 | Sigmund Freud |
| First Asian American president of the APA in 1999 | Richard Suinn |
| 1946 Opened the Northside Center for Child Development | Mamie and Kenneth Clark |
| First psychologist to serve on U.S. Olympic sports medicine team in 1972 | Richard Suinn |
| The year Francis Cecil Sumner became the first African American to earn a Ph.D. in psychology from Clark University | 1920 |
| Theory created during the Victorian Age | Psychoanalysis |
| Had two children while completing a doctoral degree | Mamie Clark |
| 1920 the first African American to publish research findings in a U.S. psychology journal | J. Henry Alston |
| Conditioned dogs to salivate at the sound of a bell | Ivan Pavlov |
| 1971 Elected the first African American president of the American Psychological Association | Kenneth Clark |
| J. Henry Alston’s research | The perception of warmth and cold |
| Lived from 1917-1983 | Mamie Clark |
| Conducted the Oakland Growth Study | Mary Cover Jones |
| Researched sport psychology and ethnic minority issues | Richard Suinn |
| Researched racial disparity in intelligence testing and intellectual disabilities | Albert Sidney Beckham |
| According to psychoanalysis phobias are caused by | Unconscious repressed conflict |
| Primarily concerned with sensation and perception but also focuses on perception, learning, memory, thought process, and problem solving today | Gestalt psychology |
| Lived from 1883-1966 | Gilbert Haven Jones |
| Studies sensation and perception | Gestalt psychology |
| Lived 1914- 2005 | Kenneth Clark |
| Specialized in educational psychology | Albert Sidney Beckham |
| Two current areas of psychology founded on some principles of Gestalt psychology | Cognitive psychology  Gestalt therapy |
| Major figure of Gestalt psychology | Max Wertheimer |
| Who hold a belief that people naturally seek out patterns | Gestalt psychologists |
| What are the two competing theories as to why most of Freud’s clients were women | 1) During the Victorian Age sex was repressed. The men had cultural permission to have mistresses and so they did not experience symptoms associated with repression like the women did.  2) Only wealthy Victorian women had the time or resources to undergo daily psychoanalysis. |
| Slogan of Gestalt psychology | The whole is greater than the sum of its parts |
| What forms can Freud’s psychoanalysis be found in today? | It is the source of the modern day therapy model  Psychoanalysis is still practiced today in a modified form |
| What did Freud propose was the cause of nervous disorders of his patients | The unconscious |
| Lived 1878-1958 | John B. Watson |
| Lived 1849-1936 | Ivan Pavlov |
| Why did Freud stress the importance of the childhood? | He believed childhood, specifically the first six years, were the source of the personality and of all problems of the unconscious. |
| Created the first educational television course in child development in 1952 | Mary Cover Jones |
| Ignored consciousness and focused on observable behavior | John B. Watson and behaviorists |
| According to behaviorists phobias are caused by | Learned fear response |
| The science of behavior that focuses on observable behavior only | Behaviorism |
| Why could Watson’s experiment not be repeated today | It would be considered to be unethical |
| Watson trained him to become afraid of a white rat by pairing it with a loud noise | Little Albert |
| Tabla Rasa | Belief that we are all born a blank slate |
| Mary Cover Jones trained him to become afraid of a white rabbit | Little Peter |
| Replaced Watson as a forerunner of the behavioral perspective | B.F. Skinner |
| Lived 1897-1987 | Mary Cover Jones |
| A theory that conditioned behaviors that are followed by pleasurable consequences will be reinforced | Operant conditioning |
| Lived 1904-1990 | B.F. Skinner |
| Developed Operant Conditioning | B.F. Skinner |
| What did Mary Cover Jones use to countercondition Little Peter so he was not afraid of rabbits any longer | His favorite food |
| Modern perspective based on Freud’s theory | Psychodynamic Perspective |
| Counterconditioning | Further conditioning to remove a previously conditioned response |
| Decided to pursue a graduate education after attending a weekend lecture by Watson | Mary Cover Jones |
| Watson’s second career | Advertising |
| A mother and her 2 year old son are in the grocery store. The boy begins to cry and scream when they go by the candy isle because he wants candy. The mother, who does not want to bother other shoppers in the store, gives her son a piece of candy to quiet him down. According to the theory of operant conditioning what is likely to happen in the future. | The child will cry and scream more often as he now associates crying and screaming with getting candy. |
| Called the third force in psychology | Humanistic perspective |
| What perspective focuses on the person’s ability to direct their own lives | Humanistic perspective |
| Humanists believed that people were striving to achieve their full potential called | Self-actualization |
| Human behavior is seen as the direct result of events in the body | Biopsychological perspective |
| The humanistic perspective was a reaction to | Both the psychodynamic theory and behaviorism |
| The humanistic perspective is more closely rooted in \_\_\_\_\_\_\_\_\_\_\_\_ rather than medicine and physiology | philosophy |
| Hormones, brain chemicals, tumors, and diseases are the causes of disordered behavior and mental illness. | Biopsychological perspective |
| Viewed humans as being at the whims of unconscious drives | psychoanalysis |
| Self-actualization is | The ability to achieve one’s full potential |
| How do modern therapists utilize humanistic techniques | In the building of the therapeutic relationship |
| Viewed humans as being at the whim of the environment | behaviorism |
| Influenced by Gestalt psychology, the development of computers, the work of Piaget, and discoveries in the biological psychology | Cognitive perspective |
| Became a psychological force in the psychology field in the 1960s | Cognitive perspective |
| The effect that states the more bystanders available the less likely anyone of them will actually help an injured person | Bystander effect |
| Some community individuals carried a gene that caused them to deny hunger, have unlimited energy, and a strong urge to move elsewhere when the community is faced with famine. | Evolutionary perspective of anorexia |
| Kitty Genovese | Woman who was attacked and given no help despite having at least 38 bystanders who witnessed the attack. |
| Study where individuals continued to give electric shocks to other individuals despite being aware of the individuals being in pain because a “scientist” told them to continue. | Milgram Experiment |
| 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 |
| Perspective that focuses on the biological bases of universal mental characteristics that all humans share | Evolutionary perspective |
| -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 | Psychiatric social worker |
| Perspective that views the mind as an information processing machine designed by natural selection | Evolutionary perspective |
| The study of groups, social roles, and rules of social actions, and relationships | Social psychology |
| 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 |
| Study of cultural norms, values, and expectations | Cultural psychology |
| This perspective offers an explanation for forgiveness in relation to emotional and physical affairs | Evolutionary perspective |
| Perspective that focuses on the relationship between social behavior and culture | Sociocultural perspective |
| -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 | psychoanalyst |
| What is an empirical question | A question that can be tested through the scientific method |
| -Medical Doctorate degree  -specializes in diagnosis and treatment of psychological disorders  -can prescribe medication  -usually works in private setting or hospital setting | Psychiatrist |
| Why are studies reported? | So they can be replicated |
| When are results reported | When they are supported or rejected |
| The methods for testing a hypothesis must match this | The question asked |
| The bias where an individual only notices examples that agree with their world view | Confirmation bias |
| A tentative explanation of a phenomenon based on observations | hypothesis |
| The five steps to the scientific method are | 1) perceiving the question  2) forming a hypothesis  3) testing the hypothesis  4) drawing conclusions  5) report your results |
| What are the four descriptive methods | Naturalistic observation  Laboratory observation  Case studies  surveys |
| A disadvantage of these descriptive methods was that information was not easily generalized | Naturalistic observation  Case study  Laboratory observation |
| Tendency of observers to see what they tend to expect to see  A special kind of confirmation bias | Observer bias |
| Watching people or animals behave in their normal environment | Naturalistic observation |
| Observer bias is a disadvantage of this descriptive method | Naturalistic observation |
| A disadvantage of this method includes that animals or people may behave in an artificial manner | Laboratory observation |
| An advantage of this descriptive method is that it provides a lot of environmental control | Laboratory observation |
| The study of one individual in great detail | Case study |
| Sigmund Freud based his entire theory of psychoanalysis on these | Case studies |
| A naturalistic observation in which the observer becomes a participant of the group being observed | Participant observation |
| This person does observations but has no knowledge of the hypothesis of the study | Blind observer |
| Tendency of people or animals to behave differently from normal when they know they are being observed | Observer effect |
| Witnessing natural and non-contrived behavior is an advantage of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Naturalistic observation |
| Advantages of this descriptive method include that they provide incredible detail and are sometimes the only way to get certain information | Case studies |
| This descriptive method consists of a series of questions asked in person, in interviews, on the telephone, on the internet or with a questionnaire | surveys |
| A disadvantage of surveys include | Researchers must make sure they have a representative sample from the population |
| Advantages of this descriptive method 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 | surveys |
| Representative sample | Randomly selected sample of subjects from a larger population of subjects |
| Disadvantages of this descriptive method include that researchers have to make sure they have a representative sample, courtesy bias, and bias caused by the wording of questions | survey |
| The entire group of people or animals in which the researcher is interested | population |
| How can the wording of questions in surveys influence the results | The wording of the questions could confuse participants leading to incorrect data. They can lead participants to give a desired answer and lead to incorrect data. The order of questions can influence the answers given. |
| Lived 1823-1860 | Phineas Gage |
| Participants give answers to questions that they believe are socially acceptable or desirable | Courtesy bias |
| Experienced significant personality changes following an accident where a railroad spike went through the frontal lobe of his brain. | Phineas Gage |
| Two methods that allow researchers to know more about a topic than simple description | Correlations  experiments |
| A measureable characteristic whose change is observed or manipulated in research | variable |
| What does correlation does not prove causation mean? | That simply because two variables change in a predictable pattern with one another, it does not mean that one variable causes the other. |
| Is -0.89 or +0.75 a stronger correlation | -0.89 |
| variables that interferes with each other and their possible effects on some other variable of interest | Confounding variable |
| What two things are important in sample selection? | A clearly defined population of study  The sample must be randomly selected from the defined population |
| Definition of a variable of interest that allows it to be directly measured | Operational definition |
| Subjects in an experiment who are subjected to the independent variable | Experimental group |
| A number between -1.0 and +1.0 that shows how closely related two variables are and in what direction | Correlation coefficient |
| Case Study that helped establish the frontal lobe as the location of personality and impulse control in the brain | Phineas Gage |
| Variable in an experiment that represents the measurable response or behavior of the subjects in the experiment | Dependent variable |
| 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 |
| What is the purpose of random assignment of participants to the experimental or control groups | To prevent extraneous variables from interfering with the experiment |
| the only research method that will allow researchers to determine the cause of a behavior | Experiment |
| A measure of the relationship between two variables | correlation |
| Tendency of the experimenter’s expectations for a study to unintentionally influence the results of the study | Experimenter effect |
| Study in which neither the experimenter nor the subjects knows if the subjects are in the experimental or control group | Double blind study |
| A deliberate manipulation of a variable to see if corresponding changes in behavior result, allowing the determination of cause and effect relationships | Experiment (definition of) |
| Variable in an experiment that is manipulated by the experimenter | Independent variable |
| Researchers of Pygmalian in the classroom | Robert Rosenthal and Lenore Jacobson |
| Subjects in an experiment who are not subjected to the independent variable and who may receive a placebo treatment | Control group |
| Any variables not directly related to the independent variable and dependent variable | Extraneous variables |
| The phenomenon in which the expectations of the participants in the study can influence their behavior | Placebo effect |
| Single-blind study | Study in which the subjects do not know if they are in the experimental or the control group |
| An alternative research designed used with participants can’t be randomly assigned | Quasi-experimental design |
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| Study where teachers were told students had either high potential or low potential and the response of the teachers to these students actually started to impact the students grades | Pygmalian in the classroom |