Unit 1: Study Guide
History and Approaches

The unit traces the emergence of scientific psychology in the nineteenth century from its roots in philosophy and physiology, and covers the development of the major “schools” of psychology, showing how these schools differed in what they viewed as the proper subject matter of psychology and the methods they used to study it. This historical introduction helps us gain an understanding of the primary approaches to psychology: Behavioral, Biological, Cognitive, Humanistic, Psychodynamic, Evolutionary/Sociobiological, and Sociocultural.

CR1: The course provides instruction in psychology’s history and approaches.

- Text: Prologue, pp. 1 – 14
- Student Resources: Flashcards on text site www.worthpublishers.com/myers8e
- Timeline: 2 days

Key Terms

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<th>Psychology</th>
<th>Empiricism</th>
<th>Structuralism</th>
<th>Functionalism</th>
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<td>Nature and Nurture</td>
<td>Natural selection</td>
<td>Neuroscience</td>
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<td>Social-Cultural</td>
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<td>Introspection</td>
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<td>Mind-Body Dualism</td>
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<td>Gestalt</td>
<td>Ethnocentrism</td>
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Key People

- Aristotle
- Socrates & Plato
- John Locke*
- Rene Descartes*
- Wilhelm Wundt*
- Edward Titchener
- William James*
- Charles Darwin

A. Natural selection is at the core of my theory of evolution.
B. Leipzig, Deutschland. 1st college laboratory of Psychology. Wunderbar!
C. Conjunction-junctional, I’m an American Functionalist.
D. Empirically, we are born with a blank slate.
E. Introspection helps us search inward for understanding.
F. I’m a student of Plato, who observed that knowledge is not pre-existing.
G. Dualism is my motto of understanding behavior, oui, oui.
H. Logically speaking, our minds continue to exist after we die b/c knowledge is innate.

An emphasis on
- History of psychology as a science.
- Primary movements and individuals.
- An understanding of the primary approaches to psychology.
  - Behavioral – Biological – Cognitive – Humanistic – Psychodynamic – Evolutionary/Sociobiological – Sociocultural
- An understanding of the methods these approaches used to explain behavior.
- (2 – 4 % of multiple choice on exam)
Learning Outcomes (from the Myers text - Prologue: The Story of Psychology)

1. Define Psychology
2. Trace psychology’s prescientific roots, from early understandings of mind and body to the beginning of modern science.
3. Explain how the early psychologists sought to understand the mind’s structure and functions, and identify some of the leading psychologists who worked in these areas.
4. Describe the evolution of psychology as defined from the 1920s through today.
5. Summarize the nature-nurture debate in psychology, and describe the principle of natural selection.
6. Identify the three main levels of analysis in the biopsychosocial approach, and explain why psychology’s varied perspectives are complementary.
7. Identify some of psychology’s subfields, and explain the difference between clinical psychology and psychiatry.

Myers’ Psychology Text Reading Guide Questions
Unit 1: History and Research

Pages 1 – 14
1. What is empiricism?
2. Wundt, James, Descartes, Locke
3. What’s psychology’s “Big Debate?”
4. Biopsychosocial Approach with example
5. Psychiatry vs Psychology