

STUDY GUIDE

Unit 1: Psychology's History and Approaches

UNIT OVERVIEW

Psychology's historical development and current activities lead us to define the field as the science of behavior and mental processes. Unit 1 discusses the development of psychology from ancient times until today and the range of behaviors and mental processes being investigated by psychologists in each of the various specialty areas. In addition, it introduces the biopsychosocial approach that integrates the three main levels of analysis followed by psychologists working from the seven major perspectives. Next is an overview of the diverse subfields in which psychologists conduct research and provide professional services.

Unit 1 concludes with a Close-Up explaining how to get your study of psychology off on the right foot by learning (and

pledging to follow!) the SQ3R study method. This study method is also discussed in the essay at the beginning of this Study Guide.

UNIT REVIEW

First, skim each section, noting headings and boldface items. After you have read the section, review each objective by answering the fill-in questions that follow it. As you proceed, evaluate your performance by consulting the answers on page 9. Do not continue with the next section until you understand each answer. If you need to, review or reread the section in the textbook before continuing.

What Is Psychology?

Objective 1: Describe the evolution of psychology from its early pioneers to contemporary concerns.

1. Psychological science seeks to answer questions about how people _____, _____, and _____ as they do.
2. The Greek philosophers _____ and _____ concluded that the _____ is separate from the _____ and that knowledge is _____. One of their students, _____, disagreed, arguing that knowledge grows from the _____ stored in our memories.
3. French philosopher _____ believed that flow from the brain through what we call _____ to the muscles, enabling body movements.
4. English philosopher argued that the mind at birth is a blank slate, or _____. His ideas, together with those of his countryman _____, helped form _____, the view that science should rely on _____ and _____.
5. The first psychological laboratory, was founded in 1879 by Wilhelm _____. His student, _____, introduced the school of _____, which explored the basic elements of mind using the method of _____. This method proved (reliable/unreliable).
6. Under the influence of evolutionary theorist Charles Darwin, psychologist _____ assumed that thinking developed because it was _____. He founded the school of _____, which focused on how mental and behavioral processes enable the organism to adapt, survive, and flourish.
7. The first female president of the American Psychological Association was _____. The first woman to receive a Ph.D. in psychology was _____.
8. Psychologists who explore thinking and behavior by conducting experiments are called _____.

Objective 2: Describe the evolution of psychology as defined from the 1920s through today.

9. The historical roots of psychology include the fields of _____ and _____.
10. Some early psychologists included Ivan Pavlov, who pioneered the study of _____ the personality theorist _____ and Jean Piaget, who studied _____.

11. In its earliest years, psychology was defined as the science of _ life. From the 1920s into the 1960s, psychology in America was redefined as the science of _____ behavior.
12. As a response to Freudian psychology and to _____, which they considered too mechanistic, pioneers _____ and forged _____ psychology. This new perspective emphasized the _____ potential of people.
13. During the 1960s, psychology underwent a _____ revolution as it began to recapture interest in how our _____ processes and retains information. The study of brain activity linked with mental activity is called _____.
14. The text author defines psychology as the scientific study of _____ and _____ processes.
15. In this definition, "behavior" refers to any action that we can and _____, and "mental processes" refers to the internal, _____ we _____ from behavior.
16. As a science, psychology is less a set of findings than a way of _____.

Contemporary Psychology

1. Worldwide, the number of psychologists is (increasing/ decreasing).

Thanks to international publications and meetings, psychological science is also _____.

Objective 3: Summarize the nature-nurture debate in psychology, and describe the principle of natural selection.

2. The nature-nurture issue is the controversy over the relative contributions of _____ and _____.
3. In 1859, naturalist _____ explained species variation by proposing the process of _____, which works through the principle of _____ . This is the principles that traits contributing to and _____ will most likely be passed on to succeeding generations.
4. Although the debate continues, we will see that _____ works on what _____ endows and that every _____ event is simultaneously a _____ event.

Objective 4: Identify the three main levels of analysis in the biopsychosocial approach, and explain why psychology's varied perspectives are complementary.

5. Each person is a complex _____ that is part of a larger _____ and at the same time composed of smaller systems. For this reason, psychologists work from three main _____ of _____ biological, _____, and which together form an integrated _____ approach to the study of behavior and mental processes.
6. Psychologists who study how the body and brain enable emotions, memories, and sensory experiences are working from the _____ perspective.
7. Psychologists who study how natural selection influences behavior tendencies are working from the _____ perspective.
8. Psychologists who believe that behavior springs from unconscious drives and conflicts are working from the _____ perspective.
9. Psychologists who study the mechanisms by which observable responses are acquired and changed are working from the _____ perspective.
10. The " _____ perspective explores how we encode, process, store, and retrieve information.
11. Psychologists working from the historically important _____ perspective explore how people attempt to fulfill their potential.
12. Psychologists who study how thinking and behavior vary in different situations are working from the _____ perspective.

13. The different perspectives on the big issues _____ (contradict/ complement) one another.

Objective 5: Identify some of psychology's subfields, and explain the difference between clinical psychology and psychiatry.

14. The branch of psychology devoted to measuring our abilities, attitudes, and traits is _____ .

15. Psychologists may be involved in conducting _____ , which builds psychology's knowledge base, or _____ , which seeks solutions to practical problems.

16. Psychologists who study our changing abilities from womb to tomb are _____ psychologists.

17. Educational psychologists study influences on _____ and _____ .

18. Psychologists who investigate our persistent traits are _____ psychologists, where those who explore how we view and affect one another are _____ psychologists.

19. Psychologists who help people cope with problems in living are called _____ psychologists. Psychologists who study, assess, and treat troubled people are called _____ psychologists.

20. Medical doctors who provide psychotherapy and treat physical causes of psychological disorders are called _____ .

Close-Up: Tips for Studying Psychology

Objective 6: Describe several effective study techniques.

1. To master any subject, you must _____ process it.

2. The _____ study method incorporates five steps:

- a. _____ , b. _____ , c. _____ , d. _____ ,
and e. _____ .

List five additional study tips identified in the text.

- a. _____
b. _____
c. _____
d. _____
e. ' _____

PROGRESS TEST 1

Multiple-Choice Questions

Circle your answers to the following questions and check them with the answers. If your answer is incorrect, read the explanation for why it is incorrect and then consult the appropriate pages of the text (in parentheses following the correct answer).

- In its earliest days, psychology was defined as the
 - science of mental life.
 - study of conscious and unconscious activity.
 - science of observable behavior.
 - science of behavior and mental processes.
- Who would be most likely to agree with the statement, "Psychology should investigate only behaviors that can be observed"?
 - Wilhelm Wundt
 - Sigmund Freud
 - John B. Watson
 - William James
- Today, psychology is defined as the
 - science of mental phenomena.
 - science of conscious and unconscious activity.
 - science of behavior.
 - science of behavior and mental processes.
- Who introduced the early school of structuralism?
 - Edward Titchener
 - Wilhelm Wundt
 - William James
 - Mary Whiton Calkins
- Who wrote the early textbook *Principles of Psychology*?
 - Wilhelm Wundt
 - Ivan Pavlov
 - Jean Piaget
 - William James

6. Which of the following exemplifies the issue of the relative importance of nature and nurture on our behavior?
 - a. the issue of the relative influence of biology and experience on behavior
 - b. the issue of the relative influence of rewards and punishments on behavior
 - c. the debate as to the relative importance of heredity and instinct in determining behavior
 - d. the debate as to whether mental processes are a legitimate area of scientific study

7. The seventeenth-century philosopher who believed that the mind is blank at birth and that most knowledge comes through sensory experience is
 - a. Plato. c. Descartes.
 - b. Aristotle. d. Locke.

8. Which seventeenth-century philosopher believed that some ideas are innate?
 - a. Aristotle c. Descartes
 - b. Plato. d. Locke.

9. Which psychological perspective emphasizes the interaction of the brain and body in behavior?
 - a. biological
 - b. cognitive.
 - c. behavioral
 - d. evolutionary

10. A psychologist who explores how Asian and North American definitions of attractiveness differ is working from the perspective.
 - a. behavioral c. cognitive
 - b. evolutionary d. social-cultural

11. A psychologist who conducts experiments solely intended to build psychology's knowledge base is engaged in
 - a. basic research.
 - b. applied research.
 - c. industrial-organizational research.
 - d. clinical research.

12. Psychologists who study, assess, and treat troubled people are called
 - a. basic researchers.
 - b. applied psychologists.
 - c. clinical psychologists.
 - d. psychiatrists.

13. Today, psychology is a discipline that
 - a. connects with a diversity of other fields.
 - b. is largely independent of other disciplines.
 - c. is focused primarily on basic research.
 - d. is focused primarily on applied research.

14. (Close-Up) In order, the sequence of steps in the SQ3R method is
 - a. survey, review, question, read, reflect.
 - b. review, question, survey, read, reflect.
 - c. question, review, survey, read, reflect.
 - d. survey, question, read, review, reflect.

15. Psychologists who study how brain activity is linked to memory, perception, and other thought processes are called
 - a. humanistic psychologists.
 - b. psychiatrists.
 - c. clinical psychologists.
 - d. cognitive neuroscientists.

Matching Items

Match each psychological perspective, school, and subfield with its definition or description.

Terms

1. _____ biological perspective
2. _____ social-cultural perspective
3. _____ psychiatry
4. _____ clinical psychology
5. _____ humanistic perspective
6. _____ behavioral perspective
7. _____ industrial-organizational psychology
8. _____ cognitive perspective
9. _____ basic research
10. _____ applied research
11. _____ evolutionary perspective
12. _____ psychodynamic perspective
13. _____ structuralism
14. _____ functionalism
15. _____ behaviorism
16. _____ cognitive neuroscience

Definitions or Descriptions

- a. behavior in the workplace
- b. how people differ as products of different environments
- c. the study of practical problems
- d. an early school of psychology that used introspection to explore the contents of the mind
- e. the mechanisms by which observable responses are acquired and changed
- f. how the body and brain create emotions, memories, and sensations
- g. how we encode, process, store, and retrieve information
- h. the view that psychology should be an objective science that avoids reference to mental processes
- i. how natural selection favors traits that promote the perpetuation of one's genes
- j. the study, assessment, and treatment of troubled people
- k. brain activity linked with perception, thinking, memory, and language
- l. the disguised effects of unfulfilled wishes and childhood traumas
- m. adds to psychology's knowledge base
- n. an early school of psychology that focused on the adaptive value of thoughts and behaviors
- o. the historically significant perspective that emphasized people's potential for growth
- p. the medical treatment of psychological disorders

PROGRESS TEST 2

Progress Test 2 should be completed during a final unit review. Answer the following questions after you thoroughly understand the correct answers for the section reviews and Progress Test 1.

Multiple-Choice Questions

1. The first psychology laboratory was established by in the year _____.
 - a. Wundt; 1879
 - b. James; 1890
 - c. Freud; 1900
 - d. Watson; 1913
2. Who would be most likely to agree with the statement, "Psychology is the science of mental life"?
 - a. Wilhelm Wundt
 - b. John Watson
 - c. Ivan Pavlov
 - d. virtually any American psychologist during the 1960s
3. In psychology, behavior is best defined as
 - a. anything a person says, does, or feels.
 - b. any action we can observe and record.
 - c. any action, whether observable or not.
 - d. anything we can infer from a person's actions.
4. Carl Rogers and Abraham Maslow are most closely associated with
 - a. cognitive psychology.
 - b. behaviorism.
 - c. psychodynamic theory.
 - d. humanistic psychology.
5. In defining psychology, the text notes that psychology is most accurately described as a
 - a. way of asking and answering questions.
 - b. field engaged in solving applied problems.
 - c. set of findings related to behavior and mental processes.
 - d. nonscientific approach to the study of mental disorders.
6. Two historical roots of psychology are the disciplines of
 - a. philosophy and chemistry.
 - b. physiology and chemistry.
 - c. philosophy and biology.
 - d. philosophy and physics.
7. The Greek philosopher who believed that intelligence was inherited was
 - a. Aristotle.
 - b. Plato.
 - c. Descartes.
 - d. Simonides.

8. The way we encode, process, store, and retrieve information is the primary concern of the ____ perspective.
- biological
 - evolutionary
 - social-cultural
 - cognitive
9. Which of the following individuals is also a physician?
- clinical psychologist
 - experimental psychologist
 - psychiatrist
 - biological psychologist
10. Dr. Jones' research centers on the relationship between changes in our thinking over the life span and changes in moral reasoning. Dr. Jones is most likely a
- clinical psychologist.
 - personality psychologist.
 - psychiatrist.
 - developmental psychologist.
11. Which subfield is most directly concerned with studying human behavior in the workplace?
- clinical psychology
 - personality psychology
 - industrial-organizational psychology
 - psychiatry
12. Dr. Ernst explains behavior in terms of different situations. Dr. Ernst is working from the ____ perspective.
- behavioral
 - evolutionary
 - social-cultural
 - cognitive
13. Which perspective emphasizes the learning of observable responses?
- behavioral
 - social-cultural
 - biological
 - cognitive
14. A psychologist who studies how worker productivity might be increased by changing office layout is engaged in research.
- applied
 - basic
 - clinical
 - developmental
15. (Close-Up) A major principle underlying the SQ3R study method is that
- people learn and remember material best when they actively process it.
 - many students overestimate their mastery of text and lecture material.
 - study time should be spaced over time rather than crammed into one session.
 - overlearning disrupts efficient retention
16. The biopsychosocial approach emphasizes the importance of
- different levels of analysis in exploring behavior and mental processes.
 - basic research over pure research.
 - pure research over basic research.
 - having a single academic perspective to guide research.

True-False Items

Place a T or an F in the blank next to each statement.

- _____ 1. Psychology's three main levels of analysis often contradict each other.
- _____ 2. The primary research tool of the first psychologists was the experiment.
- _____ 3. The subject matter of psychology has changed over the history of the field.
- _____ 4. Every psychological event is simultaneously a biological event.
- _____ 5. Today, most psychologists work within the behavioral perspective.
- _____ 6. The major perspectives in psychology contradict one another.
- _____ 7. (Close-Up) Spaced practice promotes better retention than massed practice.
- _____ 8. (Close-Up) Overlearning hinders retention.
- _____ 9. A major goal of psychology is to teach us how to ask important questions and to think critically as we evaluate competing ideas.
- _____ 10. The school of structuralism fell from favor in part because the method of introspection was unreliable.

PSYCHOLOGY APPLIED

Answer these questions the day before a test as a final check on your understanding of the unit's terms and concepts.

Multiple-Choice Questions

- Psychology is defined as the "I science of behavior and mental processes." Wilhelm Wundt would have omitted which of the following words from this definition?
 - science of
 - behavior and
 - and mental processes
 - Wundt would have agreed with the definition as stated.
- Jawan believes that psychologists should go back to using introspection as a research tool. This technique is based on
 - survey methodology.
 - experimentation.
 - self-examination of mental processes.
 - the study of observable behavior.

3. Dharma's term paper on the history of American psychology notes that
 - a. psychology began as the science of mental life.
 - b. from the 1920s into the 1960s, psychology was defined as the scientific study of observable behavior.
 - c. contemporary psychologists study both overt behavior and covert thoughts.
 - d. all of these statements are true.
4. Terrence wants to talk to a professional to help him cope with some academic challenges he's facing. You recommend that he contact a(n)
 - a. industrial-organizational psychologist.
 - b. developmental psychologist.
 - c. counseling psychologist.
 - d. psychiatrist.
5. Professor Gutierrez, who believes that human emotions are best understood as being jointly determined by heredity, learning, and the individual's social and cultural contexts, is evidently a proponent of the
 - a. psychodynamic perspective.
 - b. biopsychosocial approach.
 - c. evolutionary perspective.
 - d. biological perspective.
6. The philosophical views of John Locke are to those of Rene Descartes as is to
 - a. nature; nurture
 - b. nurture; nature
 - c. rationality; irrationality
 - d. irrationality; rationality
7. During his presentation on the history of psychology, Sanjay notes that Darwin's theory led most directly to the development of the school of
 - a. structuralism.
 - b. behaviorism.
 - c. functionalism.
 - d. humanism
8. In concluding her report on the "nature-nurture debate in contemporary psychology," Karen notes that
 - a. most psychologists believe that nature is a more important influence on the development of most human traits.
 - b. most psychologists believe that nurture is more influential.
 - c. the issue is more heatedly debated than ever before.
 - d. nurture works on what nature endows.
9. Dr. Waung investigates how a person's interpretation of a situation affects his or her reaction. Evidently, Dr. Waung is working from the ___ - ___ perspective.
 - a. biological
 - b. behavioral
 - c. cognitive
 - d. social-cultural
10. Dr. Aswad is studying people's enduring inner traits. Dr. Aswad is most likely a(n)
 - a. clinical psychologist.
 - b. psychiatrist.
 - c. personality psychologist.
 - d. industrial-organizational psychologist.
11. The psychological perspective that places the MOST emphasis on how observable responses are learned is the perspective.
 - a. behavioral
 - b. cognitive
 - c. social-cultural
 - d. evolutionary
12. During a dinner conversation, a friend says that the cognitive and behavioral perspectives are quite similar. You disagree and point out that the cognitive perspective emphasizes ____, whereas the behavioral perspective emphasizes _____.
 - a. conscious processes; observable responses
 - b. unconscious processes; conscious processes
 - c. overt behaviors; covert behaviors
 - d. introspection; experimentation
13. Concerning the major psychological perspectives on behavior, the text author suggests that
 - a. researchers should work within the framework of only one of the perspectives.
 - b. only those perspectives that emphasize objective measurement of behavior are useful.
 - c. the different perspectives often complement one another; together, they provide a fuller understanding of behavior than provided by any single perspective.
 - d. psychologists should avoid all of these traditional perspectives.
14. (Close-Up) Your roommate announces that her schedule permits her to devote three hours to studying for an upcoming quiz. You advise her to
 - a. spend most of her time reading and rereading the text material.
 - b. focus primarily on her lecture notes.
 - c. space study time over several short sessions.
 - d. cram for three hours just before the quiz.
15. (Close-Up) A fraternity brother rationalizes the fact that he spends very little time studying by saying that he "doesn't want to peak too soon and have the test material become stale." You tell him that
 - a. he is probably overestimating his knowledge of the material.
 - b. if he devotes extra time to studying, his retention of the material will be improved.
 - c. the more often students review material, the better their exam scores.
 - d. all of these statements are true.

16. The psychological views of William James are to those of Edward Titchener as _____ is to _____ .
- nature; nurture
 - nurture; nature
 - structuralism; functionalism
 - functionalism; structuralism

Essay Question

Explain how researchers working from each of psychology's major perspectives might investigate an emotion such as love. (Use the space below to list the points you want to make, and organize them. Then write the essay on a separate piece of paper.)

KEY TERMS

Using your own words, on a separate piece of paper write a brief definition or explanation of each of the following.

- empiricism
- structuralism
- functionalism
- experimental psychology
- behaviorism
- humanistic psychology
- cognitive neuroscience
- psychology
- nature-nurture issue
- natural selection
- levels of analysis
- biopsychosocial approach
- biological psychology
- evolutionary psychology
- psychodynamic psychology
- behavioral psychology
- cognitive psychology
- social-cultural psychology
- psychometrics
- basic research
- developmental psychology
- educational psychology
- personality psychology
- applied research
- industrial-organizational psychologists
- human factors psychologists
- counseling psychology
- clinical psychology
- psychiatry
- SQ3R