**AP EXAM**

**History and Approaches (2-4%)**

AP students in psychology should be able to do the following:

- Recognize how philosophical and physiological perspectives shaped the development of psychological thought.
- Describe and compare different theoretical approaches in explaining behavior:
  - structuralism, functionalism, and behaviorism in the early years;
  - Gestalt, psychoanalytic/psychodynamic, and humanism emerging later;
  - evolutionary, biological, cognitive, and bio-psychosocial as more contemporary approaches.
- Recognize the strengths and limitations of applying theories to explain behavior.
- Distinguish the different domains of psychology (e.g., biological, clinical, cognitive, counseling, developmental, educational, experimental, human factors, industrial-organizational, personality, psychometric, social).
- Identify major historical figures in psychology (e.g., Mary Whiton Calkins, Charles Darwin, Dorothea Dix, Sigmund Freud, G. Stanley Hall, William James, Ivan Pavlov, Jean Piaget, Carl Rogers, B. F. Skinner, Margaret Ploy Washburn, John B. Watson, Wilhelm Wundt).

**IB EXAM**

The IB assesses student work as direct evidence of achievement against the stated goals of the Diploma Programme courses, which are to provide students with:

- a broad and balanced, yet academically demanding, programme of study
- the development of critical-thinking and reflective skills
- the development of research skills
- the development of independent learning skills
- the development of intercultural understanding
- a globally recognized university entrance qualification.

**Online Resources**

- Celly
  - 1st AP Psych: Message: @APPsychRHS To: 23559
  - 5th IB Psych: @IBPsychR5th To: 23559
  - 6th IB Psych: @IBPsychR6th To: 23559
- Remind 101
  - 1st AP Psych: Message: @psych-ap To: (917) 746-0326
  - 5th IB Psych: Message: @psychib To: (917) 746-0326
  - 6th IB Psych: Message: @psychib To: (917) 746-0326
- Socrative
  - Iphone/Android App or [www.socrative.com](http://www.socrative.com)
  - Room: 105439

**What is Psychology**

If you call me a loser I may feel sad inside.

But I will still act tough. (but I will be crying on the inside, so be gentle).
What is Psychology?

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

- “Psychology” has its roots in the Greek words of “psyche,” or mind, and “-ology,” or a field of study.

How would you Establish Validity in these statements?

1. God is dead.
2. The best things in life are free.
3. Shakespeare's Richard III is a better play than Romeo and Juliet.
4. Abortion is wrong.
5. There is a genetic predisposition to schizophrenia.
6. The mind is just like a computer.
7. Attitudes affect cancer.
8. Pornography is harmful.
9. 2 + 2 = 4

Scientific Method

- The science of psychology is based on objective, & verifiable evidence obtained using the scientific method.

- What is the scientific method?

The Empirical Approach

- Much like the scientific method, the empirical approach uses a set of standards to conduct a study which emphasizes careful observation and scientifically based research.

Question:

Why is it important to use the empirical approach?

What is Real Psychology and what is Pseudo-psychology (psychobabble)?

- Pseudo-psychology is the phony or unscientific psychology which pretends to be the real thing.

Negative Effects of Pseudo-Psychology:

- People believe the fake psychology and miss out on real psychological insights which are more helpful and interesting.
  - Ex. Confirmation bias: Only paying attention to the events and evidence which confirms our desired beliefs.

- Also, pseudo-psychology can produce a lot of fraud.
  - With increased incidents of fraud in the field of psychology, there is diminished public support for legitimate psychological science.
Psychology vs. Psychiatry

- Psychiatry is a specialty in the medical field, not a part of psychology.
- Psychiatrists hold MDs and have specialized training in the treatment of mental and behavioral problems.
- Psychology is a much broader field which has many different specialties.

Psychological Subfields

- **Basic Research** – psychologists that study research to create a knowledge base
  - Ex: biological, developmental, cognitive, personality, and social psychologists
- **Applied Research** – apply research gained to tackle practical problems
  - Ex: industrial/organizational psychologists
- **Counseling psychologists** – assists people with problems in living & achieving well-being
- **Clinical Psychologists** – studies, assesses, & treats people with psych disorders
- **Psychiatry** – branch of medicine, can prescribe medicinal treatments as well as therapy

When and Where did Psychology Start?

- While the Greeks get much of the credit for first identifying ideas about consciousness, other societies were also developing their own ideas.
- Although both Asian and African cultures had ideas about psychology, it was the Greeks and later the Roman Catholic church which had the most influence on western psychology.
- There was evidence of trephination (cutting holes into a skull to let evil spirits out) back in the stone age.

A Change in Perspective

- For hundreds of years medieval Christian churches felt the human mind, like that of God, was an unsolvable mystery.
- In the 17th C. the French philosopher Rene Descartes argued that human sensations and behaviors were based on activity in the nervous system.

Psychology Becomes a Science

- Despite Descartes arguments and scientific breakthroughs at the time, psychology didn't become a recognized science until the mid 1800s.

Waves of Psychology

- The science of psychology has gone through several waves since it started.
- Waves are different ways of thinking over time.
Modern Psychology Rooted in History

- Modern psychology developed from several conflicting ideas including structuralism, functionalism, Gestalt psychology, behaviorism and psychoanalysis.

Structuralism

- **Wilhelm Wundt** (Voont) was the first to declare himself a psychologist.
- Considered “founder” or “father” of psychology
- 1879 – created first formal lab for research in psych
  - Located @ University of Leipzig
  - Considered psych's date of birth
- 1881 – 1st journal to publish psychology research
- He believed in structuralism.

Stanley Hall

- Studied under Wundt
  - 1884 – established 1st research lab @ John Hopkins
  - 1883 – created first American journal
  - 1892 – 1st APA president
  - APA today
    - World’s largest org. devoted to advancement of psychology
    - 155,000 members

Critics of Wundt and Structuralism

- Like most new theories, people began to dispute and refute structuralism.

- **William James** (the first U.S. psychologist) believed that psychology should look at function and not just structure.

Functionalism

- **Functionalism** - A theory that emphasized the functions of consciousness and the ways consciousness helps people adapt to their environment.

  - James thought that psychology should explain how people adapted-or failed to adapt-to everyday life outside the laboratory.
James’ Functionalism

- James’ criticism of Wundt’s structuralism was that it was boring and inaccurate because it was only done in the laboratory.
- James wanted to see how people functioned in everyday life, not just in contrived situations.
- Also he believed that mental process were not static. He described them as a “stream of consciousness.”
- Investigate mental testing, patterns of development, effectiveness of education, and behavioral differences in sexes
  - Led to women joining the field

Women in Field

- Mary Whiton Calkins (1863-1930)
  - Studied under James
  - Was refused the Ph.D. she earned from Harvard because she was female
  - Founded labs at Wellesley College
  - Invented widely used tech for studying memory
  - 1st APA woman president (1905)

- Margaret Flora Washburn (1871-1939)
  - 1st PhD in Psych for Women
  - Wrote “The Animal Mind” (1908)
  - Served as beginning of behaviorism
  - Standard reading for generations of psychologists
  - 2nd woman APA president

- Leta Stetter Hollingworth (1886-1939)
  - Pioneered work in
    - Adolescent development
    - Mental Retardation
    - Gifted children
      - 1st to use word “gifted” to describe children who scored exceptionally well on intelligence tests
      - Tried to invalidate certain theories of her time
      - Women are inferior to men
  - Currently, women account for 2/3rds or more of new psych Ph.D.s earned today
  - Eventually theory of functionalism led to development of behaviorism & applied science

Psychology Today

- Psychology today arises from several perspectives:
  - Biological
  - Evolutionary
  - Psychoanalysis
  - Behavioral
  - Gestalt
  - Humanistic
  - Developmental
  - Cognitive
  - Sociocultural
  - Trait views

Biological View:

- The biological view looks at how our physical make up and the operation of our brains influence our personality, preferences, behavior patterns, and abilities.

- According to biological view, our behavior is a result of heredity, the nervous system and the endocrine system and environmental impacts (insults) such as disease.

  Question: If you could not remember the names of your parents and went to a psychologist who adheres to the neuroscience perspective, what might they say?

Biological View Continued

- Within the biological view is the theory of evolutionary psychology. This theory arises from the ideas of Charles Darwin.

- Like Darwin, evolutionary psychologists see behavior and mental processes in terms of their genetic adaptations for survival and reproduction...survival of the fittest.
Evolutionary Psychology

• Focuses on Darwinism.
• Evolutionary psychology is based on the arguments of Charles Darwin and his theories of evolution.
  - We will discuss Darwin in much more detail later on.
• All species of organisms arise and develop through the natural selection of small, inherited variations that increase the individual’s ability to compete, survive, and reproduce.

Evolutionary Psychology

• Natural selection is the idea that characteristics of a species evolve in the direction of characteristics that give the fittest organisms a competitive advantage.
  - Controversial, but valid: While evolutionary psychology is valid, strict evolutionists are controversial saying that even the most destructive behaviors grow out of genetic tendencies.

Evolutionary/Socio-biological

• This view of psychology looks at individuals’ behaviors through the lens of natural selection.
• Behavior is adaptive and hereditary and cultural!
• In this theory, genetics are not used a way to show how people are different, but rather the ways in which we have evolved.

Psychoanalysis

• Psychoanalysis is the brainchild of Sigmund Freud and his followers.
• Psychoanalysis said that mental disorders resulted from conflicts of the unconscious mind.
• Freud thought that behavior came from unconscious drives, conflicts and experience that we may not even have a memory of.

Behaviorism

• During this time period (early to mid 1900s), people started to ignore how you feel inside.
• All that mattered was how you acted.
• If you they could change your behavior, who cares how you feel.
• Very popular during the conservative 1950’s when social appearance mattered more than self expression.

Behaviorism

• John B. Watson argued that a true and objective science of psychology should only deal with observable events:
  - stimuli from the environment and the organism’s response to that stimuli.
• These psychologists thought of the mind as a black box which could not be opened or understood. Since we could not understand it, we should not try to guess what role it has in our actions.
Behaviorism

- B.F. Skinner (1904-1990) – responded to softening behaviorist impact
  - Lead to return to stricter focus on observable behavior
  - Didn’t deny existence to internal mental events
    - Still insisted it couldn’t be scientifically studied
    - No need to study
      - Ex: Food followed by eating response fully describes whether an animal is experiencing hunger
  - Environmental factors mold behavior
  - Organisms tend to repeat responses that lead to positive outcomes
  - Organisms tend not to repeat responses that lead to negative or neutral outcomes

Behaviorism (cont’d)

- "Beyond Freedom & Dignity" (1971)
  - written by Skinner
  - All behavior is governed by external stimuli
  - Your actions are not a result of conscious decision
  - Environment controls people
  - Free will is an illusion
    - Met with criticism
      - Often accused of undemocratic ideals

Gestalt Psychology

- Led by Max Wertheimer
  - focused not on how we feel, but on how we experience the world.

- Gestalt psychology was the opposite of structuralism. Instead of looking at the individual parts, it wanted to examine the whole.
  - The whole of an experience can be more than the sum of its parts.

- Gestalt psychology looked at how the brain works by studying perception and perceptual thinking.
  - Ex: Recognizing a person’s face.

Gestalt: The whole is different from the sum of its parts.
Humanistic Psychology

- 1950's - Behaviorism & Psychoanalysis were most influential schools in psych
  - Some viewed them as “dehumanizing”
  - Both criticized them b/c people were not masters of their own destinies
  - Both schools didn’t recognize uniquely human behaviors
- Humanism forms as a result
  - Humanism – theoretical orientation that emphasizes unique qualities of humans
    - Especially freedom & potential for personal growth

Humanistic Psychology

- Take optimistic view of human nature
- Research on animals has little relevance
  - Rogers – human behavior governed by individual sense of self, or “self-concept”
  - Both - to full understand people’s behavior, psychology must take into account human drive for personal growth
  - Psych disturbances due to unique human need to reach potential
- Humanists known for innovative treatments to psychological problems & disorders

Developmental View

- The developmental view emphasizes changes that occur across our lifespan.
- This is the question of nature vs. nurture. What has a bigger impact on us, heredity or environment?

Cognitive View

- According to the cognitive view, our actions are a direct result of the way we process information from our environment.
- Cognitions are thoughts, expectations, perceptions, memories and states of consciousness.
- A Cognitive therapist attempts to change the way you think.

Cognitive View

- Cognitive psychologists are a combination of the best of structuralists, functionalists and gestalt traditions and ideas.
- Modern cognitive psychologists have also borrowed theories from linguists and believe that our most basic language skills are prewired into our brains from birth.
  - Language Acquisition Device (LAD)
    - Coined by Noam Chomsky
    - Refers to a proposed innate human ability to construct and understand the syntactical structures of language.
Sociocultural View

- This view emphasizes the importance of social interaction, social learning and a cultural perspective.
  - **Culture**: a complex blend of beliefs, customs, values and traditions developed by a group of people and shared with others in the same environment.

For some men, this is their culture!!!(this is the point when the ladies rolls their eyes).

> Some cultures kiss each other when greeting, some just bow.

Psychology’s Blindness

- For many years, psychology was blind to the influence of culture on people’s behavior. Why might this be?
  - One possible explanation is that as recently as 30 years ago, 90% of psychologists were Caucasians from the U.S. and European university systems... groups with strikingly similar cultures.

Trait View

- A psychological perspective that views behavior and personality as the products of enduring psychological characteristics.

- Accordingly, the view says that behavior results from each person’s unique combination of traits.
  - Ex. Introversion or extroversion vs. mood swings

Biological

- Biological influences:
  - natural selection of adaptive traits
  - genetic predispositions responding to environment
  - brain mechanisms
  - hormonal influences

Psychological/Cognitive

- Biological influences:
  - natural selection of adaptive traits
  - genetic predispositions responding to environment
  - brain mechanisms
  - hormonal influences

- Psychological influences:
  - learned fears and other learned expectations
  - emotional responses
  - cognitive processing and perceptual interpretations

Three levels of biopsychosocial analysis

- Behavior or mental process

- Behavior or mental process
A mnemonic device you can TAKE WITH YOU to the exam!
- On the sheet of paper you’ve been given, trace your hand!
- Now label your hand as follows to remember the approaches:

Ugh! How will I remember?

Video: Recap (10.54 mins)

http://www.youtube.com/watch?v=vo4pMVboR6M