

**Unit 1: Intro to Psychology
Study Guide**

Directions: Complete the study guide below using your class notes, in class assignments, and the text book. Be very specific, so that you can use this to study for your test!

Test Format:

- 10 matching (definitions/vocabulary)
- 20 multiple choice
- 10 application questions (specialty fields and perspectives of psych)
- 1 discussion questions (short essays)
- 6 extra credit questions

Intro to Psychology: What is Psychology?

1. Psychology is the study of the _____ **Behavior** _____ and _____ **mental processes** _____.

2. Define the following:

Behavior: _____ **any action that can be observed** _____

Cognition: _____ **Any mental process, including thinking, problem** _____

3. List and define the Goals of Psychology:

1. **Describe** → **What is it?**
2. **Explain** → **Why it happens?**
3. **Predict** → **What will happen next?**
4. **Control** → **How can we make it better?**

4. What are the two types of sciences? Name & define both.

1. **Basic Science** → **research oriented**
2. **Applied Science** → **using principles to solve immediate problems**

Specialty Fields of Psychology

Fill in the chart below about the specialty fields. Explain what each one does, including where you might find them.

Field	What they do
Clinical Psychology	<ul style="list-style-type: none"> • Largest group • Help with problems – personal, relationships, etc. • Use interviews & psych tests • Don't confuse with psychiatrist • Where they work? Hospitals, prisons, college & University clinics
Counseling Psychology	<ul style="list-style-type: none"> • Use interviews and tests to identify problems • Treat adjustment problems • Help patients clarify goals, overcome problems, meet challenges • Where they work? businesses and college counseling, and testing centers.
Developmental Psychology	<ul style="list-style-type: none"> • Study changes over life span (physical, emotional, cognitive, social) • Attempt to sort influences of heredity • Where they work? With people and adolescents in different settings.

Field	What they do
Educational Psychology	<ul style="list-style-type: none"> • Help students • Course planning and instructional methods • Theoretical issues • Help prepare standardize tests (SATs) • Where they work? Schools <p>What is unique about a school psychologist?</p> <ul style="list-style-type: none"> • Work with students more individual • Observe and interact with students directly
Community Psychology	<ul style="list-style-type: none"> • Person environment interactions • Ways society affects individual and community functioning. • Where they work? Mental health/school welfare agencies.
Industrial/Organizational Psychology	<ul style="list-style-type: none"> • People and work • Behavior of people in organizations (i.e. business firms) • Assist in hiring, training, and promoting employees. • Where they work? Business firms
Environmental Psychology	<ul style="list-style-type: none"> • Ways people influence, and influenced by their physical environment • Ways building and cities serve functions • Psychological effects of climate extremes • Where they work? Various environments
Health Psychology	<ul style="list-style-type: none"> • Ways behavior and mental process relate to physical health • Effects of stress • Adopt healthy behaviors • Where they work? Doctors officers, health care institutions.
Experimental Psychology	<ul style="list-style-type: none"> • Conduct research on basic processes(i.e. function of nervous system) • Relationship between biological changes and psychological events • Basic research • Where they work: Labs, in the field.

Origins & History of Psychology

Based on the *Origins of Psychology* reading and the History of Psych Prezi, answer the following questions.

1. The first people to observe and study human behavior were who? **The Greeks**
2. Psychology has roots in what two fields of study? **Physiology & Philosophy**
3. What two things is Wilhelm Wundt famous for? **Discovering the first Psychology lab, established Psychology as a separate Science discipline.**

4. What is conditioning in relation to the Cognitive perspective? **a process of changing behavior by rewarding or punishing a subject each time an action is performed**

5. What is the concept of introspection? **Self-observation.**

6. Define the concept of dualism: **the idea that the mind and body are separate but remain connected**

Define each of the following and include the founder of each:

Structuralism: Broke consciousness down into three elements: physical sensations, feeling, and images. In other words, breaking down mental processes into basic elements/components. Founder was Edward Titchner.

Functionalism: Belief that human consciousness exists to serve a purpose- ultimately to survive. Founder was William James.

Perspectives of Psychology

Fill in the chart below about the perspectives of psychology. Put the main points under definition and one example either from class discussion or the PowerPoint. Feel free to use the examples and evidence we gathered from the Kip Kinkel case study as well.

Perspective	Definition	Example
Behavioral	Events in the environment (rewards and punishments) influence our behavior. Think Conditioning here → how people learn from their environments: learning by your association with others OR learning from the consequences of your behavior.	Can good study habits be learned?
Psychoanalytic	Unconscious mind/motivations influence our behavior.	How have negative childhood experiences affected the way I handle stressful situations?
Biological	Biological factors influence our behavior. How our genetics affect our behavior. Think, natural selection!	Do genes affect your intelligence and personality?
Cognitive	How we process, store, and retrieve information influences our behavior. i.e. memory, perception, attention	How does caffeine affect memory?
Humanist	Individual or self-directed choices influence our behavior. Centers on the view that each person is unique and individual and has the free will to change at any time in his or her life.	Do I believe I can prepare for and pass the test?
Sociocultural	Societal and cultural factors and norms shape the way we think and behave. Studies the way that we view ourselves and the way that we view our society.	Will my new haircut change the way my friends think of me?

Briefly summarize the Kip Kinkel case. Who was Kip, what did he do? Also, name at least two reasons why he did what he did; when answering this, include at least two examples and relate them to two different perspectives of psychology.

Make sure you visit your chart for this. Your examples are your examples, just make sure you support them with what perspective you are using. Kip Kinkel was a student and he shot his parents and opened fire in his High School, killing 2 students, but injuring 26 others.

Discussion Questions:

Scenario: *In a hypothetical, but highly realistic case, Jennifer White is failing school and also exhibiting signs of a learning disability. She just moved to the county because her parents recently got a divorce and she needed to move where her mom got a new job.*

If you were psychologist, how might you analyze Jennifer's case based on the various perspectives of psychology. Use at least TWO perspectives when answering. The various perspectives you can choose from are, psychoanalytic (extension of psychodynamic), behavioral, cognitive, humanistic, sociocultural, and biological psychology. When answering, you should include the following information:

- a) Identify and briefly define what each perspective means or does.
- b) Explain how each perspective can be used to interpret Jennifer's case based on details you include about her case

Answer this question in at least two paragraphs. Each paragraph should contain a minimum of 3 sentences. Each paragraph should address one of the two perspectives you choose to use to analyze her case.

Based on the content in our class discussions so far in Psychology, describe THREE WAYS you could use Psychology in your own life. [Hint: Think Psychological perspectives, specialty fields, and the video clips to support the ways in which you think you could use the content.]

Provide at least TWO major points or examples to support each way you chose. Your answer should include at least two paragraphs (with a minimum of 3 sentences in each paragraph). Each paragraph will address one of the two reasons why you believe psychology is a science or not.