

# Module 1

## Psychology and Its History

### Before You Read

#### Module Summary

Module 1 introduces the foundations of thought that influenced and directed the growth of psychology. From the earliest philosophers debating the duality of mind and body to the more recent scientific methods of inquiry, psychology has grappled with the question of being, doing and thinking. This module discusses the key contributions of scholars, philosophers and scientists across the ages and sets the stage for the remainder of the course.

Before beginning the module, take a moment to read each of the following terms and names you will encounter. You may wish to make vocabulary cards for each.

#### Key Terms

critical thinking  
empiricism  
structuralism  
introspection  
functionalism  
behaviorism  
humanistic psychology

#### Key Names

Wilhelm Wundt  
G. Stanley Hall  
Edward Titchener  
William James  
Charles Darwin  
Mary Whiton Calkins  
Margaret Floy Washburn  
John B. Watson  
B. F. Skinner  
Sigmund Freud  
Carl Rogers  
Abraham Maslow

## While You Read

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1-2

Explain the three elements of the scientific attitude.

1-3

Explain how critical thinking has helped you examine an issue in your life.

1-4

Complete the following chart with details to support each early theorist's beliefs about the nature of mind, body, and innate and acquired knowledge. One has been filled in to get you started.

Theorist/ Philosopher	Viewpoint
Socrates	
Plato	<ul style="list-style-type: none"> <li>• <i>Knowledge is innate—born within us</i></li> <li>• <i>Mind is separable from body and continues after the body dies</i></li> </ul>
Aristotle	
René Descartes	
Francis Bacon	
John Locke	

**1-5**

Complete the following chart detailing the contributions and important milestones each of the early psychologists made to the field.

Psychologist	Contribution or Milestone
Wilhelm Wundt	
G. Stanley Hall	
Edward Titchener	
Charles Darwin	
William James	
Mary Whiton Calkins	
Margaret Floy Washburn	

**1-6** Complete the following chart with information about the developments in psychology from 1920 to the present.

Psychologist	Psychological Approach to Explaining Behavior and Mental Processes	Key Terms
John B. Watson		
B. F. Skinner	<ul style="list-style-type: none"> <li data-bbox="500 651 1308 737">• <i>You should observe and record people's behavior to understand them</i></li> </ul>	
Sigmund Freud		
Carl Rogers		<i>Growth potential</i>
Abraham Maslow		

2. According to your text, what is the definition of psychology?

## After You Read

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### Module 1 Review

Complete the Matching Questions below to see if you have mastered the basics.

#### *Terms or Names*

- \_\_\_\_\_ 1. Mary Calkin
- \_\_\_\_\_ 2. empiricism
- \_\_\_\_\_ 3. Margaret Washburn
- \_\_\_\_\_ 4. structuralism
- \_\_\_\_\_ 5. William James
- \_\_\_\_\_ 6. functionalism
- \_\_\_\_\_ 7. René Descartes
- \_\_\_\_\_ 8. experimental psychology
- \_\_\_\_\_ 9. Francis Bacon
- \_\_\_\_\_ 10. behaviorism
- \_\_\_\_\_ 11. John Locke
- \_\_\_\_\_ 12. humanistic psychology

#### *Definitions or Associations*

- A. British researcher who emphasized observation and experimentation
- B. French philosopher who believed the mind and body are separate
- C. First official female psychology Ph.D.; second female APA president
- D. First female APA president; completed a Ph.D. under William James that Harvard refused to award her
- E. American functionalist
- F. The view that knowledge originates in experience and science should rely on observation and experimentation
- G. The field of psychology that believes only observable behavior is worthy of study
- H. The field of psychology that conducts experiments to study behavior and thinking
- I. An early school of thought that emphasized introspection as a tool to discover the structures of the mind.
- J. An early school of thought that questioned how behavioral process function and enable an organism to adapt, survive and flourish
- K. A British political philosopher who believed the mind at birth is a 'tabula rasa'
- L. Psychological perspective that emphasizes growth potential of healthy humans

## While You Read

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**2-1**

Answer the following questions:

1. What does it mean to say that contemporary psychology is part of a “cognitive revolution”?
2. Explain the phrase from the text, “nurture works on what nature endows.”
3. What does research tell us about differences between different cultures or genders?

**2-2**

Consider the levels of analysis and varying perspectives your author gives to explain the emotion of anger. Using the trait of shyness, apply the seven perspectives to explain why a person might be shy. One is done for you as an example.

Perspective	This person is shy because . . .
Behavioral	She learned that when she is quiet and avoids eye contact, other people leave her alone. She feels pleasure at being left alone to think her own thoughts and daydream so is rewarded for being shy.
Biological	
Cognitive	
Evolutionary	
Humanistic	
Psychodynamic	
Social-cultural	
Biopsychosocial	





## After You Read

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### Module 2 Review

Complete the Matching Questions below to see if you have mastered the basics.

#### *Terms*

- \_\_\_\_\_ 1. Cognitive psychology
- \_\_\_\_\_ 2. Positive Psychology
- \_\_\_\_\_ 3. Psychology
- \_\_\_\_\_ 4. Testing Effect
- \_\_\_\_\_ 5. Biological Psychology
- \_\_\_\_\_ 6. Natural selection
- \_\_\_\_\_ 7. Psychodynamic Psychology
- \_\_\_\_\_ 8. Cognitive neuroscience
- \_\_\_\_\_ 9. Social-cultural psychology
- \_\_\_\_\_ 10. Behavior genetics

#### *Definitions*

- A. The scientific study of the link between biological and psychological processes.
- B. The principle that inherited traits that better enable an organism to survive and reproduce will most likely be passed on to succeeding generations
- C. Study of mental processes and how we solve problems
- D. The study of the relative power and limits of genetic and environmental influences on behavior
- E. The scientific study of human flourishing
- F. Interdisciplinary study of brain activity linked with cognition
- G. The scientific study of behavior and mental processes
- H. Enhanced memory after retrieving, rather than simply rereading, information
- I. Studies how unconscious drives and conflicts influence behavior
- J. The study of how situations and cultures affect our behavior and thinking

## While You Read

**3-1**

Complete the chart below by providing the focus of each of the subfields of psychology

Subfields of Psychologists	Focus
psychometrics	
developmental	
educational	
personality	
social	
industrial-organizational	
human factors	
counseling	
clinical	
psychiatrists	
positive	
community	

**3-2** Complete the two tables below:

Basic Research Subfields of Psychology	Examples of Work These Psychologists Do
Cognitive	
Developmental	
Educational	
Experimental	
Psychometric	
Social	

Applied Research Subfields of Psychology	Examples of Work These Psychologists Do
Forensic	
Health	
Industrial-Organizational (I/O)	
Neuropsychology	
Rehabilitation	
School	
Sport	
Clinical	
Community	
Counseling	

## After You Read

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### Module 3 Review

Complete the review questions below to see if you have mastered the basics.

Which psychologist would you consult with if you:

1. are a Major League Baseball player who is in a slump? \_\_\_\_\_
2. are a corporate executive that wants to increase employee morale? \_\_\_\_\_
3. work for the Centers for Disease Control and want to start a program to prevent the spread of sexually transmitted diseases? \_\_\_\_\_
4. want to develop a valid, reliable test to measure student performance in a school district? \_\_\_\_\_
5. want to reform the child-care institutions in this country? \_\_\_\_\_
6. suffer from schizophrenia? \_\_\_\_\_
7. have a child you suspect may have a learning disability? \_\_\_\_\_
8. just moved to a new town and are feeling out-of-place and sleeping more than usual? \_\_\_\_\_
9. want to make changes to the way you think about and perceive the world? \_\_\_\_\_
10. were trying to design a new car that incorporated a better understanding of how people interact with machines? \_\_\_\_\_

**✓ Check Yourself**

Now that you have mastered the basics, work through the problems below to see if you can *synthesize* what you have learned.

1. Describe one way in which Titchener's ideas of structuralism and James' emphasis on functionalism differ.
2. Discuss the arguments behaviorists Watson and Skinner may have had with James regarding the study of human behavior.
3. How might Sigmund Freud have differed from the behaviorists in his ideas of human behavior?
4. In what way did the theories of humanists Rogers and Maslow run counter to those of their predecessors, Freud and Watson?
5. In what way do the cognitivists agree with the early theorists' ideas of structuralism?

**✓ Check Yourself**

Now that you have mastered the basics and can apply your knowledge, work through the case study below to see if you can *evaluate* and *analyze* using the basic material you have learned. You are not diagnosing the patient in the case, simply explaining her behavior through the lens of each listed approach.

Norah is a 6-year-old girl who is often disobedient. She frequently throws temper tantrums and refuses to finish her meals. Her parents come to you, a well-respected psychologist in your town, asking for your thoughts on why they are having such difficulties with her. How would you explain Norah's behavior to her parents if you were a:

Humanist? It is obvious to me, as a humanist, that your daughter Norah's difficulties stem from...

Behaviorist? It is obvious to me, as a behaviorist, that your daughter Norah's difficulties stem from...

Psychoanalyst (Freudian)? It is obvious to me, as a psychoanalyst, that your daughter Norah's difficulties stem from...

In what ways might you find the four approaches above to be limiting in their ability to help you explain Norah's behavior?

Cognitivist? It is obvious to me, as a cognitivist, that your daughter Norah's difficulties stem from...

**✓ Check Yourself**

Now that you have mastered the basics, work through the problem below to see if you can *synthesize* what you have learned.

A famous television and movie actor is repeatedly in and out of rehabilitation centers for drug and alcohol abuse. She began her career as the lead in a popular children's show and spent a decade starring in both Hollywood movies and television dramas. Now, in her late-twenties, she is a regular feature in the celebrity magazines and tabloids for her bizarre public outbursts, illegal behavior and edgy lifestyle. Finally, as a result of a court-order, she has sought psychological counseling and assessment. She is finding it hard to decide on a permanent psychologist because she is receiving conflicting explanations for her lack of functioning. Using your knowledge from Module 2, discuss how each of the perspectives/levels of analysis below might be utilized to explain the actor's behavior. Create specific examples that would apply.

1. A behaviorist:

5. A humanist:

2. A biopsychologist:

6. A psychodynamic/psychoanalytic psychologist:

3. A cognitive psychologist:

7. A socio-cultural psychologist:

4. An evolutionary psychologist:

Women in Religious Orders:

Convents are created for women to practice religious growth. Those in convents are called nuns. The head of a convent is an Abbess.

Most nuns were from landed aristocracy (if families were unable/unwilling to find husbands for their daughters the convents were great options)

Most learned (educated) women in Middle Ages were nuns.

Culture

Architecture of the Middle Ages

-Romanesque: Basilica shape with rounded vault, thick walls to support stone roofs, a few windows (like a fort)

-Gothic: Ribbed vaults and pointed arches allowed higher roofs, thinner walls because of buttresses, large stained glass windows



Before You Move On

Use the checklist below to verify your understanding of the unit's main points.:

- Do I know the difference between structuralism and functionalism?
- Do I know the seven main approaches to understanding and explaining behavior?
- Do I know the subfields of psychology?
- Do I know the major historical figures in psychology from the ancient Greeks through the modern day?
- Do I know the definition of psychology?
- Do I know the careers available in psychology?

below to see if

gist: