

Unit 1: History and Approaches

Psychology has evolved markedly since its inception as a discipline in 1879. There have been significant changes in the theories that psychologists use to explain behavior and mental processes. In addition, the methodology of psychological research has expanded to include a diversity of approaches to data gathering.

Learning Targets:

<ul style="list-style-type: none"> <input type="checkbox"/> Explain how psychology is a science. <input type="checkbox"/> Describe how psychology developed from early understandings of mind and body to the beginnings of modern science. <input type="checkbox"/> Describe some important milestones in psychology's early development 	<ul style="list-style-type: none"> <input type="checkbox"/> Explain how behaviorism, Freudian psychology and humanistic psychology furthered the development of psychological science. <input type="checkbox"/> Describe how contemporary psychology focuses on cognition, biology and experience, culture and gender. 	<ul style="list-style-type: none"> <input type="checkbox"/> Describe the biopsychosocial approach and psychology's main theoretical perspectives. <input type="checkbox"/> Explain the difference between basic and applied psychology <input type="checkbox"/> Describe what psychologists working in various subfields do, and where they work
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Vocabulary to Master: (you should be able to define each of these terms by test day)

Psychology Philosophy Innate Empiricism Introspection Nature-Nurture Natural Selection Basic Research Applied Research	<u>Early Perspectives:</u> Structuralism Functionalism Behaviorism Psychoanalysis Gestalt <u>Modern Perspectives:</u> Biological Evolutionary Psychodynamic Behavioral Cognitive Humanistic Social-Cultural Biopsychosocial	<u>Subfields:</u> Biological Psychology Clinical Psychology Cognitive Psychology Community Psychology Counseling Psychology Developmental Psychology Educational Psychology Experimental Psychology Human Factors Psychology Industrial/Organizational Psychology Personality Psychology Psychometric Psychology Social Psychology
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Key People to Know: (you should recognize these names and be able to list their contributions to psychology by test day)

Aristotle Mary Whiton Calkins Charles Darwin Rene Descartes Sigmund Freud	William James John Locke Abraham Maslow Ivan Pavlov Jean Piaget	Plato Carl Rogers B.F. Skinner Edward B. Titchener John B. Watson	Wilhelm Wundt
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Success Criteria

For each of the statements listed below, you'll rate your level of understanding on a scale of 0-4.

0=Nothing, 4=Advanced. You'll complete this rating twice: once at the start of the unit and again at the end.

I can recognize how philosophical and physiological perspectives shaped the development of psychological thought.

Start of the Unit _____ End of the Unit _____

I can describe and compare different theoretical approaches in explaining behavior: structuralism, functionalism, and behaviorism in the early years.

Start of the Unit _____ End of the Unit _____

I can describe and compare different theoretical approaches in explaining behavior: Gestalt, psychoanalytic/psychodynamic, and humanism emerging later.

Start of the Unit _____ End of the Unit _____

I can describe and compare different theoretical approaches in explaining behavior: evolutionary, biological, cognitive, and biopsychosocial as more contemporary approaches.

Start of the Unit _____ End of the Unit _____

I can recognize the strengths and limitations of applying theories to explain behavior.

Start of the Unit _____ End of the Unit _____

I can distinguish the different domains of psychology (e.g., biological, clinical, cognitive, counseling, developmental, educational, experimental, human factors, industrial-organizational, personality, psychometric, social).

Start of the Unit _____ End of the Unit _____

I can 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 Floy Washburn, John B. Watson, Wilhelm Wundt).

Start of the Unit _____ End of the Unit _____

Content Outline:**Test Day:**

- The Big Three Debate in Psychology
- Prescience Psychology
- Early Perspectives
- Modern Perspectives
- Subfields and Careers in Psychology