

PSYCHOLOGY: CHAPTER 1 – What is Psychology?

1. Defining Psychology

- **Psychology** – the scientific study of behavior and mental processes
 - a. *Science*
 - b. *Behavior*
 - c. *Mental processes*
- **Science** – the use of systematic methods to observe the natural world, including human behavior, and to draw conclusions

Goal of psychological science → describe, predict and explain behavior

- **GOAL:** controlling or changing behavior using scientific methods
- Ex. Reduce violence or promote happiness

Example:

Study devised to see if people will help a stranger who's fallen down... researchers observe and come to:

- 1) *Describe* helping behavior by seeing how many times it occurs
 - 2) *Predict* who will help, when (happy people more incline, women or men?)
 - 3) *Explain* after analyzing data
 - a. Does that lead them to be interested in changing behavior?
- **Behavior** – everything we do that can be directly observed
 - o 2 people kissing, baby crying
 - **Mental processes** – thoughts, feelings and motives each of us experiences privately but cannot be observed directly
 - o *thinking* about kissing someone, a baby's *feelings*

The Psychological Frame of Mind

- **Critical thinking** – the process of reflecting deeply and actively, asking questions, and evaluating the evidence → asking ourselves *HOW* we know something
 - o reduces the likelihood that unreliable conclusions will be made
 - o psychologists are critical thinkers

Core of scientific approach are four attitudes:

- 1) *critical thinking*
 - 2) *skepticism* – challenge whether a supposed fact is really true
 - 3) *objectivity* – seeing things as they really are, not as we would like them to be
 - 4) *curiosity* – noticing things and wanting to know what it is and why it is that way
- **Pseudoscience** – information that is couched in scientific terminology but not supported by sound scientific research
 - **Empirical method** – gaining knowledge through the observation of events, the collection of data, and logical reasoning
 - o Open to the evidence thinking *objectively*

Debate and controversy are apart of natural thinking in psychology... such an advanced field because psychologists don't always agree with each other

Psych Intro Text Study Guide

Mary Trahan, Peter O. Gray



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Study Guide for Psychology in Everyday Life David G. Myers, Richard O. Straub, 2008-11-28 Focus on Psychology: A Guide to Mastering Peter Gray's Psychology Mary Trahan, Peter O. Gray, 2006-09 The comprehensive study guide helps drive home concepts through active participatory learning The study guide is designed to be used in tandem with the reading of each textbook chapter and its contents are linked to Psychology Fifth Edition's marginal Focus Questions Each chapter consists of a concise overview of the corresponding textbook chapter a comprehensive series of questions that follows the flow of the text section by section and two self tests consisting of multiple choice and essay questions with answers With this guide students will deepen their learning following an approach to study that is thorough and thoughtful

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Handbook of Demonstrations and Activities in the Teaching of Psychology Mark E. Ware, David E. Johnson, 2013-09-05 For those who teach students in psychology education and the social sciences the Handbook of Demonstrations and Activities in the Teaching of Psychology Second Edition provides practical applications and rich sources of ideas Revised to include a wealth of new material 56% of the articles are new these invaluable reference books contain the collective experience of teachers who have successfully dealt with students difficulty in mastering important concepts about human behavior Each volume features a table that lists the articles and identifies the primary and secondary courses in which readers can use each demonstration Additionally the subject index facilitates retrieval of articles according to topical

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