

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

Richard O. Straub



Psych Intro Text Study Guide:

Study Guide for Introductory Psychology Morris K. Holland, 1981 **Psychology, Eighth Edition, in Modules Study Guide** Richard Straub, 2006-08-03 Longtime Myers collaborator Richard Straub's study guide is customized to follow the modular format and contents of the text *Study Guide for Psychology* Don H. Hockenbury, 2009-01-23 *Pamphlet - Dept. of the Army* United States. Department of the Army, 1951 **Study Guide for Psychology** David G. Myers, Richard O. Straub, 2006-04-07 This eighth edition of David G Myers Psychology includes expanded coverage of the most recent developments in this wide ranging field This text includes self tests and critical thinking exercises based on the concepts discussed in the eighth edition *Psychology at Work Study Guide* Katherine Demitrakis, 2001-01-05 Each chapter of this content rich study guide includes a review of key objectives a guided chapter review key terms two practice tests short answer questions and Internet activities **Study Guide for Psychology, Seventh Edition** Richard O. Straub, David G. Myers, 2003-06-20 This new edition continues the story of psychology with added research and enhanced content from the most dynamic areas of the field cognition gender and diversity studies neuroscience and more while at the same time using the most effective teaching approaches and learning tools *Psychology Study Guide* Cornelius Rea, 2005-06-10 For every chapter the Study Guide will include a Preview and At A Glance sections both provide an overview of and objectives for the chapter Each major topic includes a progress test comprised of multiple choice matching and or true false questions The Guide also contains Graphic Organizers which encourage students to complete graphs charts and flow diagrams that ultimately provide a visual synopsis of text material End of chapter material includes Something To Think About sections which contain thought provoking questions designed to encourage critical thinking and application of the material

Handbook for Teaching Introductory Psychology Michelle Rae Hebl, Charles L. Brewer, Ludy T. Benjamin, Jr., 2001-08-01 Like its predecessors Volume III of the Handbook for Teaching Introductory Psychology provides introductory psychology instructors with teaching ideas and activities that can immediately be put into practice in the classroom It contains an organized collection of articles from Teaching of Psychology TOP the official journal of the Society for the Teaching of Psychology Division 2 of the American Psychological Association Volume III contains 89 articles from TOP that have not been included in other volumes Another distinction between this volume and its predecessors is its emphasis on testing and assessment The book is divided into two sections Section One Issues and Approaches in Teaching Introductory Psychology contains 52 articles on critical issues such as how to approach the course understanding students interests perceptions and motives students existing knowledge of psychology including their misconceptions a comparison of introductory textbooks and tips on how to evaluate them test questions and student factors affecting exam performance an overview of different forms of feedback giving extra credit and how to deal with academic dishonesty Section Two consists of 37 articles that present demonstrations class and laboratory projects and other techniques to enhance teaching and learning in both the

introductory as well as advanced courses in the discipline This section is organized so as to parallel the order of topics found in most introductory psychology textbooks Intended for academicians who teach the introductory psychology course and or oversee grad assistants who teach the course all royalties of the book go directly to the Society for the Teaching of Psychology to promote its activities to further improve the teaching of psychology

Exploring Psychology Study Guide Richard O. Straub, 2004-03-31 This study guide for David Myers best selling text for introductory psychology courses is compelling and concise with a global perspective on psychology This edition has been thoroughly updated and includes new features and a media supplements package *Exploring Psychology, Sixth Edition, in Modules Study Guide* Richard O. Straub, 2004-12-06 For every major content section longtime author Richard Straub has divided each module by major topic each section includes a Preview objectives that require short answers and Stepping Through the Section which include detailed fill in the blank questions The Study Guide also includes self tests critical thinking exercises vocabulary and language activities Internet activities and crossword puzzles

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Psychology Don H. Hockenbury, Sandra E. Hockenbury, 2008-12-19 More than any other psychology textbook Don and Sandra Hockenbury's Psychology relates the science of psychology to the lives of the wide range of students taking the introductory course Now Psychology returns in a remarkable new edition that shows just how well attuned the Hockenburys are to the needs of today's students and instructors Psychology began with a basic idea combine scientific authority with a narrative that engages students and relates to their lives From decades of experience teaching the Hockenburys created a book filled with cutting edge science and real life stories that draw students of all kinds into the course

Psychology: First Canadian Edition Study Guide Richard O. Straub, 2006-09-15 Following the text's content Richard Straub offers a Chapter Overview and Chapter Review which is divided by major section Each group of fill in the blank and short answer questions is preceded by the relevant objective from the text The Study Guide also includes three self tests one of which encourages students to think critically about the chapter's concepts answers with page references for the self tests and explanations of why a choice is correct or incorrect and a Focus on Language and Vocabulary section which explains idioms and other phrases used by David Myers in the text that may not be clear to some readers *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 **The MRCPsych Study Manual** Ben Green,2016-07-12 This manual is for busy clinicians and managers It can help to improve the quality of care by explaining how to apply guidelines in a wide variety of clinical settings Case studies written by the protagonists themselves describe the experiences of using guidelines in treating a wide range of conditions in primary and secondary care The final sections collate the lessons learnt from these examples and propose practical solutions that can be applied in everyday clinical care by doctors nurses professionals allied to medicine and healthcare managers **Psychology Study Guide** Janet D. Proctor,Proctor, Donald,1999-09-08 *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 headings and the appendix notes the source as it originally appeared in Teaching of Psychology especially useful for users needing to cite information The official journal of the Society for the Teaching of Psychology Division Two of the American Psychological Association Teaching of Psychology is a highly respected publication devoted to improving teaching and learning at all educational levels Volume II consists of 99 articles about teaching physiology perception learning memory and developmental psychology Divided into eight sections four devoted to developmental psychology and one for each of the other specialties the book suggests ways to stimulate interest promote participation collect data structure field experience and observe and interact with patients

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