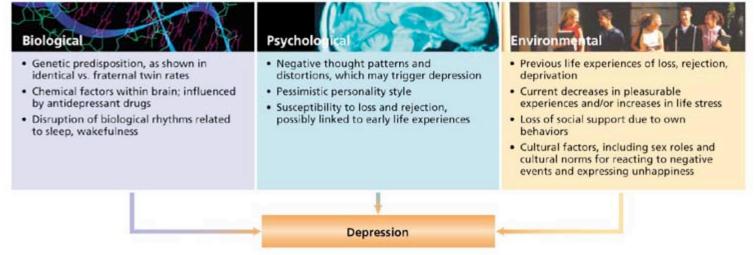
Introduction to Psychology

In general, psychology is defined as the <u>scientific</u> study behavior and mental processes and how they are affected by an organism's:

- physical state (biological),
- mental state (psychological), and
- external environment.

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Level of Analysis



(see figure 1.22, page 21)

Often people are unaware of the factors (and might deny) the influences on their behavior and mental processes.

As a science, the, psychology has five central goals (p. 4):

- 1. To <u>describe</u> how people and other species behave
- 2. To <u>understand</u> the causes of these behaviors
- 3. To <u>predict</u> how people and animals will behave under certain conditions
- 4. To <u>influence</u> behavior through the control of its causes
- 5. To <u>apply</u> psychological knowledge in ways that enhance human welfare.*

* knowledge depends a lot of the user. Some use knowledge of psychology for personal profit, political gain, or manipulate others or others can use it to help society.

How Can General Psychology 201 Help you Understand the World?

Chapter 1 and 2:

- How can you apply the principles of the scientific method from psychology to other claims in general?
- Why is the scientific method important? Why is the peer review process important?
- What are examples where beliefs affect our perception of the world?
- What are the strengths and weaknesses of a scientific process?

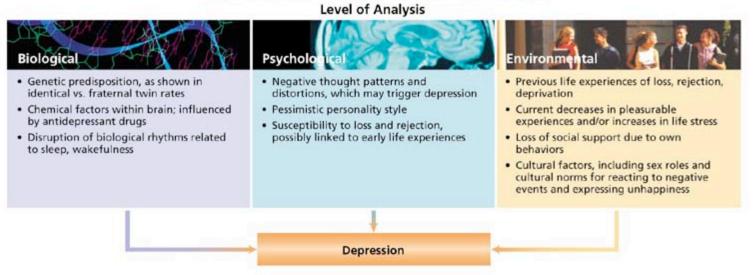
Chapter 3:

- Why do drugs have the effects they do on your behavior—what effect do they have on neurotransmitters?
- What parts of the brain affect behavior? <u>Chapter 4:</u>
- How does context influence perception? Chapter 5:
 - What are the effects of sleep deprivation?
 - Why do people abuse drugs?
 - What effects can hypnosis produce? What effects can hypnosis not produce?

Chapter 10:

- What teratogens influence infant development?
- What are the effects of different parenting styles?
- What can you do to have a healthy retirement?

Taking a psychology course should demonstrate how complicated human behavior is. To understand it, we need to understand multiple perspectives of psychology.



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In addition to the course material, try to explain

- 1. how you can use the psychological principles from the course and
- 2. how psychology helps you understand the world around you.
- 3. And how we frame questions influence what we see/don't see and how we answer questions (eg. nature versus nurture).

General Psychology 201 The Science of Psychology

The Nature of Psychology

- Psychology as a basic and applied science
- The goals of psychology
- The scope of psychology: From brain to culture
- What do you think: The case of voodoo death

Perspectives on Behavior

- Psychology's intellectual roots
- Early schools: structuralism and functionalism
- The psychodynamic perspective: The forces within
- The behavioral perspective: The power of the environment

 What do you think: Are students lazy?
- The humanistic perspective: Self-actualization and positive psychology
- The cognitive perspective: The thinking human
- The sociocultural perspective: The embedded human
 - Research up close: Love and Marriage in eleven cultures
- The biological perspective: The brain, genes, and evolution

Integrating the Perspectives: Three levels of analysis

- An example: Understanding depression
- Nature and Nurture: Biology, experience and behavior
- Summary of major themes
- Beneath the surface: What did you expect?

Psychology Today: A Global Science and Profession

Applying Psychological Science: How to enhance your academic performance

Statistics (Appendix A):

General Psychology 201 Studying Behavior Scientifically

Scientific Principles in Psychology

- Scientific attitudes
- Gathering evidence: Steps in the scientific process
- Two approaches to understanding behavior
- What do you think? I knew it all along
- Defining and measuring variables

Methods of Research

- · Descriptive research: Recording events
- Correlational research: measuring associations between events
- Research close-up: Very happy people
- What do you think? Does eating ice cream cause people to drown?
- Experiments: Examining cause and effect

Threats to the Validity and Reliability of Research

- Confounding of variables
- Demand Characteristics
- Placebo effects
- Experimenter expectancy effects
- Replicating and Generalizing the findings
- What do you think? Why do people believe in the paranormal?
- Beneath the surface: Science, psychics and the paranormal
- Meta-Analysis: Combining the results of many studies

Ethical Principles in Research

- Ethical standards in human research
- Ethical standards in animal research

Critical thinking in science and everyday life

- Applying psychological science: Evaluating claims in research and everyday life
- A final thought: How to see a UFO