Unit I - Overview

1 - Psychology’s History?
2 - Psychology’s Big Issues and Approaches
3 - Careers in Psychology
Module 1

Psychology’s History

Module Learning Objectives

1-1 Describe how psychology developed from its prescientific roots in early understandings of mind and body to the beginnings of modern science.

1-2 Describe some important milestones in psychology’s early development.

1-3 Describe how psychology continued to develop from the 1920s through today.
What is Psychology?

- Psychology is a science that seeks to answer questions about how and why we think, feel, and act as we do (mental processes and behavior).
- This definition has evolved over time....
Prescientific Psychology
Psychology’s Roots
Prescientific Psychology

• Ancient Greeks
• Rene Descartes
• Francis Bacon
• John Locke
• Empiricism – knowledge originates in experience; science should rely on observation and experimentation
Psychological Science is Born
Psychology’s Roots

Psychological Science is Born

- Wilhelm Wundt (1879)
  - University of Leipzig
  - First psychology laboratory
- G. Stanley Hall
  - Wundt’s student
  - First psych lab in the US
Psychology’s Roots
Thinking About the Mind’s Structure

- Edward Titchener
- Structuralism – used introspection to reveal the structure of the human mind
Introspection

• What are your immediate sensations, images, feelings, thoughts?
Psychology’s Roots
Thinking About the Mind’s Function

• William James - Wrote the first psychology textbook in 1890, *Principles of Psychology*

• Functionalism – how mental and behavioral processes function; how they enable us to adapt, survive, and flourish
Psychology’s Roots
Thinking About the Mind’s Function

- Mary Calkins – first female psychology graduate student and first female APA president
- Margaret Floy Washburn – first female to earn a psychology PhD; APA’s second female president
- Experimental psychology – study of behavior and thinking using the experimental method
Psychological Science Develops
Psychology’s Roots
Psychological Science Develops

• Sigmund Freud – emotional responses to childhood experiences and our unconscious thoughts affect behavior
• Freud’s theories were unscientific and unverifiable, though some of his basic ideas are still used by therapists today
Psychology’s Roots
Psychological Science Develops

• B.F. Skinner
• **Behaviorism** - “study of observable behavior” without reference to mental processes
Psychology’s Roots

Psychological Science Develops

• Behaviorism

• John B. Watson & Rosalie Raynor – “Little Albert” experiments
Psychology’s Roots

Psychological Science Develops

• Humanistic psychology – environmental influences on our growth potential, and our need for love and acceptance
  • Carl Rogers
  • Abraham Maslow

• Cognitive Neuroscience – brain activity and cognition (thinking)