Unit I: Psychology’s History and Approaches

- Module 1: Psychology’s History (pgs. 1-8)
  - Wilhelm Wundt: He measured the time difference between a sound and becoming aware of a sound. He started the first psych lab. He promoted structuralism.
  - G. Stanley Hall: He was one of Wundt’s students that staffed the first laboratory. He established the first psych lab in the U.S. at John Hopkins.
  - Edward Titchener: He used introspection to try to discover the structure of the mind. He introduced structuralism to Cornell. He tried to get people to describe their feelings, sensations, etc. and how they related to each other when they had a sensory experience.
  - Structuralism: Early school of thought that used introspection. Supposed to help reveal the minds structure. Became less popular because it was unreliable and people often don’t know why they feel the way they do.
  - William James: Thought that consciousness developed in humans because it helped early humans to survive. Promoted functionalism and encouraged exploration of emotions, memories, and habits. He also wrote lots of articles about psychology and taught Mary Whiton Calkins.
  - Charles Darwin: Used his theory of natural selection to explain how traits that allow an organism to survive in a specific environment are more likely to be passed down. Not only applies to animal structures, but also behaviors.
  - Functionalism: Early school of thought that explored how behaviors and mental processes work. Explored how these processes let organisms change, live, and flourish. Promoted by James and Darwin.
  - Mary Whiton Calkins: She was tutored under James and became a pioneering memory researcher. She was the first female president of the APA. Finished all the requirements to get a Harvard PhD in psychology, but they wouldn’t give her one.
  - Margaret Floy Washburn: Was the first female to get a PhD in psychology and the second female APA president. Wrote the book *The Animal Mind* about animal behavior research. Her thesis was the first foreign study that Wundt...