Chapter I
What is the definition of psychology? What are the four goals of psychology? Define each goal and be prepared to identify examples of each.
Psychology: the scientific study of behavior and mental processes
The four goals are: Control, Prediction, Explanation, and Description

What is the difference in Structuralism and Functionalism?
Structuralism
Wilhelm Wundt- first psychology lab in Germany 1879
  Analyze the content of one's mind through
Edward Titchener- structures of the mind
  Break experience into emotions and sensations
Functionalism
William James- “stream of thought” vs. elements of mind
  Focus on adaptation, living, working, playing, functioning world

What is objective introspection and which school of psychology used it?
Introspection is the examination of one's own conscious thoughts and feelings. In psychology the process of introspection relies exclusively on observation of one's mental state, while in a spiritual context it may refer to the examination of one's soul. Wundt used it in his school.

What is the focus of each of the modern perspectives of psychology? (ex. Behaviorism’s focus is on observed behavior, psychodynamic- focus on unconscious and early childhood, and humanistic - self-actualization, Gestalt – the whole, Cognitive - thoughts?
Psychodynamic: focus on unconscious, early development (less on sex and more emphasis on self)
Behavioral Perspective: B.F. Skinner (operant conditioning and reinforcement)
Humanistic Perspective: people have freedom to choose destiny
Sociocultural: combines social and cultural psychology
Biopsychological: attributes human behavior
Evolutionary: Biological, mental traits shared by all humans

What techniques did Freud use when treating patients and what did he say was the reason for unwanted behaviors? What did John Watson say should be the focus of psychology? What reason did he give for unwanted behaviors?
Sigmund Freud- insight therapy treating fear and anxiety
  Emphasis on unconscious and early childhood
Watson believed that he could create an infant to be anything he wanted it to be.

What is the difference between a psychologist and psychiatrist?
Psychologist- doctor of psychology
Psychiatrist- prescribes medicine

What are the independent and dependent variables? Be able to identify each in an experiment.
Independent- a variable whose variation does not depend on that of another