Functionalism - psychological processes have a function: helping us survive as individuals and adapt as a species - William James

Mary Whiton Calkins became a memory researcher and the first female president of the APA.

Margaret Floy Washburn was the first female to earn a psychological PhD.

Psychology definition - The science of mental life

The study of observable behavior

Internal mental processes helped by neuroscience

Behaviorists study and experiment with observable behavior

Watson experimented with conditioned responses

Skinner studied the way consequences shape behavior

Unlike other behaviorists, he saw little value in introspection

We can learn new behaviors

Sigmund Freud, founder of psychoanalysis

He studied and helped people with a variety of mental disorders

More about Freud when we study personality and therapy

Early childhood experiences are important

Defense mechanisms - ways to respond to anxiety

Humanism: Maslow and Carl Rogers

Studied people who were thriving

Help people feel accepted

Nature vs. Nurture

Nature is what we are born with

Nurture is the experiences we have while living

Plato - we are born with it

Aristotle - we take it in

Darwin - natural selection

Nurture works on what nature endows

Biopsychosocial levels of analysis - biology (survival and sensation), psychology (emotions and moods), and social (macro)

Hindsight bias - I knew it all along

Overconfidence error - I am sure I am correct

Perceiving order in random events - the dice must be fixed because you rolled a six three times

Be able to prove your theory wrong

Curiosity, Skepticism, Humility, Critical thinking

Theory is a set of principles

Hypothesis is a testable prediction

Replicate research

Descriptive research is systematic, objective observation of people

Case study is a study of one person

Naturalistic observation - watching but not intervening

Surveys and interviews having people report on their own attitudes and behavior

Correlation can never equal causation

Absolute value on scale of -1 to 1 -1 being inverse and 1 being direct and zero being no relation

Independent variable

Dependent variable

Random sampling

Random assignment

Control group

Double blind experiment - A third group with something is proven to be effective

Objective definitions