I. WHAT IS PSYCHOLOGY?

1. Definition - The book defines psychology as the study of behavior and cognitive processes. What does that mean? Does it mean the same thing to everyone? NO!!

2. Different Definitions of Psychology - Different people in the past and different people today hold a wide variety of views as to what psychology is and what it should study.

3. Wilhelm Wundt - Wundt founded the first psychological lab in 1879 at Leipzig in Germany. He saw psychology as the study of conscious experience. He did this through introspection, asking the person to describe what was doing on in his mind. His student Titchner brought the idea of structuralism to the United States. It was way too dependent on verbal communication and truthfulness of participant. Introspection was an attempt to study psychology as a chemist would study substances.

4. William James - The first American psychologist. He was more interested in how the mind functions. The mind is a whole and you miss the point when you try to break it down into its parts. Develop functionalism as an answer to the problems encountered in introspection or structuralism.

5. John Watson - Watson said "You can't see the mind so how can you study it?" All we can see is observable behavior and that is what psychology should study. Skinner is also widely known for this view.

6. Mary Calkins - First woman to make a career in psychology. But because of prejudices against women in 1895, she never received a Ph.D. The first woman psychologists with a Ph.D. was Margaret Washburn.

II. MODERN APPROACHES TO PSYCHOLOGY