Psychology: The scientific study of behaviour and the mind.

Schools of Psychology

1. Functionalism
   - Function/ significance of behaviour.
   - How does behaviour help us adapt?
   - Primarily biological.
   - ex: psychobiology (neuroscience), ethology (behaviour in the wild).

2. Psychodynamic
   - Focus on the unconscious experience (the mind).
   - Look for unresolved conflict.
   - Importance of personality.
   - ex: brief psychodynamic therapy, unconscious processing.

3. Behaviourism
   - Focus on behaviour, not the mind.
   - Discuss behaviour changed under various conditions.
   - Primarily environmental.
   - ex: learning theories, behaviour modification.

4. Gestalt Tradition
   - Focus on perception and experience.
   - Look at how people think and remember.
   - Consider everything in context.
   - Both biological and environmental.
   - ex: cognition, information processing.

5. Humanistic Tradition
   - Focus on values and choice.
   - Help people fulfill potential, self actualization.
   - Both biological and environmental.
   - ex: Carl Rogers therapy, the “self.”

6. Biological Tradition (connected/ similar to functionalism)
   - Focus only on neural and chemical basis of behaviour.
   - Mind is constructed by brain.
   - Biological (and environmental).
   - ex: neuroscience, brain imaging.

7. Sociocultural Tradition
   - Humans embedded in culture.
   - Norms, group process. Groups are more important in some cultures than others.
   - Environmental.
   - ex: cross cultural psychology, issues in development, disorders, thinking.