

> diagnostic equipment availability and options of treatment

Global inequality are evident in the disparities between nations in aspects such as cross national product

> shift towards a global market which changed US employment landscape

Environmental justice the equal treatment of all people regardless of race, gender, and or other social grouping with regard to prevention and relief from environmental and health hazards.

> extinguishing fire in a rural area

Residential segregation is an instance of social inequality on the local scale (due to socioeconomic status)

> location impacts access to transportation

Social Class

> is a system of stratification that groups members of society according to similarities in social standing

Socioeconomic status: SES, which defines the economic and social position of a person in terms of income, wealth, education, and occupation

1) *Privilege* has advantages of power and opportunity over those who lack privilege

2) *Prestige* relative value assigned to something within a particular society

> “upper class” consists of wealthy families, name usually passed down from generation to generation

> “middle class” members of society who are financially stable but not extremely wealthy

- they have “blue collar” jobs and have access to education

> “lower class” characterized by economic hardship or uncertainty

- lack professional development and/or educational opportunities to stabilize their status

The class system includes fluidity, unlike a caste system, in which hierarchy of society is strictly defined, position is inherited, and the movement or marriage between castes is prohibited.

Upward mobility- achieved through education, marriage, career or financial success

Downward mobility- moving lower within the class system, can result from unemployment or underemployment

> reduced household income due to divorce, lack of education, or health issues

Intragenerational mobility- achieving the “american dream” in ones lifetime

Intergenerational mobility- occurs over generations

> e.g. first general is labor, sending kids to university who become doctors, lawyers etc.

Meritocracy- a society in which advancement based solely on the abilities and achievements of the individuals

Cultural capital- refers to the non-monetary social factors that contribute to social mobility

> how an individual “fits in”

Social capital- an individual’s social networks and connections that may confer economic and or personal benefits

> “who you know?”

The transmission of social inequality to from one generation to another is **social reproduction**

Poverty is an insufficiency of material goods, monetary wealth, and access to resources

> the lack of access is called *isolation or social exclusion*

Absolute poverty- describes the lack of essential resources such as food, shelter, clothing, and hygiene

Relative poverty- by contrast, describes social inequality in which people are relatively poor compared to other members of society in which they live.

Health disparity- differences in health and health care between different groups of people

> most important in childhood

Mirror neurons: specialized neurons fire both when a person is completing an action and when the person observes someone else completing the same action

> learn imitation

Vicarious emotions: feeling of emotions of other as though they are one's own- in order to learn from the success and mistakes of others through observation

2.3 Behaviour in Biological Context

Behaviour- sum coordinated responses of organisms to internal and external stimuli

> partially based upon on the biology of an organism

Verbal communication- exhibited by humans confers a wide variety of evolutionary advantages

> transfer knowledge and ideas

Non-verbal communication- consists of all communication between people that does not involve

> body language, touch, appearance etc.

Animal signals- vocalizations (distress call) or the use of visual stimuli, touch and smell for communication

Social behaviour- broadly defined as all interactions taking place between members of the same species

> e.g. attraction

> e.g. attachment

> e.g. social support

Foraging behaviour- gathering/hunting for food, team or individual

> social behaviour can increase foraging efficiency

Mating behaviour- the behaviour surrounding propagation of a species through reproduction

> natural selection is a huge force

Mate choice- determined by a number of factors: genetic qualities, overall health and potential parenting skills

Altruism- consists of behaviours that are disadvantages to the individual acting, but confer benefits to other members of its social groups

Inclusive fitness- describes overall fitness by considering not only the individual's own progeny, but also the offspring of its close relatives.

Game theory- is the use of math models to represent complex decision making in which the actions of other group members must be taken into account.

> success based on your and the opponent's choices

2.4 Behaviour in Social Context

Elements of Social Interaction

Role- that a person plays in a social interaction is defined by his or her expected behaviour in a particular situation.

Impression management- making choices in order to create a specific impression in the minds of others

> dramaturgical approach: ongoing performance to behave a certain way when interacting with different group of people

> the self is not "fixed"

Front stage self- you are in front of an audience, you know that you are being watched

Back stage self- players are together, but no audience is present

Stereotype- concept about a group or category of people that includes that belief that all members of that group share certain characteristics

> institutional vs individual stereotyping

***prejudice based on ideas and attitudes, discrimination on actions and behaviours

Lecture #3: Identity and the Individual

3.1 Introduction

Each person can be described by two interrelated but separated concepts: **personality** and **identity**.

> Personality is made up of internal characteristics and behaviour.

> Identity in one's view of self in relation to the world

3.2 Personality Theories: One View of the Individual

Personality is most fundamentally the collection of lasting characteristics that makes a person unique.

Trait theory- personality is what most people probably think of when they define personality

> they are continuous variables rather than categorical

> Healthy personality forms when self-concept and ideal self are congruent

> people behave differently depending on different situations

Identity who you are relevant to the world, allows individuals to see themselves as constant and have some fluidity

The popular "Big 5"

1. Openness to experience

2. Conscientiousness

3. Extraversion

4. Agreeableness

5. Neuroticism (OCEAN)

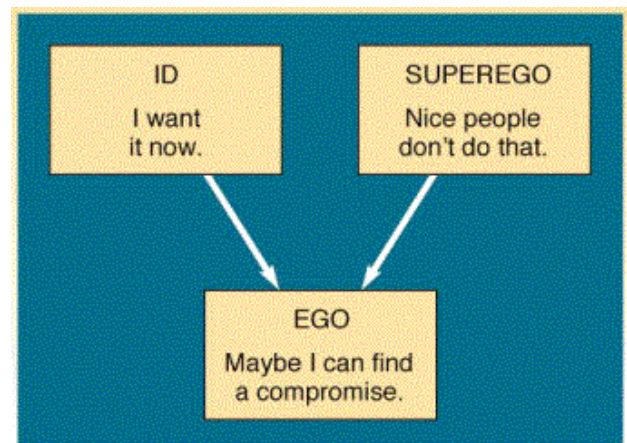
Neuroticism significant contributor to psychological disorders

Twin studies- particularly useful in separating the effects of eugenics and the environment building a picture of which traits are more closely tied to genetics than others

Psychoanalytical theory- Sigmund Freud, personality is determined by the flow of psychic energy between three systems that reside in different levels of consciousness; id, ego and super ego

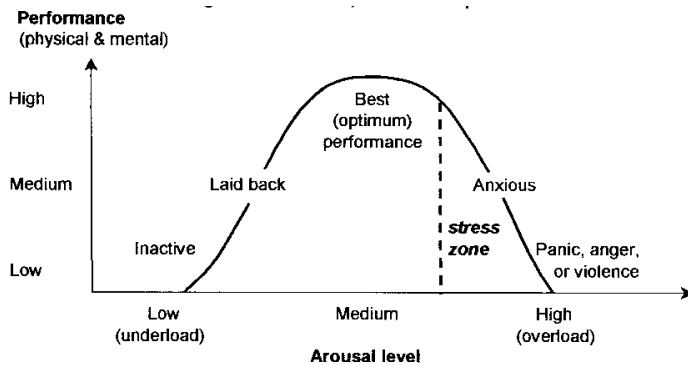
> id- most primitive part of personality, which seeks instant gratification with no consideration for morality or social norms

> superego- develops later in line through internalization of society's rules for moral behaviour, learned through interactions with caregivers



Stress Responses and Outcomes

Fight or flight- due to epinephrine and norepinephrine, there is also cortisol which increases blood sugar that gets directed towards the muscles



People perform better under mild amount of stress, particularly if they have an expertise task at hand.

Stress Management

Exercise can utilize the same physiological resources that are provided by the acute stress response, which evolved to provide increased blood flow and glucose levels for evading an acute stress like predator

Spirituality allows people to achieve a sense of purpose, focus and optimism

> meditation is an excellent mind-body technique

Chapter #5: Biological Correlates of Psychology

5.1 Introduction

Correlation does not always mean causation

Biological correlates of psychology, the interaction between genetics and environment, and neuropsychological process.

5.2 Genetics, Environment, and Behaviour

The dynamic interaction between the environment and heredity plays a critical role throughout psychological development, including that of behavioural traits.

> **Temperament** is an innate predisposition towards certain personality characteristics

Hubel and Wiesel- showed absence of certain visual features in the environment can actually cause the loss of neurons that would have been dedicated to those stimuli

Genetic variation within population is the variation of alleles between individuals in that population.

Adaptive value- the extent to which they contribute to survival in the given environment, natural selection will result