

Chapter 1 Study Guide

Psych – Soul

Ology – Scientific study of

Psychology – Scientific study of the mind and behavior.

Psychologists study everything about the human experience from the basic workings of the human brain to consciousness, memory, language, reasoning, personality and mental health.

History of Psychology

Psychological perspectives

Structuralism – understanding the conscious experience through introspection.

- Wilhelm Wundt

Functionalism – focused on how mental activities helped an organism adapt to its environment.

- William James

Psychoanalytic Theory – focuses on the role of the unconscious in affecting conscious behavior.

- Sigmund Freud

Gestalt Psychology – Focuses on humans as a whole rather than individual parts.

- Wertheimer, Koffka, Kohler

Behaviorism – focuses on observing and controlling behavior.

- Pavlov, Watson, Skinner

Humanism - emphasizes the potential for good that is innate to all humans.

- Abraham Maslow and Carl Rogers

Wilhelm Wundt is credited as one of the founders of psychology. He created the first laboratory for psychological research.

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