Chapter 1 Study Guide

Use this study guide to prepare for the quizzes for PY100 introduction to Psychology. The guide refers to the required textbook for this course (<u>Psychological Science</u>). Each below either notes the page number where the answer to the question can be found or indicates that the material will only be provided from the lectures. For example, item 1 below asks "what is the definition of psychology?" (4) "(4)" indicates that the answer to this question is on page 4. Content in bold typeface is also relevant for the final exam for the course.

1. What is psychology the study of? (4)

-study of mental activity

-philosophical roots

-scientific discipline began around 1870s in Germany

2. From what does the term psychology derive from (i.e., its word origin)? (lecture)

-from two Greek words: "psyche" for mind and "logos" for study

What is "mental activity?" (lecture):

-general term

 -conscious effort to think, problem solve, remembering, and related activities, but does not attempt to link these activities with physiological functions

4. Define psychological science (5). How does this differ from "psychology?" (lecture)

-psychological science: the study, through research, of mind, brain, and behavior

-"through research"-study, survey, experiments, tests

-" ological"-the study of; done through science, not just theoretical

-"mind, brain, and behavior"-what do the parts of the brain do?; mind: emotional responses, remembering numbers/what you had for lunch yesterday; carefully measuring behavior we observe (how did a person say what they say, what emotional state were they in?)

-excludes intuition, believing, and causes based on anything else but evidence -psychologists generally seek to understand mental activity (both normal and abnormal), the biological basis of that activity, how people change as they grow older, how people vary in response to social settings, and how people acquire healthy and unhealthy behaviors

5. Define the "mind" and the "brain." How are they different? (5. lecture)

-brain: hardware; organ in the head that serves as part of central nervous system, with the spinal cord, carry out biological processes for physiological, sensory, emotional and cognitive processes

-mind: software; metaphysical construct, used to describe mental activities, especially when difficult to link to brain processes. Functions of the mind (e.g., memory, perception) are ultimately dependent upon biological brain processes

-biological psychology: link mind and brain

-Phineas Gage: tapping iron went through his head; survived; dramatic personality changes

 On page 5, the authors restrict behavior to humans and animals. However, invertebrate behavior is also studied (lecture)

-behavior: observable actions of an organism

-observable actions; something we can actually see someone doing

-behaviors exclusive to humans: debating philosophy, performing surgery

Psychology Chapter 1study Guide

Yan Bai

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