Announcements
- Check Attendance/Grade Query Tool on class website (psy150a1.org) for:
  - Attendance tracking
  - Syllabus Quiz
- Instructor Office Hour Wednesday is cancelled
- Wednesday Lecture Plans

I. Definition of psychology
--the scientific study of the behavior and mental processes of living organisms.

Psyche: mind, soul, spirit, self (Greek)
-ology: branch of knowledge

Definition of Psychology
A. Scientific study
   1. Repeatable
   2. Public
   3. Empirical
   4. Skeptical

B. Behavior
C. Mental Processes
D. Living Organisms

In fact, all levels social behavioral mental neurological neurochemical molecular

REMEMBER:
Behavior is Multiply Determined

"I'm a social scientist, Michael. That means I can't explain electricity or anything like that, but if you ever want to know about people, I'm your man."
Psychology
A hub scientific discipline

II. Psychology -- merely common sense?

➢ Thought experiment
   ➢ 1 hour of dull and meaningless tasks
   ➢ Experimenter persuades you to say how great it is to another subject
   ➢ You are paid either $10 or $100
   ➢ You then rate your own enjoyment of the tasks

Would you rate the tasks as more enjoyable if you were:
1. In the $10 condition
2. In the $100 condition

Answer:

Why? Cognitive Dissonance

Scientific psychology should not merely confirm, but challenge our notions

III. Ways of Classifying Psychologists

A. By means of species of organism under study
B. By Time of life span of organism under study
C. By type of behavior studied

<table>
<thead>
<tr>
<th>Normal</th>
<th>Vs.</th>
<th>Abnormal behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>general laws</td>
<td>particular problems</td>
<td>individuals</td>
</tr>
<tr>
<td>large groups of subjects</td>
<td>each individual, subsets</td>
<td>Clinical Psychologists</td>
</tr>
<tr>
<td>to generalize</td>
<td>Experimental psychologists</td>
<td></td>
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</tbody>
</table>
Ways of Classifying Psychologists

D. By Degrees and training
1. Psychologists
   BA/BS, PhD
2. Clinical psychologists
   BA/BS, PhD, 
   Internship, Licensure
3. Psychiatrists
   BA/BS, MD, Residency
4. Psychoanalysts
   BA/BS, MD, Residency
   + years on the couch
5. Psy. D
   BA/BS, PsyD

E. Other Mental Health Professionals
1. Masters of Social Work (MSW)
2. Family and Marital Therapist (Masters/PhD)
3. Psychiatric Nurse, Nurse Practitioner
4. Masters in Counseling
5. Case Aids (Bachelor’s)

Ways of Classifying Psychologists

F. By field of study
1. Experimental and biological psychology
2. Developmental, social, and personality psychology
3. Clinical and counseling psychology (including forensic)
4. School and educational psychology
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F. By field of study
   1. Experimental and biological psychology
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   3. Clinical and counseling psychology (including forensic)
   4. School and educational psychology
   5. Industrial and engineering psychology

Psychology’s Subfields

Psychology’s Subfields: Applied

Psychological Science
Versus
Common Sense and Intuition

Data: APA 1997
Common Sense and Intuition

- Generally helpful in daily life
- But the potential to lead us astray
- Examples
  - Naïve Realism – the belief that we see the world as it really is

Another example of Naïve Realism

Common Sense and Intuition

- Generally helpful in daily life
- But the potential to lead us astray
- Examples
  - Naïve Realism – the belief that we see the world as it really is
  - Intuitions on Free Will

Libet’s Experiment

Make hand movements at will
Report time you made the decision
IV. Perspectives on psychology

A. Historically
   A. Structuralism
      1. Edward Titchener
      2. Stressed Observation
      3. But Introspection as privileged method
      4. Determine basic/fundamental components (structures) of the mind
   B. Functionalism
      1. William James
      2. Also used Introspection, but not to break down mind to components
      3. Examined purpose/function of consciousness and behavior

William James (1842 – 1910)

“Action may not always bring happiness, but there is no happiness without action.”

“The greatest discovery of any generation is that a human can alter his life by altering his attitude.”

“A great many people think they are thinking when they are merely rearranging their prejudices.”

IV. Perspectives on psychology

A. Historically: Functionalism vs Structuralism
B. Neurobiological
   Brain-behavior
   Genetic influences

IV. Perspectives on psychology

A. Historically: Functionalism vs Structuralism
B. Neurobiological
C. Behavioral
   (Watson, Skinner)
   Environmental determinants
   Black Box

IV. Perspectives on psychology

A. Historically: Functionalism vs Structuralism
B. Neurobiological
C. Behavioral
   (Watson, Skinner)
D. Cognitive
   Measure things inside the black box: Perception, memory, information processing

Behavioral:

\[ \text{Stimulus} \rightarrow \text{Response} \]

Cognitive

\[ \text{Stimulus} \rightarrow \text{Processing} \rightarrow \text{Response} \]

\[ \text{Stimulus} \rightarrow \text{Processing} \rightarrow \text{Still more Processing} \rightarrow \text{Response} \]
IV. Perspectives on psychology
A. Historically: Functionalism vs Structuralism
B. Neurobiological
C. Behavioral
D. Cognitive
E. Psychoanalytic

Note – contemporary version termed psychodynamic

REMEmber: Behavior is MultiplyDetermined

A Scientific Approach to Understanding Human Behavior

Research Methods

Michael Shermer, Publisher, Skeptic magazine
Scientific Skepticism

- As scientists, we should
  - evaluate all claims with an open mind
  - insist on persuasive evidence before accepting these claims

- And we should avoid
  - Cynicism (Pathological skepticism)
  - The tendency to dismiss any claims that contradict one’s beliefs