

## History & Approaches

### Key Terms & Concepts

<b>Nativism</b>	Knowledge is innate or inborn
<b>Empiricism</b>	Knowledge comes from experience; “blank slate”
<b>Nature/Nurture</b>	genes/environment, interaction
<b>Dualism</b>	Two things: Mind/soul as separate from body
<b>Monism</b>	One thing: everything is physiological
<b>Phrenology</b>	Pseudoscience connecting bumps & dents in skull to personality and behavior
<b>Structuralism</b>	Early attempt to break consciousness into parts to understand its structure
<b>Introspection</b>	Process of examining and reporting one’s subjective experience
<b>Functionalism</b>	Approach focused on purpose of traits & behaviors
<b>Natural selection</b>	Process of evolution based on survival advantage
<b>Freudian Unconscious</b>	Repository of hidden fears, wishes, & desires
<b>Psychoanalytic approach</b>	Resolve mental illness by revealing contents of the unconscious via talk therapy & dream analysis
<b>Behaviorism</b>	Focus on observable behavior rather than mental processes
<b>Cognition</b>	Internal mental processes
<b>Evolutionary Psychology</b>	Uses Darwinian natural and sexual selection to understand human traits & behaviors
<b>Developmental Psych.</b>	Examines changes over the lifespan
<b>Neuroscience (cognitive / behavioral)</b>	Examines links between brain activity and mental processes or behaviors
<b>Social Psychology</b>	Considers how groups and the social environment influence thoughts & behaviors

<b>Industrial-organizational Psychology</b>	Investigates the role of work environments on worker performance & productivity
<b>Cultural Psychology</b>	Role of culture in shaping thought and behavior
<b>Abnormal Psychology</b>	Study of mental illness and psychological disorders
<b>Psychiatrist</b>	M.D. specializing in diagnosis of mental illness; can prescribe medications
<b>Clinical psychology</b>	Assessment and treatment of mental illnesses
<b>Counseling</b>	Help people cope with challenges & functioning

### Key Figures & Associated Ideas

<b>Plato</b>	Innate knowledge
<b>Aristotle</b>	Knowledge from experience; empiricism
<b>Rene Descartes</b>	Dualism; mind-body problem
<b>Franz Josef Gall</b>	Phrenology
<b>Wilhelm Wundt</b>	1 <sup>st</sup> psych lab University of Leipzig
<b>Edward Titchener</b>	Introspection; structuralism
<b>G. Stanley Hall</b>	1 <sup>st</sup> US experimental psych lab (1883); first president of APA (1892)
<b>William James</b>	Functionalism; Principles of Psychology
<b>Mary Whiton Calkins</b>	Student of W. James; first female president of APA (1905)
<b>Charles Darwin</b>	Evolution by natural & sexual selection
<b>Sigmund Freud</b>	Unconscious
<b>B.F. Skinner</b>	Behaviorism, operant conditioning