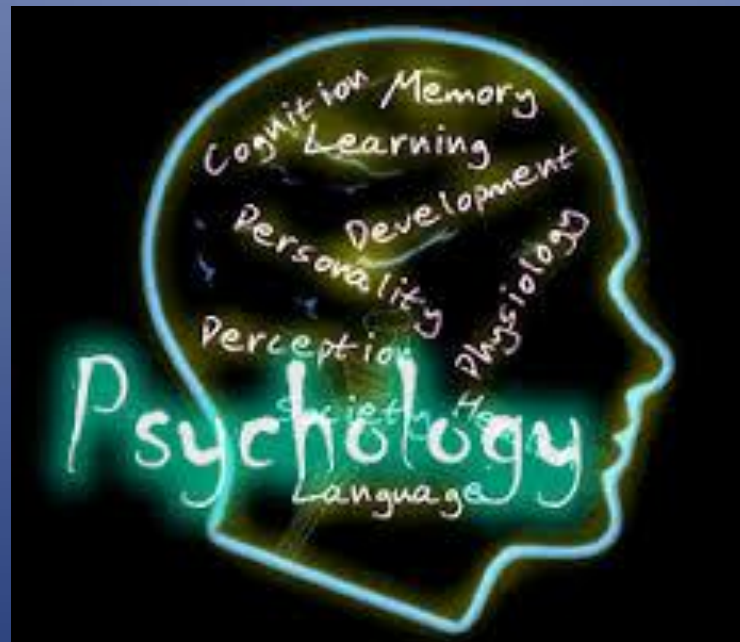
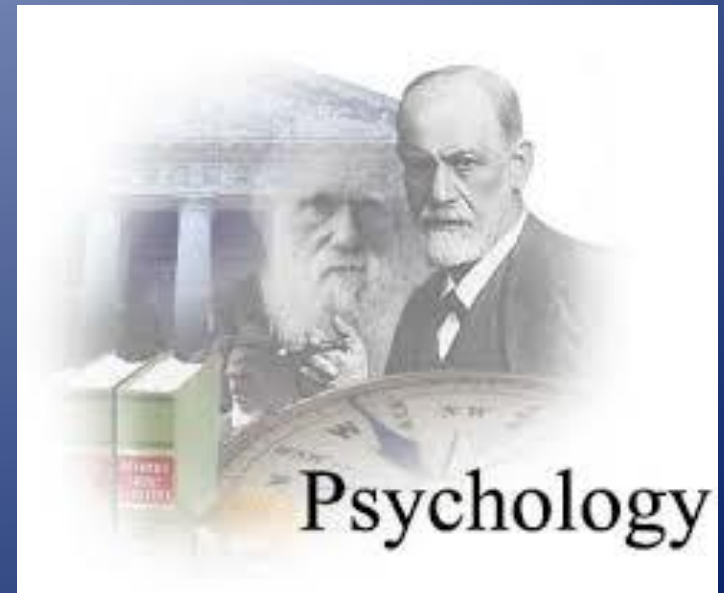


Psychology



- Psychology is ... the scientific study of that seeks to describe, explain, predict & control behaviour & mental processes



What Psychologists Do

- Studies of individuals as well as groups
- Counselling
 - Addictions
 - Psychosis
 - Neurosis
- Animal psychology
- Experimentation
- And others!



- Marshmallow test (5 minutes)
- [Marshmallow test reproduced by Dr David Walsh @ wcco – YouTube](#)
- ByStander effect (3 minutes)
- http://www.youtube.com/results?search_query=famous%20psychology%20experiments&sm=12



FIELDS OF PSYCHOLOGY

Case Study

- Janine, a straight-A college student and track star, lined up to compete at the NCAA 5,000 metre regional finals – held later on the same day that she had to take her MCAT. Having spent the night studying for the all-important exam, Janine was operating on 3 hours of sleep. As the runners took off, Janine got off to a slow start and fell behind. Suddenly, she veered off the track, scaled an 8 foot fence, and jumped off of a 45 foot bridge. Her injuries ended her running career and indefinitely postponed her dream of medical school.
- Now take a look at how each psychological perspective might try to explain why Janine acted as she did.

- How would you explain why Janine did what she did?
- What might you want to know?

Biological

- *Studies the role of biological process & heredity in explaining behaviour*
- Burning Questions – Did Janine have an undetected medical condition that was aggravated by the running? Maybe she had a predisposition toward impulsive behaviour?
- Possible Answers – Maybe Janine had an untreated chemical imbalance; maybe she had a brain tumor or some other physical problem that caused her to act out of character, maybe the physical effects of sleep deprivation were a factor

Psychoanalysis

- *Studies the role of unconscious motivation & early childhood experiences in determining behaviour & thought (Freud)*
- Burning Question – What forces drove Janine so hard that she ‘snapped’
- Possible Answers – Maybe her parents pushed her too much; perhaps she overcompensated for feelings of inadequacy by ‘winning’ and panicked at the thought of failure

Behavioural

- *Studies the role of the environment in shaping & controlling behaviour (Watson)*
- Burning Questions – What have been the previous consequences for Janine when she lost a race? In the past, did she usually lose when she fell behind?
- Possible Answer – Maybe past losses were followed by painful consequences (criticism or derision), & Janine was trying to avoid experiencing them again

Cognitive

- *Studies the important mental processes that underlie behaviour*
- Burning Questions – What was Janine thinking during the race? How did these thoughts lead her to act the way she did?
- Possible Answers – Maybe her fear of failure interfered with her ability to think rationally & thus impaired her judgement

Humanistic

- *Studies the importance of the individual's subjective experience as a key to understanding behaviour*
- Burning Questions – Was Janine's self-image such that she only felt loved & respected if she won?
- Possible Questions – Maybe she was trying to change the basis of her self-worth or trying to test her friend's & family's love for her

Sociocultural

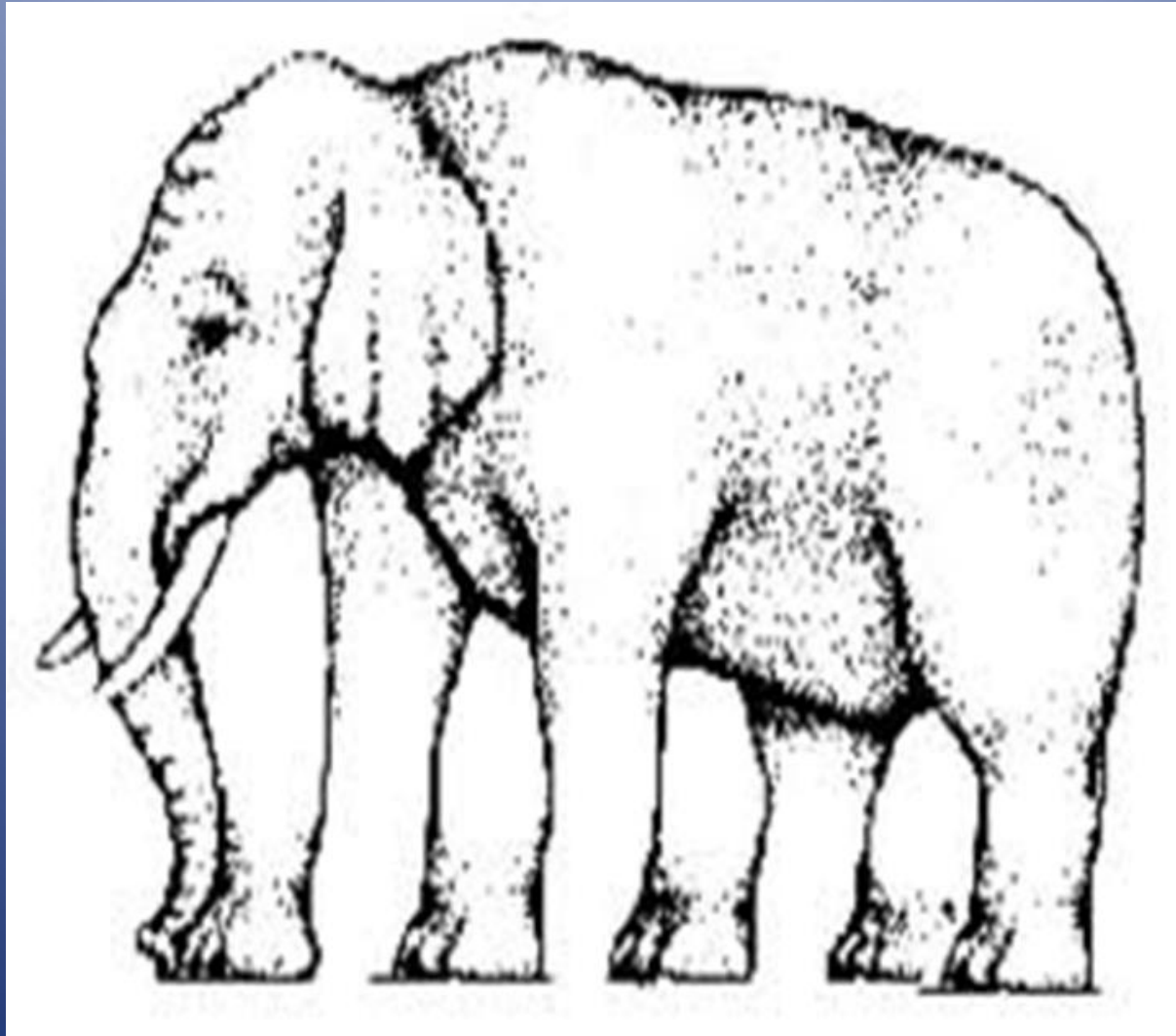
- *Studies the effects of society on culture & behaviour*
- Burning Questions – What has American culture taught Janine about winning & the price of failure? How would she expect others to treat her if she lost the race?
- Possible Answers – Maybe Janine's behaviour was so desperate because of the social consequences she anticipated if she failed; maybe she took "*winning isn't everything, it's the only thing*" to the extreme

Evolutionary

- *Studies the role of inherited tendencies that have proven adaptive in humans*
- Burning Questions – Was Janine's behaviour an example of adaptive behaviour gone awry?
- Possible Answers – Maybe Janine perceived her fear of failure like our ancestors perceived threatening predators & was trying to flee from them

- Each perspective approaches the scenario from a different set of assumptions or perspective (theoretical position)
- Each question has a certain amount of validity, but it's clear that so single perspective asks or answers, every question the scenario raises

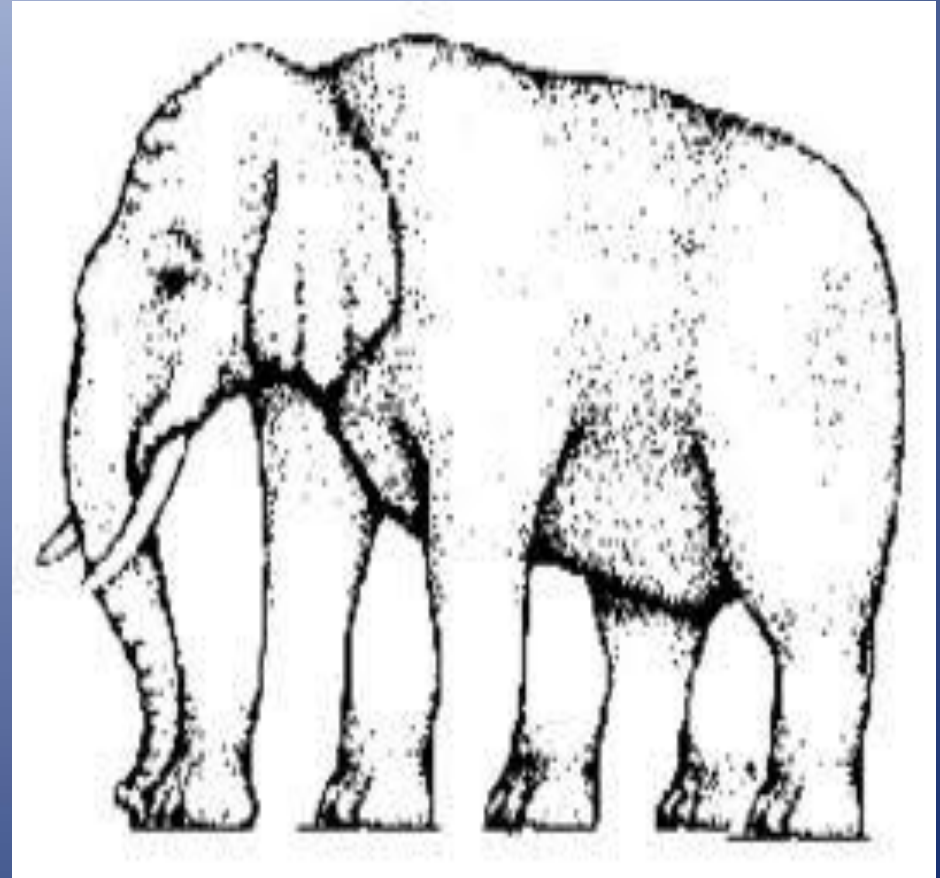
Perception Activities



Perception Activities



- The way most people view a situation may turn out to be wrong
- Don't jump to the wrong conclusions
- Provide a real life example for each



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