

# Study Sheet

Chapter 1, Psychology 2e

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## Section 1: Concept Checklist

Check off each concept once you can explain it in your own words.

- Definition of psychology
- The scientific method (hypothesis, theory, empirical evidence)
- Psychology as a natural and social science
- Benefits of studying psychology
- Wundt, introspection, and the first psychology lab
- Titchener and structuralism
- William James and functionalism
- Freud and psychoanalytic theory
- Gestalt psychology (Wertheimer, Koffka, Köhler)
- Pavlov and classical conditioning
- Watson and behaviorism
- Skinner and operant conditioning
- Maslow's hierarchy of needs
- Rogers and client-centered therapy
- The cognitive revolution (Chomsky, Neisser)
- Feminist psychology (Weisstein)
- Multicultural and cross-cultural psychology (WEIRD)
- Contributions of women and minority psychologists
- Professional organizations (APA, APS)
- Major subfields of psychology (e.g. biopsychology, evolutionary, etc.)
- The Big Five personality traits
- Milgram's obedience study and research ethics
- Degrees and training (PhD vs. PsyD, dissertation, postdoc)
- Careers in and outside academia
- Clinical psychologists vs. psychiatrists

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## Section 2: Fill in the Blank

Each blank is a vocabulary word from the chapter's Key Terms list. A word bank is provided on the next page.

1. \_\_\_\_\_ is the scientific study of the mind and behavior.
2. The \_\_\_\_\_ method acquires knowledge through observation and experimentation rather than relying only on logical argument or previous authorities.
3. Wundt's process of \_\_\_\_\_ involved examining one's own conscious experience and breaking it into component parts.
4. Titchener developed \_\_\_\_\_, which sought to understand conscious experience through introspection.
5. William James's perspective, \_\_\_\_\_, focused on how mental activities helped an organism adapt to its environment.
6. Freud's \_\_\_\_\_ theory focuses on the role of the unconscious in affecting conscious behavior.
7. \_\_\_\_\_ focused on observing and controlling behavior, deemphasizing unobservable mental processes.
8. \_\_\_\_\_ is the perspective within psychology that emphasizes the potential for good that is innate to all humans.
9. \_\_\_\_\_ explores how our biology influences our behavior.
10. The \_\_\_\_\_ model asserts that biology, psychology, and social factors interact to determine an individual's health.
11. \_\_\_\_\_ psychology is the study of cognitions, or thoughts, and their relationship to experiences and actions.
12. \_\_\_\_\_ psychology is the scientific study of development across a lifespan.
13. \_\_\_\_\_ psychology focuses on patterns of thoughts and behaviors that make each individual unique.
14. A \_\_\_\_\_ \_\_\_\_\_ is a consistent pattern of thought and behavior.
15. \_\_\_\_\_ psychology focuses on the diagnosis and treatment of psychological disorders and other problematic patterns of behavior.
16. \_\_\_\_\_ psychology focuses on improving emotional, social, vocational, and other aspects of the lives of psychologically healthy individuals.
17. \_\_\_\_\_ psychology applies the science and practice of psychology to issues within and related to the justice system.
18. \_\_\_\_\_ psychology focuses on the interactions between mental and emotional factors and physical performance.
19. The \_\_\_\_\_ is a professional organization representing psychologists in the United States.
20. A \_\_\_\_\_ is a long research paper about research conducted as part of a candidate's doctoral training.
21. A \_\_\_\_\_ is a doctoral degree conferred in many disciplinary perspectives housed in a traditional college of liberal arts and sciences.
22. A \_\_\_\_\_ is a doctoral degree that places less emphasis on research and focuses more on applying psychological principles in the clinical context.
23. A \_\_\_\_\_ allows young scientists to further develop their research programs under the supervision of other professionals.
24. The suffix \_\_\_\_\_ denotes "scientific study of."

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## Word Bank (Alphabetized)

Possible answers for Section 2. Each term is used once.

- American Psychological Association (APA)
- behaviorism
- biopsychology
- biopsychosocial
- clinical
- cognitive
- counseling
- developmental
- dissertation
- empirical
- forensic
- functionalism
- humanism
- introspection
- -ology
- personality
- personality trait
- PhD (doctor of philosophy)
- postdoctoral training program
- psychoanalytic
- psychology
- PsyD (doctor of psychology)
- sport and exercise
- structuralism

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## Answer Key

1. Psychology
2. empirical
3. introspection
4. structuralism
5. functionalism
6. psychoanalytic
7. Behaviorism
8. Humanism
9. Biopsychology
10. biopsychosocial
11. Cognitive
12. Developmental
13. Personality
14. personality trait
15. Clinical
16. Counseling
17. Forensic
18. Sport and exercise
19. American Psychological Association (APA)
20. dissertation
21. PhD (doctor of philosophy)
22. PsyD (doctor of psychology)
23. postdoctoral training program
24. -ology