

Key Timeline Events:

- Ancient Societies and philosophers pondered whether the mind and body are connected or distinct and whether human ideas were innate or a result from experience
- Descartes and Locke offered “Tabula Rasa” (blank slate) which argues what we know comes from experience.
- Until the 1920’s psychology was defined as the “science of mental life” influenced by structuralism and functionalism.
- From then well into the 60’s behaviorism and psychodynamic (Freudian) psychology was the major push.
- Rebellion against behaviorism resulted in the birth of humanistic psychology and cognitive neuroscience.

Key People: Focus on the significance of their accomplishment and what it mean to us today.

- *Wilhelm Wundt: (Structuralism)*
Considered the Father of Modern Psychology. Established the first psychology laboratory in Germany in 1879. Psychology is a science built on tradition of Wundt and his laboratory. (Correct answers on the test are based on what research has revealed; not on common sense.)
- *Edward Bradford Titchener: (Structuralism)*
Used introspection (self reflection) to learn about the mind’s structure, searching for the **minds structural elements** with a focus on inner sensations, images and feelings
- *William James: (Functionalism)*
Strongly influenced by Darwin, **explored how behavioral and mental (thinking) processes function-** how the they enable one to adapt, survive and flourish.
- *Sigmund Freud: (Psychodynamic)*
Emphasized the ways that emotional responses to childhood experiences and our unconscious thought processes affecting our behavior. (Controversial personality theorist)
- *BF Skinner/Rosalie Rayner: (Behaviorism)*
“The scientific study of observable behavior.” Psychology should be an objective science that studies behavior without reference to mental processes. (Little Albert Experiment demonstrated conditioned fear responses on a baby.)
- *Carl Rogers/Abraham Maslow (Humanistic)*
Draw attention to ways that current environment influences can nurture or limit our growth potential, and the importance of having our needs for love and acceptance satisfied.

Key Ideas/Concepts/Vocabulary:

- **Psychology:** the science of behavior and mental processes. Behavior is anything that an organism does (observable) and mental processes are internal subjective experiences (sensations, thoughts, beliefs, feelings, perceptions.)

- **Empiricism:** The idea that what we know comes from experience, and that observation and experimentation enable scientific knowledge. Knowledge originates in experience and that science should therefore, rely on observation and experimentation.
- Experimental psychology the study of behavior and thinking using the experimental method.

- **Structuralism:**
 - Early school of thought promoted by Wundt and Titchener; used **introspection** to reveal the structure of the human mind. Just as chemists and physicists look for the basic elements of matter, Titchner aimed to discover the **basic elements of the mind**.
 - **Method:**
 - self-reflective introspection to **report elements of experiences**. (looking at a rose, smelling, tasting, listening, etc.)
 - **Weaknesses:**
 - required smart verbal people
 - varied from person to person and experience to experience
 - human error in self reporting

- **Functionalism:**
 - Early school of thought promoted by James (Darwin)
 - Explored **how mental and behavioral processes function**- how they enable one to adapt, survive and flourish.
 - Assembling the mind structure from simple elements was like trying to understand a car by looking at its disconnected parts. What was the function?
 - Smelling is what the nose does, thinking is what the brain does, but *why? (adaptive in nature)*
 - Consciousness serves as a function: enabling us to consider our past, adjust to our present, and plan for the future.