

- 1 **1386 General Psychology**
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- 2 **How to succeed in 1386 General Psychology**
 1. Read the textbook
- 3 **How to Succeed in General Psychology**
 1. Read the textbook
 2. Show up for class
 3. Don't memorize: understand concepts
 4. Take notes as you read
- 4 **Succeeding. . .**
 5. See the professor early and often.
 6. Follow instructions for projects and quizzes.
- 5 **Psychology: definition**
 - The science of behavior and mental processes
 - Key words
 1. Science
 2. Mental processes
 3. Behavior
- 6 **The “Big Issues” in Psychology today**
- 7 **Stability and Change**

Do personality traits and behaviors persist over time?
- 8 **Nature v. Nurture**
 - Nature: How much of who our unique personalities and feelings is determined by our biology.
 - Nurture: How much is determined by what we learn from experience after birth?
- 9 **Rationality v. Irrationality**
 - Our opinions are often formed on poor science such as
 - seeing cause and effect where they don't exist
 - anecdotal evidence
- 10 **Theoretical Perspective (subfields) in Psychology**
 - All theoretical perspectives ask the same question, “Why does this behavior, thinking process or feeling occur?”
- 11 **The Neuroscience Perspective**
 - Interested in the connection between our behavior or mental processes and what is going on in the body and the brain.

- Ex: You stumble and slur your speech when drunk because alcohol affects the part of the brain that controls muscle coordination.

12 **The Behavior-Genetics Perspective**

- How genetics and environment combine to produce our individual differences.
- Ex: Schizophrenia
- Ex: Depression

13 **The Behavioral Perspective**

- How does experience affect how we feel and behave?
- Ex: Will wearing your lucky socks improve your exam score?
- Ex: Why do you like to eat chocolate?
- Ex: Why do you drive aggressively?

14 **The Behavioral Perspective--continued**

- Classical conditioning: learning by association
- Operant conditioning: Learning that occurs because of the consequences of behavior (reinforcers)

15 **The Cognitive Perspective**

- How do your thinking processes work and affect your feelings and behaviors?
- Includes memory, planning, expectations, beliefs, intelligence
- Ex: Depression

16 **The Evolutionary Perspective**

- Based on Darwin's theories of the "Survival of the Fittest."
- How nature selects traits that promote the perpetuation of one's genes and species.
- Ex: Fears

17 **The Psychodynamic Perspective**

- Based on the work of Sigmund Freud, a neurologist in Vienna in the late 1800's treating people with "hysteria" aka "conversion disorder"

18 **Psychodynamics--continued**

- Consciousness has 3 parts
 - normal everyday consciousness
 - the preconscious where easily available memories are stored
 - the unconscious which stores feelings or memories too threatening or anxiety-producing to remember

19 **Is Psychology relevant to modern culture?**

- "Spare the rod, spoil the child"
- Medicalization of deviance
- Personality traits that affect our abilities to work with others