Psychology and Your Life with P.O.W.E.R Learning - Feldman 4th edition Feldman Solutions Manual

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Module 2: A Science Evolves: The Past, the Present, and the Future

These lectures are concerned with explaining the history behind the development of various schools of psychology, describing modern-day perspectives on psychology, applying theories of psychology to your life, and summarizing key issues and controversies surrounding the field of psychology.

Learning Outcomes

2.1: Explain the roots of psychology.
2.2: Discuss today's perspectives on psychology.
2.3: Apply psychology to your life.
2.4: Summarize psychology's key issues and controversies.

LO2.1: The Roots of Psychology

1. The science of psychology began in 1879, when Wilhelm Wundt set up the first scientific laboratory in Leipzig, Germany.

2. **Structuralism** is the school of thought concerned with analyzing sensations and personal experience into basic elements.

3. **Introspection** is the process used by structuralists, which involves the person looking inward and examining his or her own thoughts, feelings, or sensations.

4. **Functionalism** is the school of thought that analyzes the role behavior plays in allowing people to adapt to their environments.

5. **Gestalt psychology** is an approach to psychology that focuses on the organization of perception and thinking in whole units instead of individual parts of that perception.

6. Women made a significant contribution to the development of psychology as a science, despite the fact that they faced prejudices and discriminatory practices.

Progress Check

Match:

A. Structuralism

B. Functionalism

C. Gestalt psychology

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D. Introspection

E. Natural selection

1. _____ is the school of thought that analyzes the role behavior plays in survival.

2. _____ is an approach that focuses on the organization of perception and thinking in whole units.

3. _____ is the process of looking inward.

4. _____ is known as survival of the fittest.

5. _____ is the school of thought concerned with analyzing sensations and personal experience into basic elements.

Answers: 1—B; 2—C; 3—D; 4—E; 5—A

Discussion Questions

Picture students in the classroom.

1. Why do some students make As and others make Fs?

2. Why do some have what it takes to succeed and others do not?

3. What are the characteristics and behaviors of those students who excel?

4. What school of psychology most resembles this approach to education?

LO2.2: Today's Five Major Perspectives

1. **The neuroscience perspective** views behavior from the perspective of the brain, the nervous system, and other biological functions.

2. **The psychodynamic perspective** is based on the view that behavior is motivated by unconscious inner forces over which the individual has little control.

3. **The behavioral perspective** suggests that observable, measurable behavior should be the focus of study.

4. **The cognitive perspective** focuses on how people think, understand, and know about the world.

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5. **The humanistic perspective** suggests that all individuals naturally strive to grow, develop, and be in control of their lives and behavior.

Progress Check

Match each perspective of psychology with its description.

A. Neuroscience

B. Psychodynamic

C. Behavioral

D. Cognitive

E. Humanistic

1. This perspective is most interested in observing and measuring behavior.

2. This perspective focuses on the brain, the nervous system, and other biological functions.

3. This perspective suggests that all individuals naturally strive to grow, develop, and be in control of their lives and behavior.

4. This perspective is based on the view that behavior is motivated by unconscious inner forces.

5. This perspective focuses on how people think, understand, and know about the world.

Answers: 1—C; 2—A; 3—E; 4—B; 5—D

Discussion Questions

Do you think people have a choice in how they act and feel, or do the processes in their body, combined with their genes, control how they act and feel? Is behavior completely determined or non-determined, or is there a combination?

LO2.3: Psychology and Your Life

1. Psychologists work to understand and find solutions to real-world problems.

2. To further explore the many ways in which psychology has an impact on everyday life, check out the Psychology Matters website of the American Psychological Association: www.psychologymatters.org.

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Progress Check

True or False:

1. Psychologists are gaining insight into hereditary and environmental factors that influence autism spectrum disorder.

2. Psychologists are examining the motivations behind social networking and the potential beneficial applications of technology.

3. Psychologists have found that eyewitness testimony is often inaccurate and biased. As such, psychologists are developing national guidelines to assist with recall in criminal investigations.

4. Psychologists are studying what makes people happy and are finding that how one derives meaning from experiences is what dictates happiness.

Answers: 1—True; 2—True; 3—True; 4—True

Discussion Questions

Marcus is a third-grader. He has been sent to the office three times this week for hitting other boys on the playground. The principal asks Marcus why he hits his friends. Marcus replies, "Because they make me mad." The principal calls Marcus's mother. She tells the principal that the kids must be threatening Marcus, because she told him to hit and fight back if he feels threatened. When the principal asks Marcus what the other kids are doing to make him mad, Marcus replies, "They tag me out when we play kickball."

1. Are the other kids threatening Marcus by tagging him out in a kickball game?

2. Could Marcus perceive this as threatening behavior?

3. What do you begin to think about Marcus's home environment when hearing his mother's philosophy?

4. How do you think Marcus will handle competitive sports as he enters his early adolescent years?

LO2.4: Psychology's Key Issues and Controversies

1. Psychologists disagree about the origins of key issues and solutions surrounding these issues; however, all psychologists agree that researchers must continue to search for solutions to advance individual life and society.

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2. Psychologists from all disciplines are researching several key issues today:

- Nature versus Nurture
- Conscious versus Unconscious Causes of Behavior
- Observable Behavior versus Internal Mental Processes
- Free Will versus Determinism
    - **Free will** implies choices that are made freely by an individual.
    - **Determinism** refers to the notion that behavior is largely produced by factors outside of the individual's control.
- Individual Differences versus Universal Principles

Progress Check

Multiple Choice: Choose the best answer.

1. When looking at the key issue of "nature versus nurture," nature refers to what?

A. the genes people inherit

B. the environment in which people are raised

C. the outdoors surrounding the person's home

2. _____ psychologists think that the only legitimate source of information is behavior that can be observed directly.

A. Cognitive

B. Psychoanalytic

C. Behavioral

3. The notion that behavior is largely produced by factors beyond people's willful control is referred to as _____.

A. free will

B. determinism

C. unconscious forces

4. Psychologists agree on the following point regarding the "nature versus nurture" debate.

A. Genes (nature) definitely influence behavior more.

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B. A person's home and the way he or she is raised definitely influence behavior more.

C. A combination of both influence behavior, but psychologists disagree regarding which one has a larger impact on behavior.

Answers: 1—A; 2—C; 3—B; 4—C

Discussion Questions

Chris gets fired from his job. He works hard to find another job, but he cannot find one. Chris does not pay his rent. He gets evicted from his apartment. He is now homeless. Chris is angry and blames his situation on the boss who fired him.

1. Did Chris freely choose to become homeless, or was this determined?

2. Did Chris have any role in being evicted from his apartment?

3. What would a psychologist with a deterministic viewpoint think? What about a psychologist with a non-deterministic viewpoint?

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Additional Activities

Critical Thinking Exercise

#1: Nature versus Nurture and the Workplace

1. Psychologists study behavior in the workplace. Some people strive to achieve and promote up the corporate ladder quickly. Other people are content to show up, work their hours, and receive fair wages. Do you believe drive and ambition are genetically inherited or learned?

2. If a person is born with a high intelligence quotient (IQ), will this person automatically succeed? Why or why not?

3. If a person is struggling to find a job, is it society's responsibility to provide food and shelter for this person? Why or why not?

Journal Exercise

#1: The Impact of Nature versus Nurture on Your Performance in School

Think about your elementary school years. Can you remember what it was like in third grade, fourth grade, even fifth grade? Close your eyes and picture yourself in math. Picture yourself in language arts. Did you have music, art, and physical education classes? How did your parents or caretakers approach school? What rules did they have about homework and free time? Were your parents or caretakers active in your school? Did they check your work? Did they meet with your teachers? What kind of space did you have to complete your homework? Was school hard for you? Do you feel your performance in school was related to your IQ, how smart you are, or did your environment play a larger role in your performance?

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In-Class Activity

#1: Observable Behavior versus Internal Mental Processes: Can You Guess the Feeling?

Divide the class into small groups of four students. Each student needs paper and a pen. Direct the groups to walk to a close point on the campus and quietly observe other students. Explain that it is important to be discreet, because people change their behavior when they are aware they are being observed. Give the groups 15 minutes to record the behaviors they observe. Emphasize that observable behaviors are only those actions or words you can see and hear. This activity works best during an extended break or a time when many students are walking around. The small groups should then return to the classroom.

Have each student return to his or her seat. Ask each student to write down what feeling or thoughts probably accompanied the subject's actions. After completing this, ask students to meet with their small groups again. Compare the feelings they came up with for the subjects. Did each group member identify the same feeling? If they were different, what accounts for the difference? See if students have an opinion on why the subject felt the way he or she did. Conclude the exercise by reminding them that what we think about another person's thoughts may not be accurate. We tend to project our own feelings and experiences on to those we observe.

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