CHAPTER 1 EXAM REVIEW SHEET
What Is Psychology?

ONLINE STUDY HELP!
✓ Complete notes for this unit are available at:
  http://www.doyleqhs.com (just go to the What Is Psychology? unit page)
✓ Study all the chapter vocabulary and important names at:
  http://quizlet.com/set/357838 (highly recommended!!)

VOCABULARY TERMS
• psychology • mental processes
• science • theory
• behavior • introspection
• In what specific way(s) did Socrates, Aristotle, and Hippocrates contribute to our understanding of behavior and mental processes?

SECTION 1: WHAT IS PSYCHOLOGY?
The five goals of psychology
1. OBSERVE behavior and mental processes
2. DESCRIBE behavior and mental processes
3. EXPLAIN behavior and mental processes
4. PREDICT behavior and mental processes
5. CONTROL/INFLUENCE behavior and mental processes

SECTION 2: WHAT PSYCHOLOGISTS DO
Make sure you are familiar with these different psychologists:
• clinical psychologist
• counseling psychologist
• psychiatrist
• school psychologist
• sports psychologist
• forensic psychology
• consumer psychologist
• social psychologist
• developmental psychologist

SECTION 3: A HISTORY OF PSYCHOLOGY
• Be able to give some specific details about how people viewed human behavior in the following historical periods:
  ✓ the Stone Age
  ✓ the ancient Greeks
  ✓ the Middle Ages
  ✓ 1600s-1800s

SECTION 4: CONTEMPORARY PERSPECTIVES
Identify the following early schools of thought in psychology
(What was their approach to psychology? Who founded them?)
• Structuralism
• Functionalism
• Psychoanalysis
• Gestalt psychology

Identify the following contemporary perspectives in psychology
(What are the main ideas?)
• Biological Perspective
• Cognitive Perspective
• Humanistic Perspective
• Psychodynamic Perspective
• Learning Perspective
• Sociocultural Perspective