

# 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
- science
- behavior
- mental processes
- theory
- introspection

## 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

- In what specific way(s) did Socrates, Aristotle, and Hippocrates contribute to our understanding of behavior and mental processes?

**Identify the following early psychologists:**  
(What was their approach to psychology? What school of thought did they start?)

- Wilhelm Wundt
- William James
- Sigmund Freud
- John B. Watson
- B.F. Skinner

## SECTION 4: CONTEMPORARY PERSPECTIVES

**Identify the following early schools of thought in psychology**  
(What are the main ideas? 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