



Unit 1 Scientific Foundations of Psychology

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1. **Psychology:** Science of behavior and mental processes.
2. **Psychiatry:** Branch of medicine dealing with psychological disorders; practiced by physicians who often provide medical treatments as well as psychological therapy.
3. **Nature-Nurture:** Longstanding controversy over the relative contributions that genes and experience make to the development of psychological traits and behaviors.
4. **Empiricism:** View that knowledge originates in experience and that science should, therefore, rely on observation and experimentation.
5. **Basic Research:** Pure science that aims to increase the scientific knowledge base.
6. **Applied Research:** Scientific study that aims to solve practical problems.
7. **Psychometrics:** Scientific study of the measurement of human abilities, attitudes and traits.
8. **Structuralism:** Early school of psychology that used introspection to explore the structural elements of the human mind.
9. **Functionalism:** School of psychology that focused on how our mental and behavioral processes function; how they enable us to adapt, survive and flourish.
10. **Psychodynamic Psychology:** Branch of psychology that studies how unconscious drives and conflicts influence behavior, and uses that information to treat people with psychological disorders.
11. **Behaviorism:** View that psychology (1) should be an objective science that (2) studies behavior without reference to mental processes.
12. **Humanistic Psychology:** Historically significant perspective that emphasized the growth potential of healthy people and the individual's potential for personal growth.
13. **Experimental Psychology:** Study of behavior and thinking using the scientific method.
14. **Cognitive Neuroscience:** Interdisciplinary study of the brain activity linked with cognition (including perception, thinking, memory, and language).
15. **Level of Analysis:** Differing complementary views, from biological to psychological to social-cultural, for analyzing any given phenomenon.
16. **SQ3R:** Study method incorporating five steps Survey, Question, Read, Rehearse, Review.



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17. **Biopsychosocial Approach:** Integrated approach that incorporates biological, psychological, and social-cultural levels of analysis.
18. **Biological Psychology:** Branch of psychology that studies the links between biological (including neuroscience and behavior genetics) and psychological processes.
19. **Evolutionary Psychology:** Study of the roots of behavior and mental processes using the principles of natural selection.
20. **Behavioral Psychology:** Scientific study of observable behavior, and its explanation by principles of learning.
21. **Cognitive Psychology:** Scientific study of all the mental activities associated with thinking, knowing, remembering and communicating.
22. **Social-Cultural Psychology:** Study of how situations and cultures affect our behavior and thinking.
23. **Developmental Psychology:** Scientific study of physical, cognitive and social change throughout the life span.
24. **Educational Psychology:** Study of how psychological processes affect, and can enhance, teaching and learning.
25. **Personality Psychology:** Study of an individual's characteristic pattern of thinking, feeling and acting--including, but not limited to: anxiety, sociability, self-esteem, need for achievement, aggressiveness, etc.
26. **Social Psychology:** Scientific study of how we think about, influence and relate to one another--including, but not limited to: first impressions, prejudice, behavior in a group, attitude formation, interpersonal attraction, etc.
27. **I/O Psychology:** Application of psychological concepts and methods to optimizing human behavior in workplaces--including, but not limited to: selecting and training personnel, productivity improvement, working conditions, impact of automation on workers, etc.
28. **Human Factors Psychology:** Study of how people and machines interact and the design of safe and easily used machines and environments.
29. **Counseling Psychology:** Branch of psychology that assists people with problems in living (often related to school, work or marriage) and in achieving greater well-being.
30. **Clinical Psychology:** Branch of psychology that studies, assesses and treats people with psychological disorders.



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31. **Community Psychology:** Branch of psychology that studies how people interact with their social environments, and how social institutions affect individuals and groups.
32. **Socrates:** Greek philosopher. 'Socratic Method'.
33. **Plato:** Greek philosopher. student of Socrates.
34. **Aristotle:** Greek philosopher. Pupil of Plato.
35. **Francis Bacon:** English politician and writer. created empiricism. created the scientific method.
36. **Rene Descartes:** French scientist and philosopher. Proponent of dualism. Dissected animals. Among first to understand that nerves control muscles.
37. **John Locke:** English philosopher. Advocated the idea of a "social contract". he said people have natural rights to life, liberty and property.
38. **Charles Darwin:** English natural scientist who formulated a theory of evolution by natural selection (1809-1882).
39. **Natural Selection:** Principle that, among the range of inherited trait variations, those contributing to reproduction and survival with most likely be passed on to succeeding generations.
40. **Wilhelm Wundt:** German physiologist. 'Father of Psychology'. Created approach of structuralism. Opened first psychology research laboratory in 1879.
41. **Introspection:** Method of self-observation in which participants report their thoughts and feelings.
42. **E. B. Titchener:** Student of Wundt. Introduced experimental psychology to the United States.
43. **William James:** Founder of functionalism. Studied how humans use perception to function in our environment. believed in darwin's ideas. first psychology professor at Harvard.
44. **G. Stanley Hall:** American psychologist. Established the first psychology research laboratory in the United States. Founded the American Psychological Association.
45. **Ivan Pavlov:** Russian physiologist who observed conditioned salivary responses in dogs (1849-1936).
46. **Sigmund Freud:** Austrian neurologist who originated psychoanalysis (1856-1939). Said that human behavior is irrational.



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47. **John B. Watson:** Behaviorist. Famous for Little Albert study in which baby was taught to fear a white rat.
48. **Jean Piaget:** Four stage theory of cognitive development: 1. sensorimotor, 2. preoperational, 3. concrete operational, and 4. formal operational.
49. **Carl Rogers:** humanistic; Contributions: founded person-centered therapy
50. **Maslow:** Humanistic psychology. Self-actualization. Transcendence.
51. **M. Washburn:** 1st woman in America to receive a Ph.D. in psychology: 1894.
52. **M. Calkins:** First woman president of the American Psychological Association.
53. **Dualism:** the presumption that mind and body are two distinct entities that interact
54. **Monism:** the presumption that mind and body are different aspects of the same thing
55. **Forensic Psychologists:** work within the criminal justice system; testify about the psychological competence of defendants and may explain how certain kinds of psychological problems give rise to criminal behavior
56. **School Psychologists:** assess and counsel students, consult with educators and parents, and perform behavioral intervention when necessary
57. **Sports Psychologists:** help athletes refine their focus on competition goals, increase motivation, and deal with anxiety and fear of failure
58. **Tabula Rasa:** John Locke's concept of the mind as a blank sheet/slate ultimately bombarded by sense impressions that, aided by human reasoning, formulate ideas
59. **Cognitive Revolution:** rebellion of a second group of psychologists during the 1960s; led the field back to its early interest in mental processes
60. **Mental Processes:** Thoughts and feelings that are internal, personal and cannot be directly observed
61. **Behavior:** The way an organism reacts to changes in its internal condition or external environment.
62. **Aristotle and Augustine:** believed mind and body are connected
63. **Socrates, Plato, and Descartes:** believed mind and body are distinct or separate
64. **Socrates and Plato:** believed some ideas are inborn
65. **Aristotle and Locke:** believed that the mind is a blank slate



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66. **The Father of Psychology:** Wilhelm Wundt

67. **hindsight bias:** the tendency to believe, after learning an outcome, that one would have foreseen it. (Also known as the I-knew-it-all-along phenomenon.) (Myers Psychology for AP 2e p. 031)

68. **critical thinking:** thinking that does not blindly accept arguments and conclusions. Rather, it examines assumptions, assesses the source, discerns hidden values, evaluates evidence, and assesses conclusions. (Myers Psychology for AP 2e p. 035)

69. **theory:** an explanation using an integrated set of principles that organizes observations and predicts behaviors or events. (Myers Psychology for AP 2e p. 038)

70. **hypothesis:** a testable prediction, often implied by a theory. (Myers Psychology for AP 2e p. 038)

71. **operational definition:** a carefully worded statement of the exact procedures (operations) used in a research study. For example, human intelligence may be operationally defined as what an intelligence test measures. (Myers Psychology for AP 2e p. 039)

72. **replication:** repeating the essence of a research study, usually with different participants in different situations, to see whether the basic finding extends to other participants and circumstances. (Myers Psychology for AP 2e p. 039)

73. **case study:** a descriptive technique in which one individual or group is studied in depth in the hope of revealing universal principles. (Myers Psychology for AP 2e p. 040)

74. **naturalistic observation:** observing and recording behavior in naturally occurring situations without trying to manipulate and control the situation. (Myers Psychology for AP 2e p. 040)

75. **survey:** a technique for ascertaining the self-reported attitudes or behaviors of a particular group, usually by questioning a representative, random sample of the group. (Myers Psychology for AP 2e p. 042)

76. **sampling bias:** a flawed sampling process that produces an unrepresentative sample. (Myers Psychology for AP 2e p. 043)

77. **population:** all those in a group being studied, from which samples may be drawn. (Note: Except for national studies, this does not refer to a country's whole population.) (Myers Psychology for AP 2e p. 043)



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78. **random sample:** a sample that fairly represents a population because each member has an equal chance of inclusion. (Myers Psychology for AP 2e p. 043)
79. **correlation:** a measure of the extent to which two variables change together, and thus of how well either variable predicts the other. (Myers Psychology for AP 2e p. 046)
80. **correlation coefficient:** a statistical index of the relationship between two variables (from -1 to +1). (Myers Psychology for AP 2e p. 046)
81. **scatterplot:** a graphed cluster of dots, each of which represents the values of two variables. The slope of the points suggests the direction of the relationship between the two variables. The amount of scatter suggests the strength of the correlation (little scatter indicates high correlation). (Myers Psychology for AP 2e p. 046)
82. **illusory correlation:** the perception of a relationship where none exists. (Myers Psychology for AP 2e p. 050)
83. **experiment:** a research method in which an investigator manipulates one or more factors (independent variables) to observe the effect on some behavior or mental process (the dependent variable). By random assignment of participants, the experimenter aims to control other relevant variables. (Myers Psychology for AP 2e p. 051)
84. **experimental group:** in an experiment, the group exposed to the treatment, that is, to one version of the independent variable. (Myers Psychology for AP 2e p. 051)
85. **control group:** in an experiment, the group not exposed to the treatment; contrasts with the experimental group and serves as a comparison for evaluating the effect of the treatment. (Myers Psychology for AP 2e p. 051)
86. **random assignment:** assigning participants to experimental and control groups by chance, thus minimizing preexisting differences between the different groups. (Myers Psychology for AP 2e p. 051)
87. **double-blind procedure:** an experimental procedure in which both the research participants and the research staff are ignorant (blind) about whether the research participants have received the treatment or a placebo. Commonly used in drug-evaluation studies. (Myers Psychology for AP 2e p. 051)
88. **independent variable:** the experimental factor that is manipulated; the variable whose effect is being studied. (Myers Psychology for AP 2e p. 052)



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89. **confounding variable:** a factor other than the independent variable that might produce an effect in an experiment. (Myers Psychology for AP 2e p. 052)

90. **dependent variable:** the outcome factor; the variable that may change in response to manipulations of the independent variable. (Myers Psychology for AP 2e p. 052)

91. **validity:** the extent to which a test measures or predicts what it is supposed to. (See also content validity and predictive validity.) (Myers Psychology for AP 2e pp. 053, 622)

92. **descriptive statistics:** numerical data used to measure and describe characteristics of groups. Includes measures of central tendency and measures of variation. (Myers Psychology for AP 2e p. 057)

93. **histogram:** a bar graph depicting a frequency distribution. (Myers Psychology for AP 2e p. 057)

94. **mode:** the most frequently occurring score(s) in a distribution. (Myers Psychology for AP 2e p. 057)

95. **mean:** the arithmetic average of a distribution, obtained by adding the scores and then dividing by the number of scores. (Myers Psychology for AP 2e p. 057)

96. **median:** the middle score in a distribution; half the scores are above it and half are below it. (Myers Psychology for AP 2e p. 057)

97. **skewed distribution:** a representation of scores that lack symmetry around their average value. (Myers Psychology for AP 2e p. 058)

98. **range:** the difference between the highest and lowest scores in a distribution. (Myers Psychology for AP 2e p. 058)

99. **standard deviation:** a computed measure of how much scores vary around the mean score. (Myers Psychology for AP 2e p. 058)

100. **normal curve (normal distribution):** a symmetrical, bell-shaped curve that describes the distribution of many types of data; most scores fall near the mean (about 68 percent fall within one standard deviation of it) and fewer and fewer near the extremes. (Myers Psychology for AP 2e pp. 059, 621)

101. **inferential statistics:** numerical data that allow one to generalize—to infer from sample data the probability of something being true of a population. (Myers Psychology for AP 2e p. 060)

102. **statistical significance:** a statistical statement of how likely it is that an obtained result occurred by chance. (Myers Psychology for AP 2e p. 060)



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103. **culture:** the enduring behaviors, ideas, attitudes, values, and traditions shared by a group of people and transmitted from one generation to the next. (Myers Psychology for AP 2e pp. 065, 776)

104. **informed consent:** an ethical principle that research participants be told enough to enable them to choose whether they wish to participate. (Myers Psychology for AP 2e p. 068)

105. **debriefing:** the postexperimental explanation of a study, including its purpose and any deceptions, to its participants. (Myers Psychology for AP 2e p. 068)

106. **placebo effect:** experimental results caused by expectations alone; any effect on behavior caused by the administration of an inert substance or condition, which the recipient assumes is an active agent. (Myers Psychology for AP 2e p. 052)