



Psychology

Unit I Study Guide: Principles of Psychology

Name:

Section:

Directions: Use this study guide to help you prepare for the upcoming Unit I Test on the Principles of Psychology.

Section 1: Core Ideas of Psychology

1. Define Psychology
2. Explain how psychology is connected to these three ideas
 - a. Behavior -
 - b. Cognition -
 - c. Emotions –
3. What does it mean that Psychology is Scientific/Empirical?
4. How is Psychology Practical?
5. What does it mean that Psychology is Theoretical?
6. What factors lead to Psychology being an evolving field of study?

Section 2: Biological Perspective

1. Generally speaking what is a psychological “perspective”?
2. For each of the perspectives below explain how they specifically examine psychology. Also explain how they specifically examine the concept of the individual
 - a. Biological
 - b. Humanistic
 - c. Cognitive
 - d. Psychoanalytical
 - e. Learning
 - f. Sociocultural

Section 3: Schools of Thought

Directions – For each of the psychological schools of thought examine what is the focus of that particular school of thought, and what major contributions that field has made to the understanding of the human psych. Make sure you also make the connection of which psychologists are associated with each school of thought.

1. School of Thought: **Structuralism**
 - a. Focus of School –

 - b. Major Contributions –

 - c. Notable Psychologists -

2. School of Thought: **Psychoanalysis**
 - a. Focus of School –

 - b. Major Contributions –

 - c. Notable Psychologists –

3. School of Thought: **Functionalism**
 - a. Focus of School –

 - b. Major Contributions –

 - c. Notable Psychologists –

4. School of Thought: **Behaviorism**
 - a. Focus of School –

 - b. Major Contributions –

 - c. Notable Psychologists –

5. School of Thought: **Reinforcement**

a. Focus of School –

b. Major Contributions –

c. Notable Psychologists -

6. School of Thought: **Cognitive**

a. Focus of School –

b. Major Contributions –

c. Notable Psychologists -

7. School of Thought: **Gestalt**

a. Focus of School –

b. Major Contributions –

c. Notable Psychologists -

8. School of Thought: **Individual/Alderian**

a. Focus of School –

b. Major Contributions –

c. Notable Psychologists -

Section 4: Applied Psychology

Directions: For each of the Applied Psychology fields briefly summarize how they use psychology

- a. Business –
- b. Educational –
- c. Legal –
- d. Medical –
- e. Social –
- f. Specialized -