

- Psychology: Today's definition-the scientific study of behaviour and mental processes (Has been redefined many times in the past)
 - Behaviour: Physical activities
 - Mental Processes: internal experiences we infer from behaviour (sensations, perceptions, etc.)
 - Empiricism: The view that knowledge comes purely from experiences via the senses and that science flourishes through observation and experiment.
 - Many scholars had different beliefs about the mind, body, and spirit in living beings and what happens after death.
 - Structuralism: An early school of psychology that used introspection (looking inside/observing oneself) to explore the elemental structure of the human mind. This was usually not the easiest method of gathering information, for it people that could use the language in a very clever way to describe what they're experiencing.
 - Functionalism: A school of psychology that focussed on how mental and behavioural processes function and how they're used by the organism to help it adapt and survive
 - People who studied psychology did not all focus on one area; there was a diverse range of topics to cover in psychology
 - One cannot observe a sensation, feeling or thought, but can observe and record people's behaviour in response to different situations.
 - Humanistic psychology: Perspective that emphasized growth potential of healthy people; studied personality in hopes of promoting personal growth
 - Though psychology started only from a few regions around the world, it quickly spread throughout the whole world
 - Nature-nurture issue: Controversy over whether genes and experience make to the development of psychological traits and behaviours
 - Debates existed on whether or not people are born with a “blank slate” on which experiences write on or if people are inborn with knowledge and certain ideas
 - Natural selection: The principle that among the inherited trait variations, those contributing to/promoting reproduction and survivability will most likely be passed onto succeeding generations
 - Nurture works on what nature has bestowed
 - Levels of analysis: The differing (complementary) views for analyzing any given phenomenon
 - Biopsychosocial approach: Integrated perspective that incorporates biological, psychological, and social-cultural levels of analysis
 - Biological influences include: genetic mutations, genetic habits/behaviours/involuntary actions, natural selection of adaptive physiology and behaviours, and genes responding to the environment
 - Psychological influences include: learned fears and other learned expectations, emotional responses, and cognitive processing and perceptual interpretations
 - Social-cultural influences include: the presence of others, cultural, social, and family expectations, peer and other group influences, and pressure from “role models” (media)
 - Psychology's current perspectives: Neuroscience, Evolutionary, Behaviour genetics, Psychodynamic, Behavioural, Cognitive, and Social-cultural
- Neuroscience: How the body and brain enables emotions, memories, and sensory experiences
Evolutionary: How natural selection of traits promotes the “continuation/preservation” of one's genes (survival of the fittest)
Behaviour genetics: How much our genes and our environment influence our individual differences
Psychodynamic: How behaviour springs from subconscious drives and “inner” conflicts
Behavioural: How we develop an observable response to specific situations (fear, anger, etc.)
Cognitive: How we decode, store, and retrieve information (Thinking/beliefs/attitudes), everything one does is a result of what they think/are thinking
Social-cultural: How behaviour and thinking vary across different situations and cultures
- There are many “subfields” that branch off of psychology (eg. Biological experimentation, cultural comparisons, etc.)
 - Basic research: Pure science that aims to increase the scientific knowledge database
 - Applied research: Scientific studies that aim to solve practical problems
 - Industrial/Organizational psychologists: Study and advise behaviour in the workplace
 - Counseling psychology: A branch of psychology that assists people with problems in living and help them to achieve greater well-being
 - Clinical psychology: A branch of psychology that studies, assesses, and treats people with psychological disorders (no medicine involved)
 - Psychiatry: A branch of medicine dealing with psychological disorders; sometimes provide medical treatments as well as psychological treatment.
 - Gaining more knowledge changes people; the more people know about something, the more aware they are of it