

Ms Bryant-Taneda's AP Psychology 12

Introduction Perspectives of Psychology

... or Schools of Psychology



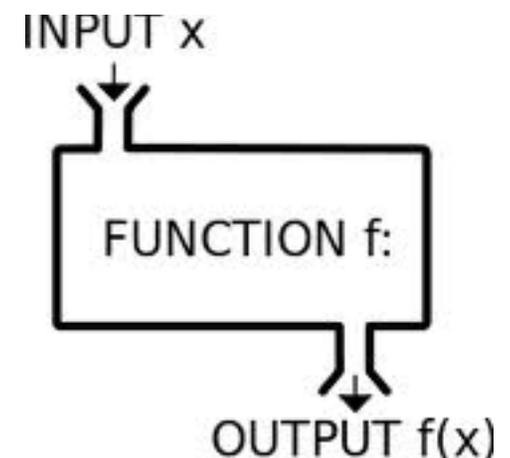
Structuralism Perspective or School

- One of the first schools of psychological thinking; tried to study the mind as simple definable components
- These components fit together in a complex form
- Major tool was *Introspection*
- Wundt and Titchner (key theorists)



Functionalist Perspective or School

- Began in the US in late 1800s
- Countered the German school of *Structuralism*
- Looks at how a person adapts to his or her environment
- Built on Structuralism and led to a greater concern for the functions of the mind (later known as *Behaviourism*)



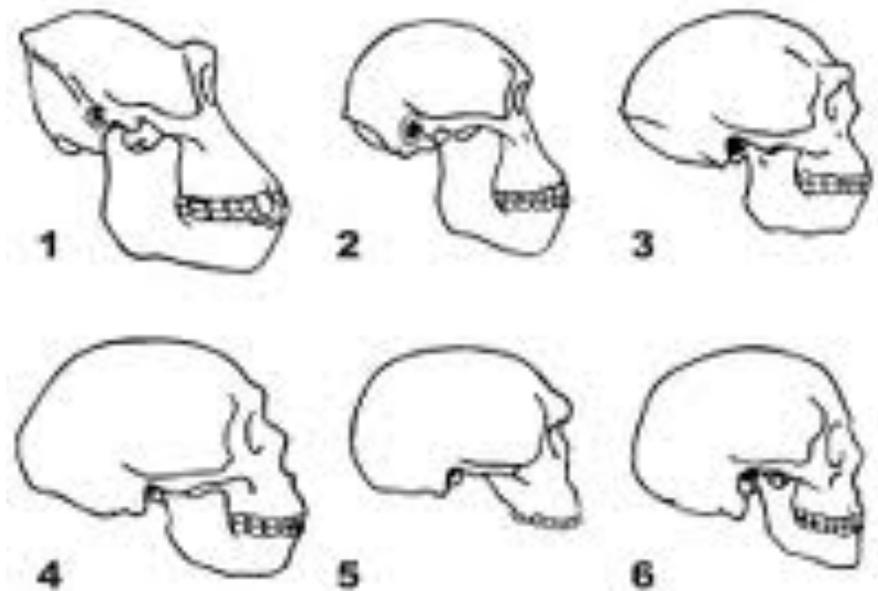
Behavioural Perspective

- Idea that people are conditioned to do things and think things; everything people think and do is learned
- We can be conditioned through Classical and Operant conditioning
- Watson, Pavlov (key theorists)



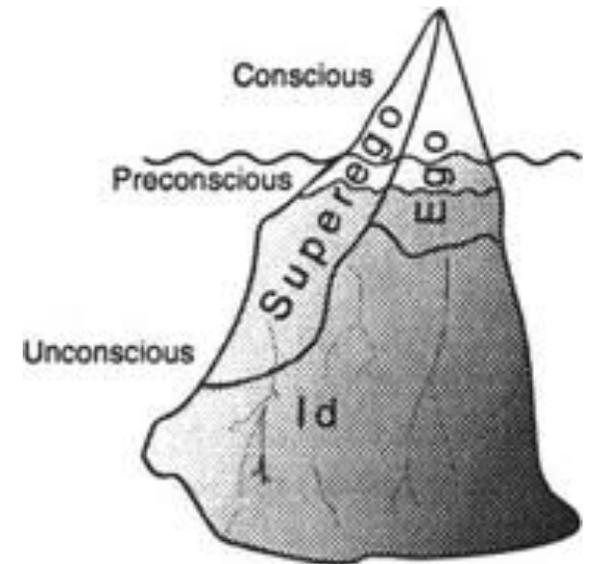
Evolutionary Perspective

- Having to do with the idea of *Survival of the Fittest*
- People do things and behave in order to get their genes to the next generation
- Darwin (key theorist)



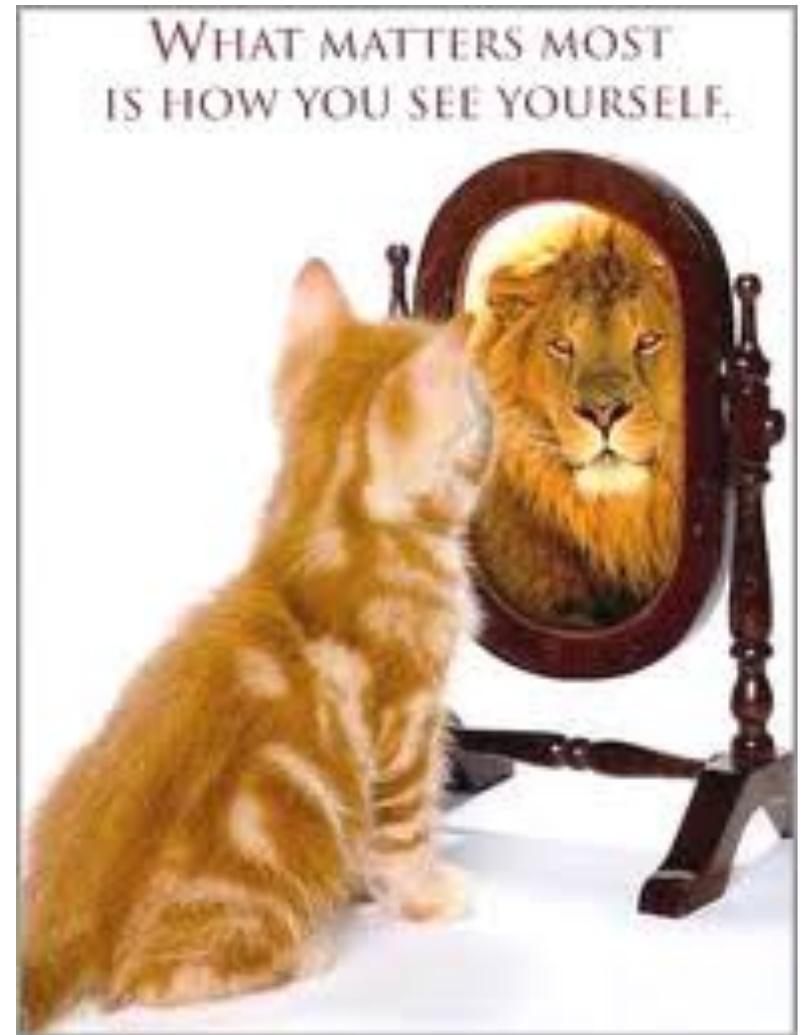
Psychodynamic Perspective

- Having to do with the *Unconscious*
- People do things because of their inner drives; people may not be aware of their “drives”
- Freud thought that our sexual drive was the instigator of behaviour
- Freud thought our past was very important in determining what our current behaviour is



Humanistic Perspective

- Views behaviour and thinking as a result of how people feel about themselves
- Personal choice is very important
- Having goals and a focus on what we can do is very valuable
- Maslow (key theorist)



Biological Perspective

- Having to do with chromosomes, DNA, hormones, neurotransmitters
- Idea that behaviour and disorders are caused by an imbalance in chemistry in the brain or brain damage
- Sperry-Myers (Split Brain theory)

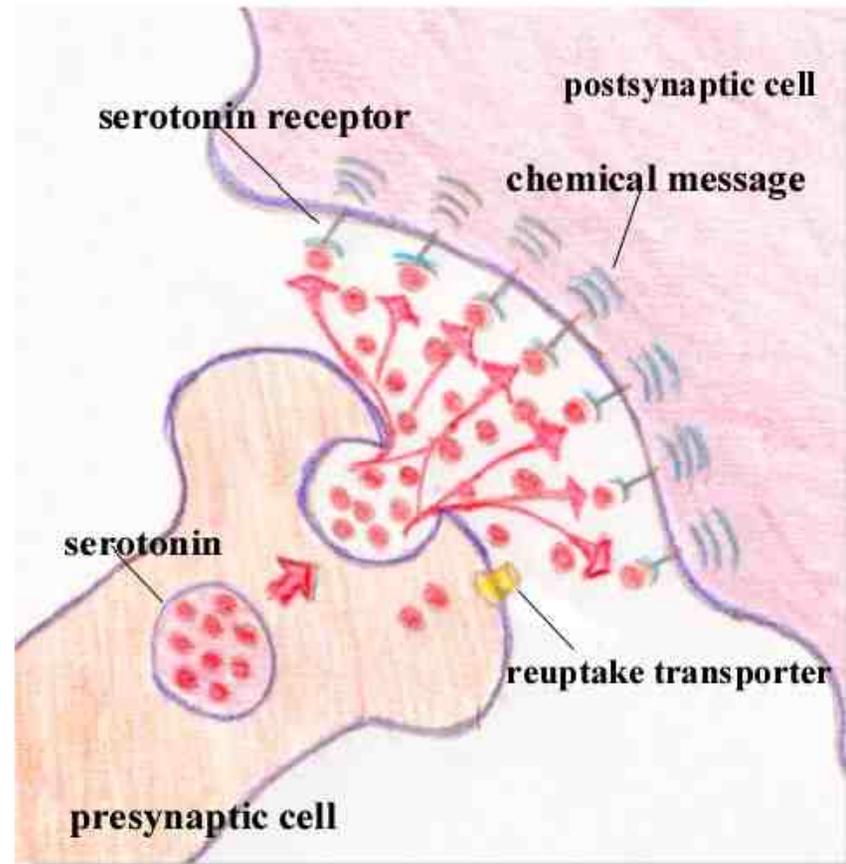
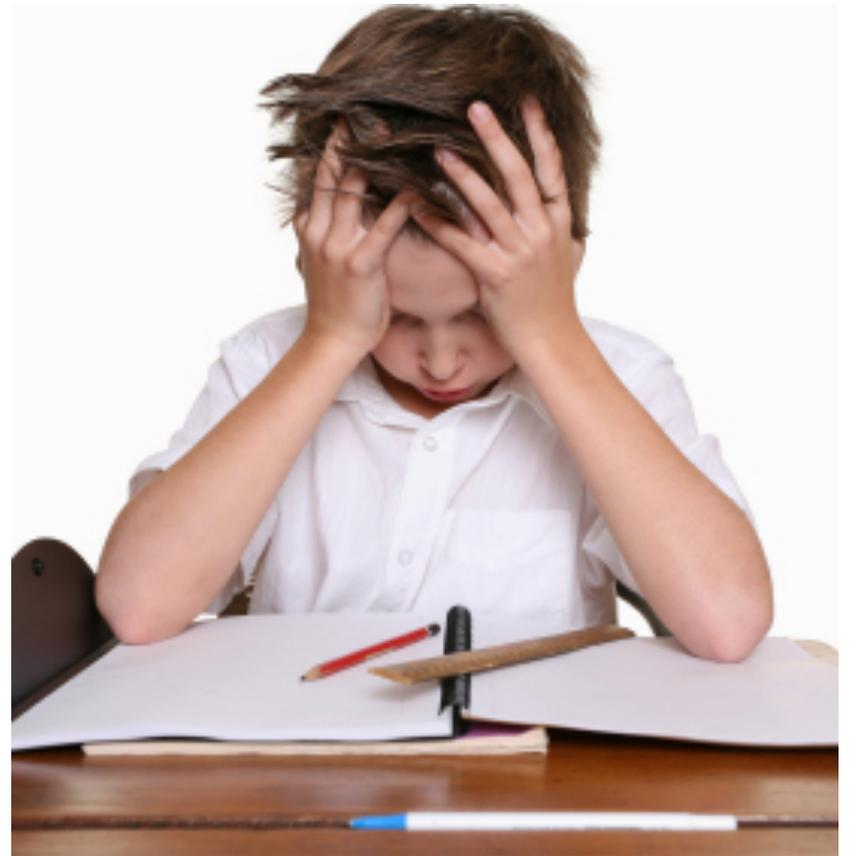


Figure 1

Image by Nancy Schimelpfening

Cognitive Perspective

- Theory that people's attitudes, beliefs, and thinking determines how people behave and act
- Studies how people think, perceive, and speak
- Ellis (key theorist)



Social Psychology School

- People act in response to how they perceive their society
- Studies how people's actions and thoughts are influenced by society
- Milgram, Zimbardo, Asch (key theorists)

