

Objectives:

1. Describe the range of topics that are covered in an introductory psychology class.
2. Cite the goals and scientific basis of psychology.

I. Basic Human Functions

- A. _____: basic physical needs needed for human survival. These include sleep, thirst, and hunger.
- B. _____: simply stated, this deals with thinking and understanding.

II. Gaining Insight Into Behavior

- A. Psychology can provide valuable insight into a person's _____.
- B. Awareness about one's behaviors can cause people to make deliberate attempts to _____ or _____ to these behaviors. (i.e. social skills and interactions)

III. Overview of Psychology

- A. _____ is the scientific study of behavior and mental processes. This can involve both _____ and _____ behavior.
- B. Psychology covers all things that people _____, _____, and _____.

IV. Four Goals of Psychology

- A. _____ behavior. Gather information about a given behavior and tell what is known.
- B. _____ behavior. Psychologists try to explain why people and animals act as they do. A possible explanation of behavior is called a _____. More researched and tested explanations are called _____.
- C. _____ behavior. Psychologists, based on accumulated knowledge, will try to predict how animals and humans will react in a certain situation.

D. _____ behavior. Psychologists try to influence behavior in helpful ways.
This is done in two ways:

1. _____: conducting long-term studies to gain simple knowledge (research).
2. _____: discovering ways to use scientific findings to accomplish practical goals.

Word of Caution: Some discoveries of basic science cannot easily be applied to real situations.

Example:

Basic science has found that children who lack stimulation are slow to develop. This helps psychologists who are working with neglected children, but it does not tell what kind of stimulation is most helpful.

V. The Scientific Basis of Psychology

A. Psychologists use the _____.

