### AP Psychology Study Guide

### Unit 1: Psychology's History and Approaches

#### Module 1

Scientific Attitude: Curlosity, skepticism, humility

History of Psychology: 1879 to Present Day

- 1) Started from Wilhelm Wundt's experiment to study psychology
- 2) Structuralism and Functionalism started after
- 3) First psychologist Mary Whiton Calkins
- 4) First women to get Ph.D. Margaret Floy Washburn
- 5) Behaviourism started in the 1920s
- Freudian Psychology (Freud's very important about the unconsciousness!) and Human psychology also started.

#### Module 2

The biopsychosocial approach

Behavioral	How we learn observable responses
Biological	Anything with genetics, genes, and body
Cognitive	Thinking; encode, processing information
Evolutionary	Amything with survival, natural selections, and traits
Humanistic	Achieving personal growth and self-fulfillment, aka positive psychology
Psychodynamic	Unconscious, Freud, personality and traumas
Social-cultural	Behavior and cultures

### Module 3

Basic research uses pure science and increases scientific knowledge, while applied research uses scientific studies to solve practical problems.

Examples of basic psychology:

Developmental psychologists - Changing abilities from womb to tomb

Educational psychologists - Studies influences on teaching and learning

Personality psychologists – Persistent traits

Social psychologists -- how we view and effect on another.

\*Both counseling and clinical psychologists administer ad interpret tests, provide counseling and therapy, and sometimes conduct basic and applied research. Psychiatrists may provide psychotherapy and are the ONLY MEDICAL DOCTORS THAT CAN PRESCRIBE DRUGS AND TREAT PSYCHOCAL CAUSES.

# **History And Systems In Psychology Study Guide**

**Chao Zhang** 

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## Table of Contents History And Systems In Psychology Study Guide

- 1. Understanding the eBook History And Systems In Psychology Study Guide
  - The Rise of Digital Reading History And Systems In Psychology Study Guide
  - Advantages of eBooks Over Traditional Books
- 2. Identifying History And Systems In Psychology Study Guide
  - Exploring Different Genres
  - $\circ\,$  Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an History And Systems In Psychology Study Guide
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from History And Systems In Psychology Study Guide

- Personalized Recommendations
- History And Systems In Psychology Study Guide User Reviews and Ratings
- History And Systems In Psychology Study Guide and Bestseller Lists
- 5. Accessing History And Systems In Psychology Study Guide Free and Paid eBooks
  - History And Systems In Psychology Study Guide Public Domain eBooks
  - History And Systems In Psychology Study Guide eBook Subscription Services
  - History And Systems In Psychology Study Guide Budget-Friendly Options
- 6. Navigating History And Systems In Psychology Study Guide eBook Formats
  - o ePub, PDF, MOBI, and More
  - History And Systems In Psychology Study Guide Compatibility with Devices
  - History And Systems In Psychology Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of History And Systems In Psychology Study Guide
  - Highlighting and Note-Taking History And Systems In Psychology Study Guide
  - o Interactive Elements History And Systems In Psychology Study Guide
- 8. Staying Engaged with History And Systems In Psychology Study Guide
  - o Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers History And Systems In Psychology Study Guide
- 9. Balancing eBooks and Physical Books History And Systems In Psychology Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection History And Systems In Psychology Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine History And Systems In Psychology Study Guide
  - Setting Reading Goals History And Systems In Psychology Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of History And Systems In Psychology Study Guide

- Fact-Checking eBook Content of History And Systems In Psychology Study Guide
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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