

AP Psychology Study Guide

Unit 1: Psychology's History and Approaches

Module 1

Scientific Attitude: Curiosity, 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
- 6) 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	Anything 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 counselling 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

RD Boyd



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