

Psychology, You, & Your World



Research Tells Us...

Who leaves larger tips? Those paying with credit cards or those paying in cash?

Answer: Those with credit cards...Why?

Who struggles with Uber more? Black or White passengers?

Answer: Black passengers wait longer & are 2X likely to have their trip cancelled...why?

Research Tells Us...

Who scores higher on intelligence tests? Children who take music lessons or those who don't?

Answer: Children who take music lessons...why?

Psychology seeks not to just describe the situation, but ask “why” something happens.

Example: What is nature vs. nurture?



Case Study: School Shootings

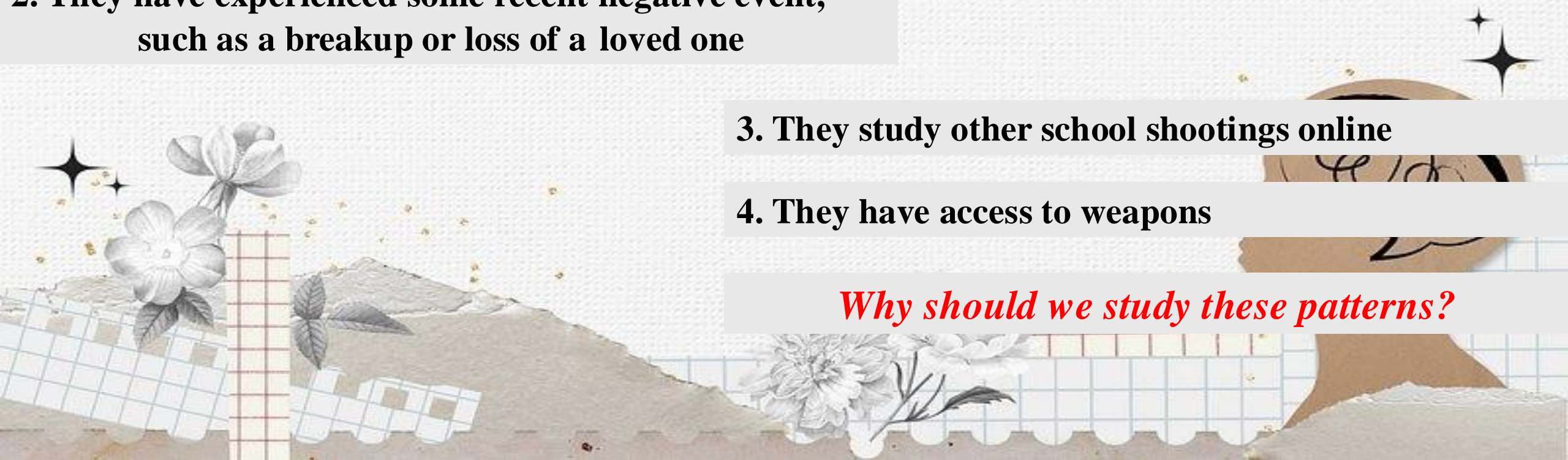
A study after the 1999 Columbine High School Massacre found shooters have 4 things in common...

- 1. They suffered early childhood trauma, including exposure to violence**
- 2. They have experienced some recent negative event, such as a breakup or loss of a loved one**

3. They study other school shootings online

4. They have access to weapons

Why should we study these patterns?



4 Goals of Psychology

Describe Behavior

eee **Explain Behavior** *eee*

Predict Behavior

Change Behavior

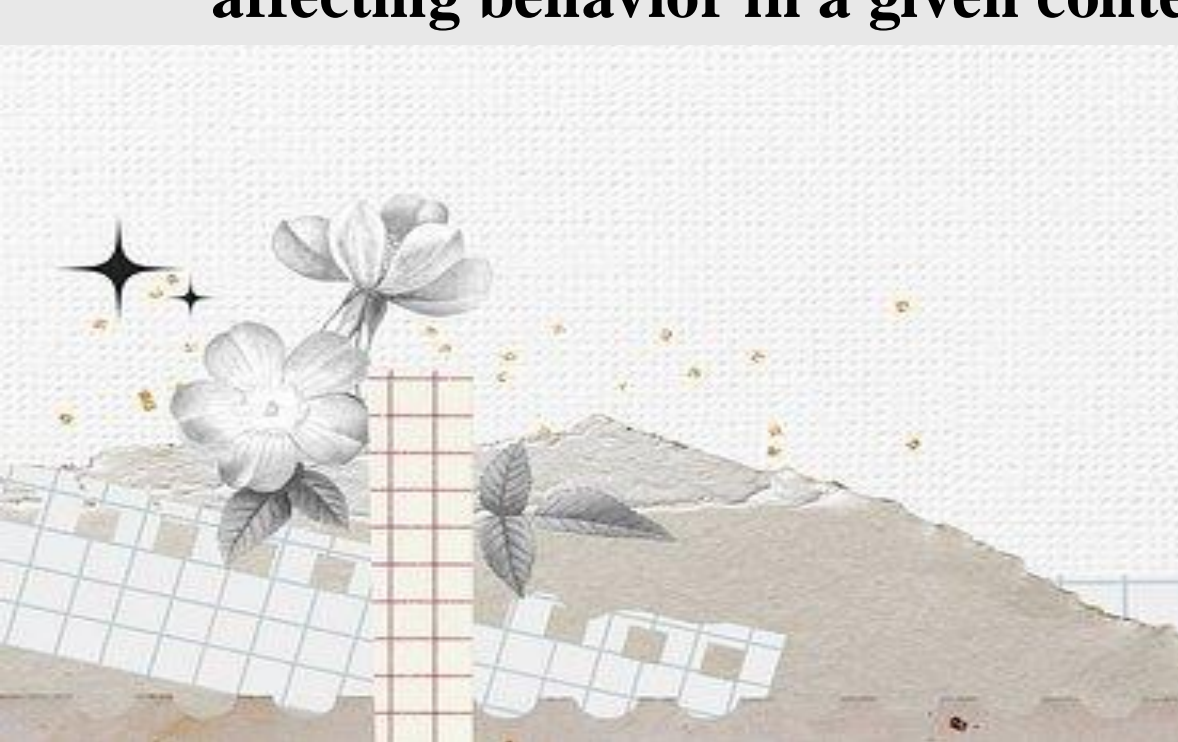
Psychology as a Science

What is a psychologist & what is Psychology?

Psychology- The scientific study of the human mind & its functions, especially those affecting behavior in a given context.

Psychology doesn't just examine clinical studies, it also looks into genetics, neuroscience, & physiology.

It is also an applied science to try & predict how a change in policy or procedure will influence an outcome



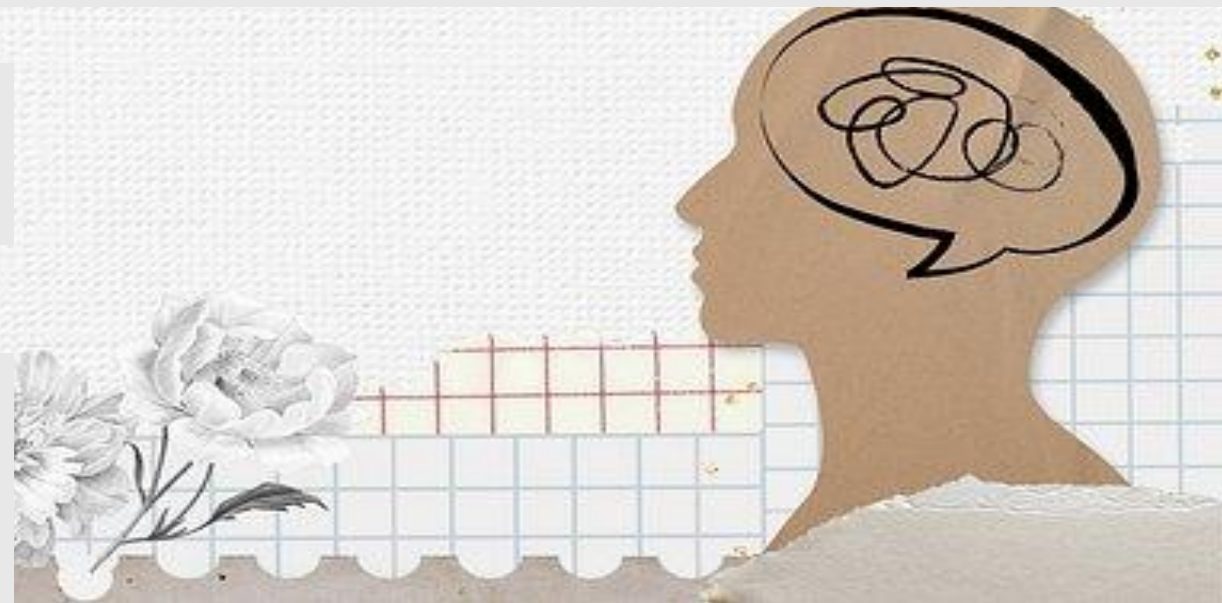
A Scientific Approach

Psychology is scientific & studies are carried out using strict scientific procedures to collect & analyze data

Pseudo-psychology- Theories or practices that claim to be scientific & based on principles but lack evidence by the mainstream psychology community

Studies must be able to be replicated in order to confirm results!

This has led to a lot of scrutiny over previous attempts to study the human mind



Increase Happiness

Positive Psychology- An emphasis in Psychology on how to increase happiness in individuals

This is relatively new, pioneered by **Martin Seligman** who was president of the American Psychological Association in 1998

Studies have found that people who go through life with a positive outlook are not only happier, but are physically better

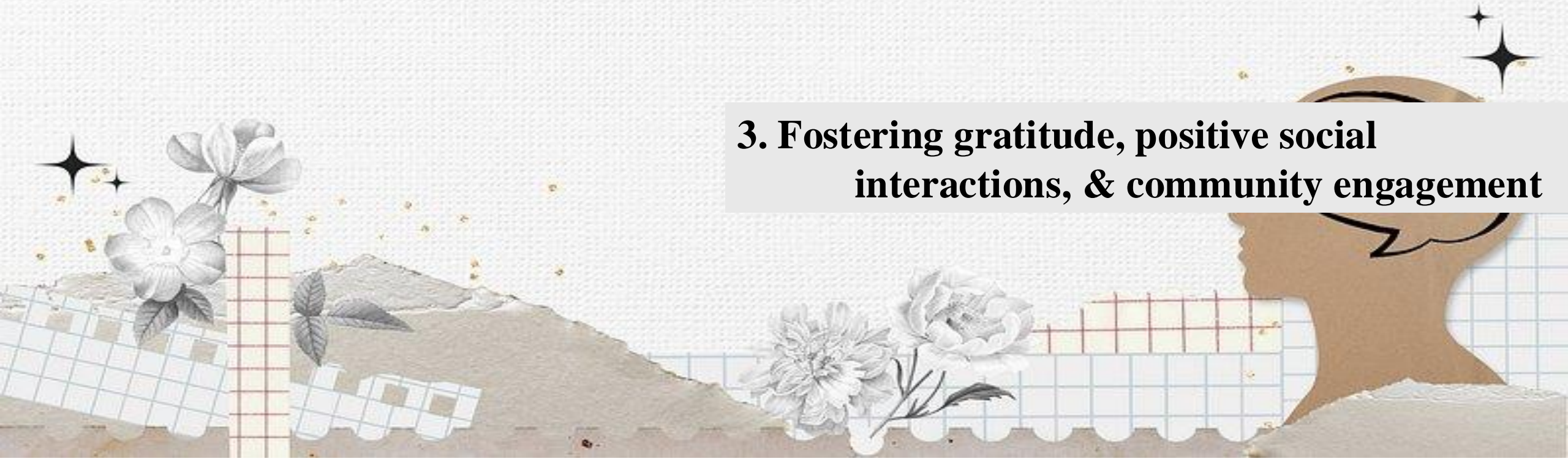


Sources of Happiness

1. Helping people identify their core values, strengths, & goals

2. Learning strategies to regulate emotions & practice mindfulness

3. Fostering gratitude, positive social interactions, & community engagement



RESEARCH, RESEARCH, & MORE RESEARCH!

Basic Research- For the sake of
gaining scientific insight!

Applied Research- For the sake of
real world problems &
applying them!



Psycho Dynamic Perspective!

A focus on the development of a sense of self & the discovery of motivations behind a person's motivations!

Behavioral Perspectives

The Science of behavior that focuses on observable behavior only!



B. F. Skinner

Operant Conditioning! The theory of voluntary behavior and how we create our own habits!

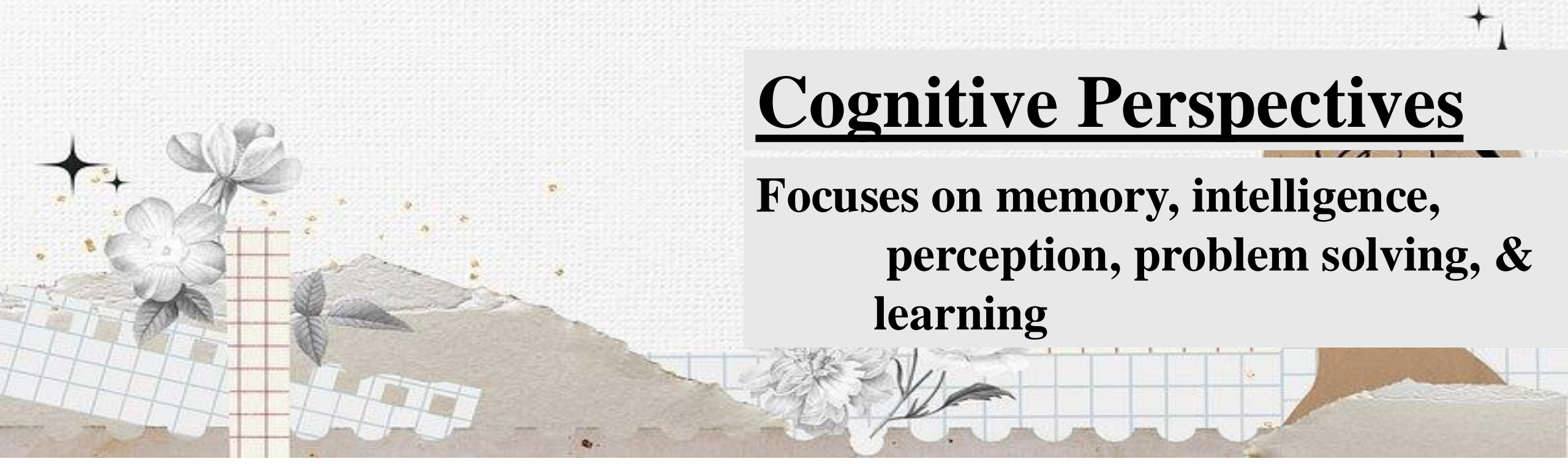
Examples: *Crying Kids and Meowing Cats*

Humanistic Perspective!

A focus the aspects of personality that make people uniquely “human” such as freedom of choice.

Cognitive Perspectives

Focuses on memory, intelligence, perception, problem solving, & learning



Sociocultural Perspective!

The Study of groups, social roles, & rules of social actions & relationships.

Biopsychological Perspectives

Human & animal behaviors are linked to biological events, such as hormones & the nervous system.

Biopsychosocial Perspective!

Behavior is the result of combined & interacting forces of biological, psychological, social, & cultural influences



Evolutionary Perspectives

The study on the biological bases of universal mental characteristics we all share!

Psychologists VS. Psychiatrist

Psychologists- No medical training, but they do have a doctorate degree! They will work in different career fields to offer guidance.

****Not all psychologists can counsel!****



Psychiatrist- A medical doctor that specializes in diagnosis & treatment!