

**PSYCHOLOGY:** The scientific investigation of **mental processes and behaviour**. Understanding a person requires attention to their biology, psychological experience and cultural context

**FREE WILL OR DETERMINISM:** Do we freely choose our actions or is our behaviour determined by things outside our control

**STRUCTURALISM:** Uncover the basic elements of consciousness through introspection (**Wundt**)

**FUNTIONALISM:** Explain psychological processes in terms of the role or function they serve (**James**)

**HUMANIST PERSPECTIVE:** Focuses on the uniqueness of the individual and assumes people are motivated to become self-actualised (reach their full potential)

**SOCIOCULTURAL PERSPECTIVE:** Tries to distinguish universal psychological processes from those that are specific to **particular cultures**

**EVOLUTIONARY PERSPECTIVE:** Argues that many behavioural tendencies in Humans (need to eat / care for our children) evolved because they helped our ancestors survive and rear healthy offspring (**Darwin**)

**COGNITIVE PERSPECTIVE:** Focuses on the way people perceive, process and retrieve information – experimental method (**Descartes**)

**BEHAVIOURIST PERSPECTIVE:** Focuses on the way objects or events in the environment come to control behaviour through learning - experimental method(**Skinner**)

**PSYCHODYNAMIC PERSPECTIVE:** Peoples actions are determined by the way thoughts, feelings and wishes are connected in their minds. Can be conscious or unconscious – case study method (**Freud**)

**BIOPSYCHOLOGY PERSPECTIVE:** Examines the **physical basis** of psychological phenomena such as motivation, emotion and stress

## **NERVOUS SYSTEM**

- **Sensory Neurons:** Carry sensory information from sensory receptors to the central nervous system
  - **Motor Neurons:** Transmit commands from the brain to the glands and muscles of the body
  - **Interneurons:** Connect neurons with one another
  - **Neurons (nerve cells):** Transmit information through the nervous system. They control everything we think or feel
- Consists of:**
- **Dendrite:** Branch like extensions that **receive messages**
  - **Cell Body:** **Accepts and passes on messages** to the Axon
  - **Axon:** **Carries on information** to other neurons which connect at the synapses
  - When a neuron is at rest, it is polarised, with a negative charge inside the cell and positive charge outside
  - **Graded Potentials:** The spreading voltage changes along the cell that occur as the neuron is excited by other neurons
  - **Action Potential:** A nerve impulse