

WEEK	CONTENT				
<p>1. INTRODUCTION TO PSYCHOLOGY</p>	<ul style="list-style-type: none"> • PSYCHOLOGY - science of behaviour and mental processes and the interaction with the environment 				
	<ul style="list-style-type: none"> • FIELDS OF PSYCHOLOGY: 				
	<i>BIOLOGICAL</i>	<ul style="list-style-type: none"> • Studies biological factors and processes that influence behaviour and mental processes <ul style="list-style-type: none"> ◦ E.g. brain and nervous system 			
	<i>COGNITIVE</i>	<ul style="list-style-type: none"> • Studies mental processes and the way people process behaviour 			
	<i>DEVELOPMENTAL</i>	<ul style="list-style-type: none"> • Studies how behaviour and mental processes change over a person's life 			
	<i>PERSONALITY</i>	<ul style="list-style-type: none"> • Studies the characteristics of individuals and how they are similar or different 			
	<i>CLINICAL & COUNSELLING</i>	<ul style="list-style-type: none"> • Accessing, understanding and changing abnormal behaviours and mental disorders 			
	<i>COMMUNITY</i>	<ul style="list-style-type: none"> • Studies the prevention of psychological disorders by changing social systems 			
	<i>HEALTH</i>	<ul style="list-style-type: none"> • Studies effects of behaviour and mental processes on health and illness 			
	<i>EDUCATIONAL</i>	<ul style="list-style-type: none"> • Studies teaching and learning and how to improve teaching methods 			
	<i>SOCIAL</i>	<ul style="list-style-type: none"> • Studies how people influence each other's behaviour in group settings 			
	<i>ORGANISATIONAL</i>	<ul style="list-style-type: none"> • Studies ways to improve productivity and efficiency in the workplace 			
	<ul style="list-style-type: none"> • HISTORY OF PSYCHOLOGY 				
	SCHOOLS		PEOPLE	GOAL	METHODS/KEY CONCEPTS
STRUCTURALISM		<ul style="list-style-type: none"> • Wundt • Tichner 	Study structure of consciousness	Introspection	Chemistry Physics
GESTALT		<ul style="list-style-type: none"> • Wertheimer 	Described the organisation of mental processes	Observation	

PSYCHOANALYSIS	<ul style="list-style-type: none"> Freud 	Explain personality and behaviour; develop techniques for treating mental disorders	Study of individual cases	
FUNCTIONALISM	<ul style="list-style-type: none"> James 	Purpose of consciousness; how the mind works allowing organism to adapt to environment	Writing	Darwin
BEHAVIOURISM	<ul style="list-style-type: none"> Skinner Watson 	Determined learning as determinant for behaviour	Animal studies	Darwin
COGNITIVISM	<ul style="list-style-type: none"> Kohler Chomsky 	Mentalism	Neuroimaging Computer science	Gestalt

• **APPROACHES TO PSYCHOLOGY**

APPROACH	DESCRIPTION
<i>BIOLOGICAL</i>	<ul style="list-style-type: none"> Believes that behaviour and behavioural disorders are a result of physical processes related to the brain and hormones
<i>EVOLUTIONARY</i>	<ul style="list-style-type: none"> Believes that behaviour and mental processes can be inherited and adapted to the environment
<i>PSYCHODYNAMIC</i>	<ul style="list-style-type: none"> Believes that unconscious mental processes determine mental thoughts, feelings and behaviour
<i>BEHAVIOURAL</i>	<ul style="list-style-type: none"> Believes that behaviour occurs from learning, such as rewards and punishments
<i>COGNITIVE</i>	<ul style="list-style-type: none"> Believes the brain processes information and creates perceptions and processes that influence behaviour

HUMANISTIC

- Believes that behaviour is controlled by decisions people make based on their perceptions of the world