

## WEEK 1 – INTRO TO COGNITIVE PSYCH

### Week 1.1: The Cognitive Revolution

#### 1. What is introspection, and who used it to study mental processes?

- **Definition:** Introspection is the examination of one's own thoughts and mental processes. It involves self-observation and reporting on conscious experiences.
- **Key Figures:** Wilhelm Wundt and Edward Titchener pioneered introspection in the late 19th and early 20th centuries as a method to study mental processes.
- **Methodology:** Participants were trained to analyse their thoughts and sensations under controlled conditions.

#### 2. What are the problems with introspection?

- **Subjectivity:** Since introspection relies on personal experiences, it lacks objectivity and consistency.
- **Limited Accessibility:** Many cognitive processes (e.g., perception, memory retrieval) occur unconsciously and cannot be introspected.
- **Lack of Replicability:** Results varied between individuals and could not be reliably reproduced.
- **Bias and Demand Characteristics:** Participants may alter their responses based on expectations or experimenter influence.

#### 3. What was the behaviorist movement and what did they study?

- **Definition:** Behaviorism emerged as a reaction to introspection, focusing on observable behaviors rather than internal mental states.
- **Key Figures:** John Watson, B.F. Skinner, and Ivan Pavlov.
- **Key Concepts:**
  - **Classical Conditioning (Pavlov):** Learning through associations (e.g., Pavlov's dogs).
  - **Operant Conditioning (Skinner):** Learning through reinforcement and punishment.
  - **Stimulus-Response (S-R) Theory:** All behavior can be explained by interactions with the environment.

#### 4. What is the main problem with using a behaviorist approach to studying mental processes?

- **Exclusion of Mental Processes:** Behaviorism ignores cognition, assuming that all behavior can be understood through conditioning.
- **Lack of Explanation for Novel Behaviors:** It cannot fully explain problem-solving, creativity, and language development.
- **Biological and Cognitive Limitations:** Fails to consider genetic and neurological factors influencing behavior.
- **Cognitive Revolution Response:** Cognitive psychology emerged as a response, emphasizing the role of mental processes in behavior.

#### 5. Explain Kant's transcendental method and give an example.

**Definition:** The transcendental method involves reasoning backward from observable effects to infer underlying causes