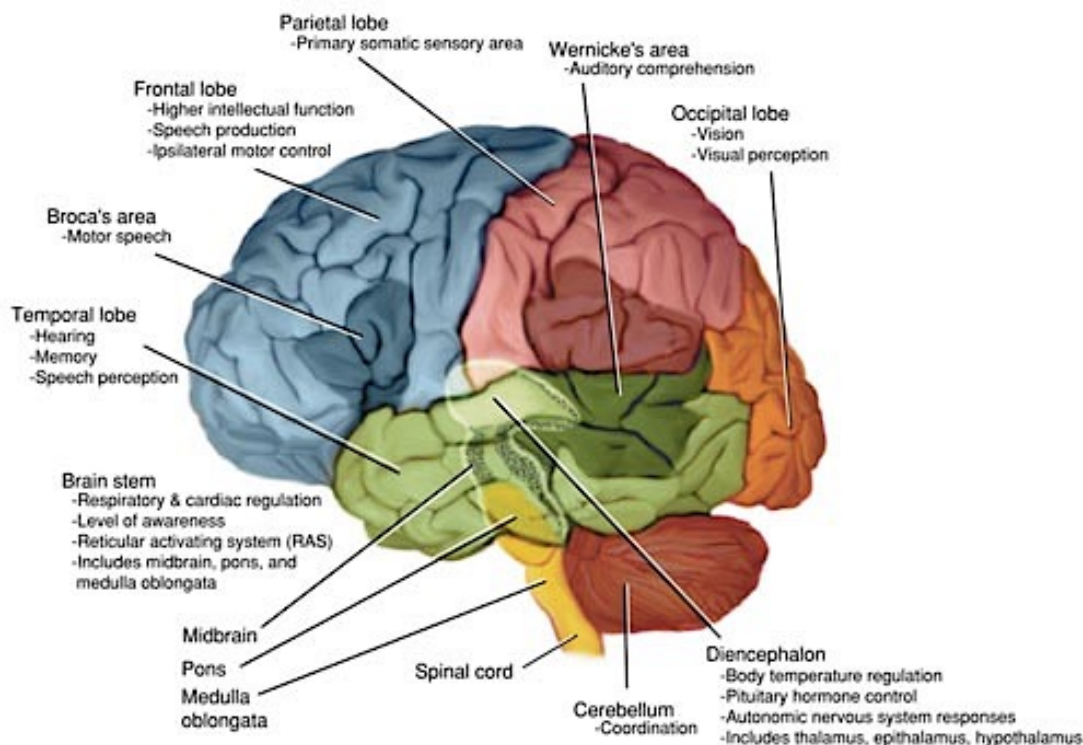


WEEK ONE-

Brain-

- Responsible for thoughts, emotions, motivations, actions
- Composed of neurons
- Nerves extend from brain to centre of your back to the rest of the body by the spinal cord
- The brain is protected by skull
- Has 2 cerebral hemispheres- Left and Right
- Information crosses from one side to the other via the corpus callosum (made up of axons of neurons)
- Cerebral cortex forms the outer layer of the forebrain



Cerebellum

- Plays a role in commands for motor action
- Organization of action including language production
- Integrates information from external and internal sources

Brainstem

- Mid brain: Nerve pathway of cerebral hemispheres/Auditory and Visual reflex centres
- Pons: Respiratory Centre
- Medulla Oblongata: Crossing of motor tracts/ Cardiac Centre/Respiratory Centre

WEEK TWO- Personality

Definitions-

Theory:

- A scheme of system of ideas or statements help as an explanation
- Distinguishes ideas from practice
- Explains or predicts

Personality:

- The sum total of the typical ways of acting, thinking, and feeling that makes each person unique

Pleasure principle:

- Drives all the functions of the individual difference
- Experiencing pleasure is a major source of motivation

Reality principle:

- The principle of which the ego tries to adapt to the real world while still satisfying psychic forces

Psychodynamic Perspective-

Freud's contribution-

The key elements of Freud's theory are:

- The unconsciousness (distinguished from conscious thought)
- A static theory of personality structure- ego, individual difference and super ego
- A developmental theory of growth of personality- psychosexual stages
- Proposes the adult behaviour is driven by unconscious motivations and is influenced by childhood experiences and development conflicts

The unconscious-

- Portion of the mind that lies outside our awareness/can't pull into our awareness but that can influence our decisions
- Connection b/w ideas is emotional- not logical
- Opposite or mutual excludes ideas coexist
- Strives for immediate pleasure
- **Preconscious-** currently unaware, but can become aware easily

Conscious thought:

- Uses secondary process thinking, guided by the reality principle
- One never replaces or eliminates the other

Freud's model of consciousness

- Unconscious mental processes- memories and emotions outside of awareness and not remember
- Conscious mental processes- awareness of events, thoughts and feeling with the ability to recall them
- Preconscious- material capable of entering consciousness

Neo Freudians

- Carl Jung
 - Differed from Freudian concepts of unconscious
 - Personal and
 - Collective unconscious
 - Shared with all ancestors expressed as tendency to interpret events the same - based on Archtypes
- Karen Horney
 - Countered the maleness of the Freudians - Cultural values not biological drives

Humanistic Perspective-

- Developed as a reaction against both behaviourism and psychodynamic perspectives
- Emphasised self determination- its more optimistic and person oriented

Carl Roger's theory: (1902-1987)

- Viewed personality in terms of the "self" or self-concept