

KEY

Guided Reading Activity 1-1

For use with textbook pages 7-13

Why Study Psychology?

What are you doing after high school?

Humans - expect the unexpected
Bear vs. Human

Directions: **Outlining** Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

I. Why Study Psychology?

A. Introduction

1. What are examples of physiological needs? physical needs (sleep/hunger) sex
2. What type of behavior cannot be observed? cognitive
3. How can learning about psychology improve your everyday life? gain a better understanding of your own behavior

B. Gaining Insight into Behavior

1. What type of psychology explores the effects of different groups on their members? social psychology
2. How can explanations of behavior improve one's confidence? realize that we are not alone with our feelings

C. Acquiring Practical Information

1. Give an example of using rewards to change behavior. train a puppy by offering treats
2. How are mnemonic devices used? remember things by associating an item from list with something easy to remember

D. Overview of Psychology

1. What is psychology? study of behavior and mental processes
2. What are the four goals of psychology? 1. describe behaviors, 2. explain behaviors, 3. predict behaviors, 4. influence behaviors

E. The Scientific Basis of Psychology

1. What methods are used to gather data? experiments, surveys, case studies
2. Who proposed that psychological experience is composed of compounds similar to chemical compounds? Wilhelm Wundt

→ 1879, 1st psycholab (Leipzig, Germany)

Volunteer - sit in chair up front!

- Potty training
- 8-Ball Charges
- Great Lakes
- Planets
- Taxonomy

Blind Men + Elephant

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