

Study Guide to accompany



PSYCHOLOGY

The Science of Mind and Behavior

Fourth Edition

Michael W. Passer Ronald E. Smith

Prepared by
Dianne Leader

Study Guide

for use with

Psychology

The Science of Mind and Behavior

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Study Guide for use with
PSYCHOLOGY: THE SCIENCE OF MIND AND BEHAVIOR
Michael W. Passer and Ronald E. Smith

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ISBN: 978-0-07-721500-2
MHID: 0-07-721500-1

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Chapter 1

THE SCIENCE OF PSYCHOLOGY

A. Learning Objectives: *These objectives are expanded from the Focus Questions found in the margins of your textbook. When you have mastered the material in this chapter, you will be able to:*

- 1.1 Define psychology, and indicate what types of behaviors it incorporates.
- 1.2 Differentiate between basic and applied research, and describe studies illustrating the relationship between them.
- 1.3 List and describe the central goals of psychology.
- 1.4 Discuss psychology's philosophical and scientific roots.
- 1.5 Describe the psychodynamic perspective, highlighting Freud's psychoanalytic theory.
- 1.6 Describe the behavioral perspective, highlighting the work of Pavlov, Thorndike, Watson, and Skinner.
- 1.7 Describe the humanistic perspective, highlighting the work of Maslow and Rogers.
- 1.8 Describe the cognitive perspective, including Gestalt psychology, cognitive neuroscience, and social constructivism.
- 1.9 Describe the sociocultural perspective, and define culture, norms, and socialization.
- 1.10 Explain the importance of cultural psychology in today's world.
- 1.11 Describe the biological perspective, highlighting research in behavioral neurosciences, behavioral genetics, and evolutionary psychology.
- 1.12 Contrast evolutionary and sociocultural perspectives in explaining behavioral phenomena.
- 1.13 Explain how the levels-of-analysis framework integrates the six perspectives of psychology.
- 1.14 Using the three levels of analysis, outline possible causal factors in depression.
- 1.15 List and describe the major professional associations of psychologists.

- 1.16 Explain how psychology helps to shape public policy.
- 1.17 Describe research-based strategies to improve academic performance, including effective time management, improving study habits, and preparing for and taking tests.

B. Chapter Overview

This chapter introduces some of the basic aspects of psychology, which is defined as the scientific study of behavior (observable actions) and the mind (internal thoughts and feelings). Critical thinking is an important component of scientific study. Rather than passively accepting facts and conclusions presented by others, the critical thinker actively investigates and considers alternate possibilities and implications of the evidence. Psychology is both a basic and an applied science, meaning that psychologists both search for knowledge for its own sake and also use that knowledge to solve practical problems. As a science, psychology has five central goals: to describe, understand, predict, and influence behavior, as well as to apply psychological knowledge in ways that enhance human welfare in personal lives, education, business, law, health, medicine, and many other areas.

We can use a simple, three-part framework to help us understand the complex ways that people behave, think, and feel. Events occur simultaneously at the biological, the psychological, and the environmental levels of analyzing human behavior. The three-levels-of-analysis approach focuses our attention on important factors at each level of analysis, as well as on how these factors interact and influence one another across levels. For example, eating involves biological activity in the brain and endocrine system, in mutual interaction with psychological responses and the environmental stimuli that influence them. Psychologists have long debated whether behavior is primarily determined by “nature” (innate factors) or “nurture” (environmental factors). The three-levels-of-analysis framework helps us to see that both nature and nurture, as well as their ongoing interaction, all influence who we are, and why we behave as we do.

Early psychologists used scientific methods to study the mind-body relationship being debated by philosophers. Structuralists tried to identify the basic building blocks of the mind, whereas functionalists took a more holistic approach. Over time, a variety of viewpoints developed that psychologists now use to understand human behavior and experience. These include the psychodynamic, behavioral, humanistic, cognitive, sociocultural, and biological perspectives.

Adherents of the psychodynamic perspective concentrate on internal factors, believing that unconscious conflicts of which we are unaware are the most powerful influences that determine our behavior and personalities. Modern psychodynamic theorists focus

more on social factors and less on hidden sexual and aggressive motives than did Freud, the founder of the psychodynamic approach.

The behavioral perspective, in contrast, focuses attention on external factors. According to this approach, the environment is the primary factor that molds our observable behavior through the process of learning. Unobservable internal factors such as unconscious conflicts, thoughts, and personality are not studied by radical behaviorists. Cognitive behaviorism is a more recent development that proposes that people develop beliefs and expectations through interacting with the environment, and that these internal cognitions in turn influence the individual's behavior.

Humanists focus on the unique experience of each individual who strives to find meaning in life. The emphasis of this approach is on freedom and choice as people move toward their full potential or self-actualization. The modern positive psychology movement highlights the study of human strengths, fulfillment, and optimal living.

The cognitive perspective grew out of the structuralists' and functionalists' interest in using scientific methods to study the mind. Inspired by the metaphor of the computer, cognitive psychologists view humans as information processors and problem solvers. Cognitive neuroscientists use sophisticated equipment to examine brain activity as people engage in cognitive tasks. Social constructivists believe that we each create our own "reality" from our cognitive perceptions.

The sociocultural perspective suggests that cultural norms, or rules for behavior, shape our actions and experiences. Today's growing field of cross-cultural psychology explores the similarities and differences among different cultures in shaping people's behavior, thoughts, and feelings.

The biological perspective suggests that behavior is best explained by studying how the brain, biochemical processes, and genetic factors influence behavior. Behavioral neuroscientists examine the brain processes and other physiological functions underlying our actions, experiences, and thoughts. Behavioral geneticists explore the role of heredity in studying people's behavioral tendencies. A modern-day movement in psychology focuses on how evolutionary processes, such as natural selection, may have shaped the development of the human brain as well as our behavior.

Each perspective contributes to our understanding of psychology, but none provides a full account. Many psychologists emphasize the need to integrate the perspectives to provide a more complete explanation of human behavior. The three-levels-of-analysis framework offers one way of integrating the different perspectives in psychology.

Psychology is a vast field with many different specialty areas including clinical, counseling, educational, experimental, industrial/organizational, developmental, social, personality, physiological, and quantitative psychologies.

Basic and applied research in psychology provide an evidence-based foundation for public policies on important social issues such as education, violence prevention, and access to mental health.

Psychological findings can enhance your own life as well. Perhaps the most advantageous way in which you, the student, can use psychology is to apply it to the way you study and learn. Research has suggested that students can improve their academic performance by implementing certain time-management techniques, effective study habits, use of focus questions to spark active learning, and strategies for test preparation and test taking.

C. Chapter Outline

THE NATURE OF PSYCHOLOGY

- Psychology as a Basic and Applied Science

 - Robber's Cave and the Jigsaw Classroom

- The Goals of Psychology

- Psychology's Broad Scope: A Levels-of-Analysis Framework

 - Mind-Body and Nature-Nurture Interactions

- In Review

PERSPECTIVES ON BEHAVIOR

- Psychology's Intellectual Roots

- Early Schools: Structuralism and Functionalism

- The Psychodynamic Perspective: The Forces Within

 - Psychoanalysis: Freud's Great Challenge

 - Modern Psychodynamic Theory

- The Behavioral Perspective: The Power of the Environment

 - Origins of the Behavioral Perspective

 - Behaviorism

 - Cognitive Behaviorism

 - What Do You Think? Are the Students Lazy?*

- The Humanistic Perspective: Self-Actualization and Positive Psychology

- The Cognitive Perspective: The Thinking Human

 - Origins of the Cognitive Perspective

 - Renewed Interest in the Mind

 - The Modern Cognitive Perspective

- The Sociocultural Perspective: The Embedded Human

 - Cultural Learning and Diversity

- Research Close-Up: Love and Marriage in Eleven Cultures*

- The Biological Perspective: The Brain, Genes, and Evolution

 - Behavioral Neuroscience

 - Behavior Genetics

 - Evolutionary Psychology

- In Review

USING LEVELS OF ANALYSIS TO INTEGRATE THE PERSPECTIVES

An Example: Understanding Depression
Summary of Major Themes
Beneath the Surface: What Did You Expect?
In Review

PSYCHOLOGY TODAY

A Global Science and Profession
Psychology and Public Policy
Psychology and Your Life
Applying Psychological Science: How to Enhance Your Academic Performance
In Review

D. Review at a Glance: Write the term that best fits the blank to review what you learned in this chapter.

The Nature of Psychology

Psychology is the scientific study of (1) _____ and the (2) _____. An important part of scientific study is (3) _____ thinking, which involves (4) _____ four important (5) _____.

Psychologists have a quest for knowledge for its own sake, which is called (6) _____, and to also pursue knowledge that is designed to solve specific practical problems, a type of research known as (7) _____.

The Robber's Cave study by Sherif et al. (1961) showed that hostility between groups could be reduced by having children work together in (8) _____. This basic research was later used by Aronson et al. (1978) in the (9) _____, which required children to cooperate in order to achieve a goal that none of them could achieve alone.

As scientists, psychologists have five central goals: to (10) _____, (11) _____, (12) _____, and (13) _____ behavior and also to (14) _____ psychological knowledge.

The three main levels of analysis that can be used to understand behavior are the (15) _____, (16) _____, and (17) _____ levels. These levels are usually combined to explain behavior. Indeed, the presence of one factor can influence the effects of other factors, a process called (18) _____.

Perspectives on Behavior

(19) _____ are vantage points for analyzing behavior. The work of most psychologists can be categorized into the (20) _____, (21) _____, (22) _____.

_____, (23) _____, (24) _____, and (25) _____ perspectives.

The ancient Greek belief that the mind is a spiritual entity not subject to the physical laws that govern the body is called (26) _____ - _____. The alternative view that mind and body are one is called (27) _____.

The perspective emphasizing the role of unconscious processes and unresolved past conflicts is known as the (28) _____ perspective and is most associated with (29) _____.

The behavioral perspective developed from (30) _____, which held that all ideas and knowledge are gained empirically. Today, behaviorists emphasize the (31) _____ determinants of behavior. An attempt to bridge the gap between the behavioral and cognitive perspectives is called (32) _____.

Humanistic psychologists emphasize the importance of conscious motives and free will and believe that we are motivated to reach our full potentials, a state called (33) _____ - _____. The cognitive perspective views people as problem solvers and (34) _____. Today's cognitive perspective has roots in the debate between the structuralist, functionalist, and Gestalt camps. The structuralists, who believed that sensations are the basic elements of consciousness, attempted to study consciousness through the technique of (35) _____. In contrast, the approach that held that psychology should study the "whys" of consciousness, or (36) _____, was influenced by evolutionary theory. The study of how elements of experience are organized into wholes, or (37) _____, suggested that the whole was greater than the sum of its parts. Modern cognitive psychologists study cognitive processes involved in activities such as decision making and problem solving.

(38) _____ was one of the most prominent theorists in the study of childhood cognitive development. Theorists who maintain that "reality" is in large part our own mental creation are known as (39) _____.

The body of enduring beliefs, values, behaviors, and traditions shared by a large group of people, known as (40) _____, also influences our behavior. The rules that society establishes to indicate what behavior is acceptable are known as (41) _____.

The biological perspective emphasizes the roles of the brain, biochemical processes, and (42) _____. According to Darwin's evolutionary theory, a species will maintain any inheritable characteristic that increases the likelihood of survival because individuals having the characteristic will be likely to survive and

reproduce. This process is known as (43) _____. Psychologists in the field of (44) _____ emphasize the idea that behaviors are products of evolution, as an organism's evolved biology determines its behavioral capacities, and its behavior determines whether it will survive. Similarly, (45) _____ study the ways in which genetic factors influence behavioral tendencies. Another area within the biological perspective is (46) _____, which explores which regions of the brain—which neural circuits and brain chemicals—influence our behavior, sensory experiences, emotions, and thoughts.

Psychology Today

There are a number of specialty fields within the larger field of psychology. For instance, (47) _____ psychologists are involved with the diagnosis and treatment of psychological disorders, whereas (48) _____ psychologists study behavior in work settings—for example, factors related to employee satisfaction and performance. The (49) _____, founded in 1892, is the largest psychological association in the world.

How to Enhance Your Academic Performance

An important habit for success in college is to manage your (50) _____ effectively. To do this, write out your daily (51) _____ and set (52) _____. The Focus Questions in the margins of your textbook are designed to encourage (53) _____. (54) _____ is not an effective test preparation strategy because it is fatiguing, taxes your memory, and often increases test anxiety which, in turn, interferes with learning and actual test performance.

E. Concept Cards

Truly learning a concept means integrating it into the way *you* think about things. To integrate concepts successfully, you must translate the words and examples your text or instructor provides into words and examples that are meaningful to you.

For this exercise, obtain some note cards (3" × 5" or 4" × 6") to make a deck of concept cards. On one side of each card, write the *concept* from the list following (e.g., "basic research") at the top. Read the textbook definition provided, and then write the definition *in your own words* on the concept card (e.g. for "basic research," you might write "when you do a study just because you're interested in the question, not for some practical reason such as solving a specific problem.") Simply imagine that a friend has asked you what the concept means, and write down what you would answer. Writing the definition in your own words requires you to think deeply about its meaning. When next you see your own version of the definition, it will make intuitive sense to you—no translation required.

On the second side of the card, write your own example of the concept. Again, coming up with your own example requires you to think deeply about the application of the concept, and you will more easily understand and remember the example when you study for a test. If you use an example from the text, or from class, make it your own by writing it in your own words. You can always check with your instructor to ensure that your example is indeed a good example of the concept.

<p>CONCEPT</p> <p>Definition in my own words</p> <p>(side 1 of card)</p>	<p>Example of the concept in my own words, preferably drawn from my own experience</p> <p>(side 2 of card)</p>
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The following is a list of all of the boldface concepts from your textbook, with the author's definition. Write the definition in your own words, together with your own example of the concept, to create a concept card as described above, or write in the space provided.

Psychology: The scientific study of behavior and the mind

Basic research: Research that reflects the quest for knowledge purely for its own sake

Applied research: Research that is designed to solve specific, practical problems

Mind-body dualism: The belief that the mind is a spiritual entity not subject to physical laws that govern the body

Monism: The idea that the mind and body are one, and the mind is not a separate spiritual entity

British empiricism: The concept that all ideas and knowledge are gained empirically—that is, through the senses

Structuralism: The analysis of the mind in terms of its basic elements

Functionalism: A school of thought that holds that psychology should study the functions of consciousness rather than its structure

Psychodynamic perspective: A perspective that searches for the causes of behavior within the inner workings of our personality; and emphasizes the role of unconscious processes

Psychoanalysis: The analysis of internal and primarily unconscious psychological forces

Defense mechanism: Psychological techniques that help us cope with anxiety and the pain of traumatic experiences

Object relations theories: Theories that focus on how early experiences with caregivers shape the views that people form of themselves and others

Behavioral perspective: A perspective that focuses on the role of the external environment in governing our actions

Behaviorism: A school of thought that emphasizes environmental control of behavior through learning

Cognitive behaviorism: An idea that proposes that learning experiences and the environment influence our expectations and other thoughts, and that, in turn, our thoughts influence how we behave

Humanistic perspective (humanism): Viewpoint that emphasizes free will, personal growth, and the attempt to find meaning in one's existence

Positive psychology movement: Movement that emphasizes the study of human strengths, fulfillment, and optimal living

Cognitive perspective: Perspective that examines the nature of the mind, and how mental processes influence behavior

Gestalt psychology: A school of thought that examines how elements of experience are organized into wholes

Cognitive psychology: A school of thought that focuses on the study of mental processes

Cognitive neuroscience: An area of psychology that uses sophisticated electrical recording and brain-imaging techniques to examine brain activity as people engage in cognitive tasks

Social constructivism: A viewpoint that maintains that what we consider “reality” is largely our own mental creation

Sociocultural perspective: Perspective that examines how social environment and cultural learning influence our behavior, thoughts, and feelings

Culture: The enduring values, beliefs, behaviors, and traditions that are shared by a large group of people and passed from one generation to the next

Norms: Rules that specify what behavior is acceptable and expected for members of a group

Socialization: The process by which culture is transmitted to new members and internalized by them

Cultural psychology (cross-cultural psychology): Psychology that explores how culture is transmitted to its members and examines psychological similarities and differences that occur among people from diverse cultures

Individualism: An emphasis on personal goals and self-identity based primarily on one's own attributes and achievements

Collectivism: Idea in which individual goals are subordinated to those of the group, and personal identity is defined largely by the ties that bind one to the extended family and other social groups

Biological perspective: Perspective that examines how brain processes and other bodily functions regulate behavior

Behavioral neuroscience (physiological psychology): Psychology that examines brain processes and other physiological functions that underlie our behavior, sensory experiences, emotions, and thoughts

Neurotransmitters: Chemicals released by nerve cells that allow them to communicate with one another

Behavior genetics: The study of how behavioral tendencies are influenced by genetic factors

Natural selection: Darwin's thought process specifying that if an inherited trait gives certain members an advantage over others, these members will be more likely than other members to survive and pass these characteristics on to their offspring

Evolutionary psychology: Psychology that seeks to explain how evolution shaped modern human behavior

Interaction: The way in which one factor influences behavior depends on the presence of another factor

F. What's the Difference? A Concept Card Exercise

An important skill in learning concepts is being able to differentiate among concepts that are similar or related in some way. This skill is particularly relevant for multiple-choice tests, especially if you often find yourself wavering between two answers.

Once you have created your own deck of concept cards, select them two by two, each time answering the question "What's the difference between these two concepts?" You can use the word definitions of the concepts or the examples of the concepts to enhance your mastery of the material. In each case, choose pairs of concepts to compare those that are related or similar or that sound the same or that could in some way be confused. It's much easier to spot the difference between two concepts when you are studying, with the textbook available, rather than when you are considering the question for the first time in a testing situation.

G. Apply What You Know

1. Explain the focus of study of each of the six psychological perspectives.

Perspective/Focus of Study

Behavioral

Biological

Cognitive

Humanistic