

## **A Letter from Your Instructor**

Dear Student,

Welcome to AP Psychology! Designed for the highly motivated student, this intensive course explores the scientific study of behavior and mental processes in humans and other animals. Our units of study range from personality to abnormal behaviors with special emphasis placed on the study of psychology as a science, including research methods and statistics. AP Psychology is a year long course that prepares students to take the AP Psychology Exam at the end of the year. Those that perform well on the exam will qualify for credit at most colleges and universities.

While I hope that you have a restful and relaxing summer, the extensive amount of content in AP Psychology requires that you complete a summer assignment. Please read the directions carefully before you leave for summer break.

I look forward to seeing you in the fall!

Mr. Freeze

### **Directions**

1. Check out a textbook (Psychology Eighth Edition by David G. Myers) from the bookroom. You must turn in all of your books before the bookroom will issue your AP Psychology textbook. If you are a new transfer into the class, you may have to present a copy of your schedule. If you cannot check out a book use the internet as a resource
2. Read the Prologue (pp. 1 to 17) and Appendix A (pp. A-1 to A-9 in the back) in the textbook.
3. Complete the packet entitled History and Approaches (attached). Each assignment within the packet comes with directions. Most questions can be answered using your textbook; you may need additional resources (internet, etc.) for some answers. All assignments are due on the first day of class and are worth a total of 50 points. You will be graded on the thoroughness and accuracy of your answers. In summary, these assignments include: a. Terms and Concepts Flashcards b. Logic and Philosophy of Psychology as a Science c. History of Psychology d. Approaches to Psychology e. Subfields in Psychology
4. On the second day of class, you will take a quiz over material from the text readings and assignments. Intended to reflect the AP Exam, the quiz is comprised of 25 multiple choice questions and is worth 50 points.
5. If you have any questions, please e-mail Mr. Freeze (tfreeze2@bcps.org) before you leave for summer break. I will also be available over the summer to answer your questions.

# **UNIT GUIDE**

## **HISTORY & APPROACHES**

### **UNIT OVERVIEW**

Psychology has evolved markedly since its inception as a discipline in 1879. There have been significant changes in the theories that psychologists use to explain behavior and mental processes. In addition, the methodology of psychological research has expanded to include a diversity of approaches to data gathering

*Percentage Goals for Exam: 2-4%*

### **UNIT OBJECTIVES**

By the end of the unit, students should be able to...

1. Recognize how philosophical perspectives shaped the development of psychological thought and compare different theoretical approaches in explaining behavior. In doing so, students should recognize the strengths and limitations of applying theories to explain behavior:
  - structuralism, functionalism, and behaviorism in the early years;
  - Gestalt, psychoanalytic/psychodynamic, and humanism emerging later;
  - evolutionary, biological, and cognitive as more contemporary approaches.
2. Distinguish the different domains of psychology
  - biological, clinical, cognitive, counseling, developmental, educational, experimental, human factors, industrial-organizational, personality, psychometric, and social.
3. Identify the major historical figures in psychology (e.g. Mary Whiton Calkins, Charles Darwin, Dorothea Dix, Sigmund Freud, G. Stanley Hall, William James, Ivan Pavlov, Jean Piaget, Carl Rogers, B.F. Skinner, Margaret Floy Washburn, John B. Watson, Wilhelm Wundt).

### **UNIT QUIZ REVIEW**

- The quiz assesses unit objectives found in unit notes, handouts, and readings. You are responsible for reading the Prologue and Appendix A (pp. A-1-A-9) in the text for this unit. You should study all notes, handouts, and readings from the unit. However, you may not use these materials on the test.
- The make-up for the quiz may consist of short answer and essay questions.

## TERMS AND CONCEPTS FLASHCARDS

You are responsible for defining all of the following terms and concepts on flash cards. On one side of an index card (or similar facsimile), write the word; on the other side, write its definition. Flash cards should be no larger than 3X5 and they must be hand-written in your own script. On the day of the test, place your flash cards in a Ziploc bag, label the Ziploc bag with your name and class period, and turn in the bag to Mrs. Freeze. You will be graded on the thoroughness and accuracy of your cards in accordance with the following criteria:

Criteria	Points Earned
Cards are thorough and accurate.	30
Cards lack some minimal detail.	25
Cards lack substantial detail or several cards are missing (5-10).	20
Cards lack substantial detail and several cards are missing (5-10).	15
More than 10 cards are missing (but less than 50%).	10
More than 50% of cards are missing or students attempt to cheat.	0
No labeled Ziploc bag.	-10

1. Psychology
2. Science and scientific method
3. Theory and hypothesis
4. Hindsight bias/I-knew-it-all  
along phenomenon
5. Overconfidence
6. Socrates
7. Plato
8. Aristotle
9. Dualism
10. Rene Descartes
11. John Locke and tabula rasa
12. Empiricism
13. Thomas Hobbes and Materialism
14. Charles Darwin, evolutionary theory, and natural selection
15. Wilhelm Wundt
16. Edward Titchener, Structuralism, and introspection

17. William James and functionalism
18. Mary Whiton Calkins
19. Psychoanalytic/psychodynamic approach and Sigmund Freud
20. Behavioral approach
21. Classical conditioning and Ivan Pavlov
22. John Watson and Rosalie Rayner
23. B.F. Skinner
24. Behavior modification
25. Humanistic approach
26. Abraham Maslow and selfactualization
27. Carl Rogers and unconditional positive regard
28. Cognitive approach
29. Jean Piaget
30. Dorothea Dix
31. G. Stanley Hall
32. Margaret Floy Washburn
33. Sociocultural approach
34. Biological approach
35. Evolutionary/sociobiological/ behavioral genetic approach
36. Gestalt approach
37. Biopsychosocial approach
38. Basic research and applied research
39. Psychiatry
40. Clinical psychologist
41. Cognitive psychologist
42. Community psychologist
43. Counseling psychologist
44. Developmental psychologist

45. Educational psychologist
46. Experimental/research psychologist
47. Health psychologist
48. Forensic psychologist
49. Industrial/organizational psychologist
50. Neuropsychologist
51. Personality psychologist
52. Psychometric and quantitative psychologist
53. Rehabilitation psychologist
54. School psychologist
55. Social psychologist
56. Sports psychologist
57. Human factors psychologist

## **Logic and Philosophy of Psychology as a Science**

After reading the prologue of your textbook, complete the following questions in complete sentences.

1. What is psychology?
2. What is a science?
3. Describe the scientific method. In your description, include the words theory, prediction, hypothesis, research, and observable behavior. Underline where these words occur in your answer.
4. What is the hindsight bias and why does it illustrate the need for scientific inquiry?
5. What is overconfidence and why does it illustrate the need for scientific inquiry?
6. What is dualism? Name one psychologist/philosopher who was dualist and one who was not a dualist.

# History of Psychology

Each person listed on the timeline has contributed to the scientific study of psychology. Write down their contribution in the space provided. You do not have to use complete sentences.

Ancient Greece  
Psychology (427-322 BCE)

Scientific Revolution  
(1550-1700 CE)

Birth of Modern  
(1879- )

Rene Descartes (1596-1650):

Wilhelm Wundt (1842-1910):

Socrates

Edward Titchener (1867-1927):

John Locke (1588-1679):

William James (1842-1910):

Aristotle

Thomas Hobbes (1588-1679):

Charles Darwin(1809-1882):

Mary Whiton  
Calkins (1863-

Plato

## Approaches to Psychology

Over time, scientists developed seven prominent approaches to modern psychology. These approaches are rooted in the theoretical perspectives discussed in the previous section. Based on your reading, fill in the chart. You do not have to use complete sentences.

Theoretical Approach	People	Major Beliefs
PSYCHOANALYTIC OR PSYCHODYNAMIC APPROACH		
BEHAVIORAL APPROACH		
HUMANISTIC APPROACH		

COGNITIVE APPROACH		
SOCIOCULTURAL APPROACH	None necessary	
BIOLOGICAL APPROACH	None necessary	
EVOLUTIONARY / SOCIOBIOLOGICAL / BEHAVIORAL GENETIC APPROACH		

## Subfields in Psychology

An important distinction is the difference between psychiatry and psychology. Psychiatry is the study of mental disorders, and its practitioners are medical doctors who can prescribe medication. Psychology is the scientific study of behavior and mental processes. A much broader field, people who practice psychology range from undergraduate psychology majors to doctorate-level psychologists with many years of experience. As part of this activity, you will explore some of the diverse subfields of psychology.

Generally speaking, psychology can be divided into two broad categories – basic and applied. Basic psychology is grounded in research. Applied psychology is psychology put directly into practice: for example, when a therapist meets with a client. Psychology is then broken down into many different subfields. Some subfields, such as experimental psychology, are strictly a type of basic psychology. Others can be a blending of both basic and applied psychology as is the case for industrial organizational psychology.

For this activity, use your textbook or internet to describe each of the subfields below. You do not have to use complete sentences. Decide whether the subfield is predominately basic, applied, or both. Finally, write one word that you think best summarizes each subfield of psychology.

Subfield	Description	Basic, applied, or both?	What one word best describes this subfield?
Clinical Psychologists			
Cognitive Psychologists			
Community Psychologists			
Counseling Psychologists			
Developmental Psychologists			
Educational Psychologists			

Experimental or Research Psychologists			
Health Psychologists			
Forensic Psychologists			
Industrial / Organizational Psychologists (I/O)			
Neuropsychologists			
Personality Psychologists			
Psychometric and Quantitative Psychologists			
Rehabilitation Psychologists			
School Psychologists			
Social Psychologists			
Sports Psychologists			