

# 1. INTRODUCTION TO PSYCHOLOGY

## 1.1 What is Psychology?

- **Psychology:** the scientific study of the mind and body
- **Scientific Method:**
  - Form of empiricism
  - **Empirical Method:** based on observation, including experimentation



- **Scientific Theory:** the natural world that over time
- Scientists test what is perceivable + measurable
  - > psychological science is empirical, based on measurable data
- Became own academic discipline in late 1800s
  - Before - considered under auspices of philosophy
- Some areas take on aspects of natural sciences like biology
- As behaviour is influenced by interactions with others - a social science
- Psych students:
  - Hone critical thinking skills (active application of a set of skills to info for the understanding + evaluation of that info)
    - > Scepticism
    - > Recognizing internal biases
    - > Logical thinking
    - > Asking appropriate questions
    - > Making observations
  - Develop better communication skills
  - Better understand complex factors affecting behaviour

## 1.2 History of Psychology?

- Wilhelm Wundt + William James = founders of psych as science + academic discipline

# Custom Published Study Guide For Introduction To Psychology

**S Baum**



## **Custom Published Study Guide For Introduction To Psychology:**

**Subject Guide to Books in Print** ,1996      **Five Foundations of Human Development** Errol A. Gibbs,Philip A. Grey,2011-06-08 Five Foundations of Human Development FFHD is a philosophical religious and practical discourse on human development based on the following five foundations Spiritual Moral Social Intellectual and Physical The authors proffer that human beings possess the capacity to rise to a higher state of civilization when we allow Spiritual Intelligence to underpin human intelligence as our capable guide The indomitable spirit within human beings that brought civilization out of the Dark Ages and into an Age of Enlightenment demonstrates our capacity to transcend moral hope and optimism for a better world with peaceful coexistence among individuals families and nations This book will help inform enlighten and empower individuals and leaders in such fields as engineering science religion politics the military and other great institutions to engender solutions to the myriad of unsolved problems of past centuries problems of the present and emerging problems of the future Problems such as wars genocide greed and the exploitation of human beings begin within our destructive spiritual nature and manifest in the physical nature Therefore solutions also lie in the spiritual realm as a counterbalance to the natural realm of human existence FFHD is a blueprint for human survival based on adherence to physical laws and spiritual laws that transcend a belief in an omnipotent all powerful omnipresent everywhere and omniscient all knowing being It will awaken the conscience to comprehend the lifethreatening issues that face humankind The solutions therefore cannot merely be left only to the educated elite the military forces and those in high public and private office The global significance of this book is that it informs a more communal view of our world It is the only perspective that will allow us to enter the global village prepared for the racial social cultural environmental and economic challenges that lie ahead      Thoughts to Enlighten and Empower the Mind Errol A. Gibbs,Philip A. Grey,2011-06 Thoughts to Enlighten and Empower the Mind is a compilation of two thousand and one questions and philosophical thoughts extracted from the authors seminal work Five Foundations of Human Development These thoughts follow the same chronology of information that helps to promote fulfilling lives through human development from spiritual moral social intellectual and physical perspectives The authors proffer that human beings possess the capacity to rise to a higher state of civilization when we allow our thoughts to permeate our minds with hope and optimism for the future of humanity Gibbs and Grey support the premise put forward by many great writers who contend that our thoughts determine happiness and effectiveness in life Our thoughts and our emotions have a great influence on our carnal impulses and desires We nurture good and bad thoughts and human effort alone is insufficient to properly manage them Negative thoughts establish barriers to communications and harmonious living Positive thoughts radiate harmony among individuals and nations More importantly those in positions of great power who lead humanity must by their thoughts help to create a better world or inadvertently plunge humanity into great chaos as has been recorded in six thousand years of human history Only a mind that is free of unhealthy thoughts

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**Questions and Philosophical Thoughts** Errol A. Gibbs, Philip A. Grey, 2006-10-01 2006 Questions and Philosophical Thoughts A Chronological Listing of Verses taken from FFHD 2006 Questions and Philosophical Thoughts A Chronological Listing of Verses taken from the authors main text Five Foundations of Human Development FFHD It is their way of presenting their primary text to readers in a new and innovative Reading by Verses format This simple to comprehend Body of Knowledge unique analytical compelling and philosophical helps the reader to better understand that human beings are not helpless bystanders watching the past unfold in the present The authors postulate that we are capable of making new history enabled by God s Spiritual Intelligence when we seek it to illuminate our path and guide us Despite the human genius and our scientific progress of the past century nations still struggle to find peaceful co existence Without God s guidance our capacity to exercise patience tolerance and self control will diminish in light of increasing global competition for the world s finite resources Our 21st century visionary leaders have ushered us into the global village unprepared Our vision of a global village could become another fleeting illusion in our eternal quest to govern ourselves and engender hope for all humanity The authors urge the reader not to dismiss this frame of reference as mere idealism Gibbs and Grey predicate their hope for a better world on new understandings of the great inspirational religious enlightenment and philosophical learning discerned from the teachings of Jesus Christ and the great prophets The authors take the reader on an unforgettable journey of discovery of a new hope for humanity with new knowledge to illuminate our path and guide us Their work is nonetheless only a minor contribution to the vast Body of Knowledge penned by notable philosophical giants of yesteryear and the modern age The authors stand on the shoulders of these giants as they PAN take a panoramic view of the 21st century and the new millennium with new hope and optimism for the future of our world Genre Christianity Religion Inspirational Religion Enlightenment Philosophy General *The Software Encyclopedia 2001*, 2001 **The School Psychologist's Guide for**

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author's clear writing style case examples tables and exercises readers develop a solid understanding of the theoretical models of career counseling and are thoroughly exposed to the practical information on how to effectively counsel clients about career issues *Introduction to Psychology Study Guide* Robert E. Gehring,1998-08-01 [Ie-Psych Conc/Conn](#)

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