

Introduction: In order to be successful in college courses, reading the textbook is a key to that success. AP Psychology requires reading and studying outside of class. Do not simply skim the readings looking for the answers or bolded vocabulary, make sure you read each module actively and take time to understand what you are writing. If you are willing to put in the necessary effort, you will succeed.

Directions: Read unit 1 in your textbook. The following questions/assignments must be written in your own handwriting. You should be putting the information from the book *in your own words!* (This makes you think more deeply about the information, which will help you, understand it and remember it better.)

Unit I: Psychology's History and Approaches

Module 1: Psychology's History (pgs. 1-8)

1. Identify and explain the significance of the following in the development of psychology. Pull out what is most important.

- Wilhelm Wundt _____

- G. Stanley Hall _____

- Edward Titchener _____

- Structuralism _____

- William James _____

- Functionalism _____

- Mary Whiton Calkins _____

- Margaret Floy Washburn _____

- John B. Watson (you may have to use pgs. 271-272) _____

- B.F. Skinner (you may have to use pgs. 275-276) _____

- Behaviorists _____

- Sigmund Freud _____

- Freudian Psychoanalysis _____

- Psychodynamic Approach _____

- Humanistic Psychologists _____

- Carl Rogers (you may have to use p. 572) _____

- Abraham Maslow (you may have to use p. 393) _____

- Cognitive Psychology _____

2. Define the following terms:

- Empiricism _____

- Introspection _____

- Experimental Psychologists _____

- Cognitive Neuroscience _____

- Psychology
 - Behavior _____
 - Mental Processes _____

Module 2: Psychology's Big Issues and Approaches (pgs. 9-19)

1. Identify and explain the significance of the following psychologists.

- Ivan Pavlov (you may have to use pg. 266-267) _____

- Jean Piaget (you may have to use pgs. 476) _____

- Charles Darwin _____

2. What is the nature vs. nurture debate? Provide an example of a topic relating to this.

3. What is the general conclusion of the nature vs. nurture debate?

4. What are the different levels of analysis of psychology?

5. Define the biopsychosocial approach (this will come up again when we talk about disorders).

6. Summarizing the table on page 12, as well as the information in the reading, fill in the chart on the next page on the different approaches in psychology.

Psychology's Approaches

Perspective	Focus	Sample Question (just pick one)
Behavioral		
Biological		
Cognitive		

Evolutionary		
Humanistic		
Psychodynamic		
Social-cultural		

7. Explain the focus of each of the following of psychology's subfields. Some of these are discussed more in-depth in Module 3; refer there for additional information.
- Psychometrics _____

 - Basic research _____

 - Applied research _____

8. Explain the difference between psychiatrists and psychologists. _____

9. How did Dorothea Dix contribute to psychology? _____

10. Who is Martin Seligman? What is positive psychology? _____

Close-up: I highly encourage you to read and make note of the study tips in this section. They are research based, trusted methods for learning material. If you internalize these methods now, you are far more likely to be successful in the rest of your high school classes and in your future college career. (Trust me! 😊)

Module 3: Careers in Psychology (pgs. 20-25)

Basic research careers:

- Cognitive psychologists _____

- Developmental psychologists _____

- Educational psychologists _____

- Experimental psychologists _____

- Psychometric psychologists _____

- Social psychologists _____

Applied research careers:

- Forensic psychologists _____

- Health psychologists _____

- Industrial-organizational (I/O) psychologists _____

- Neuropsychologists _____

- Rehabilitation psychologists _____

- School psychologists _____

- Sport psychologists _____

Helping professions:

- Clinical psychologists _____

- Community psychologists _____

- Counseling psychologists _____

