

**Summer Work Packet**  
**Psychology**

**Name:** \_\_\_\_\_

**Bring all materials with you to the first day of class.**  
**Your first grade will be based on having completed them. Start the course with an A+!**

**Preliminary Quiz**

This is to assess what you already know, so we don't spend too much time teaching things you already understand. You will be graded only on whether you finish it.

**Daily Activity Diary**

This is an exercise to help make you more aware of how you spend your time and why. For one week, keep a log of how you spend your time, hour by hour, using the "Daily Activity Diary."

Rate "Enjoyment" (E) on a scale of 1 to 10, 1 meaning something you intensely dislike, 10 meaning something you enjoy very much.

Rate "Mastery" on a scale of 1 to 10. Mastery means how good you are at what you're doing, 1 means you aren't any good at it at all, 10 means you have totally "mastered" the skills required for the activity.

**"The Experiment"**

This is a good example of the type of experiment performed in Psychology. Read the description, and answer the question as truthfully and completely as you can. You will be graded only on how complete your answer is. The purpose, and the meaning of the responses, will be discussed on the first day of class.

**Reading**

This is your first actual assignment for the class. Read the pages. Read them carefully, because next comes the...

**Reading Questions**

These will be graded

**Preliminary Quiz: How much do you know already?**

Name \_\_\_\_\_

1. Which of the following is NOT one of the four goals of psychology?
  - a) to explain behavior
  - b) to influence behavior
  - c) to describe behavior
  - d) to prevent behavior
  
2. Which statement about the scientific basis of psychology is MOST accurate?
  - a) Psychologists state the facts, formulate and test hypotheses, and then propose theories.
  - b) Psychologists formulate theories and then test their theories with hypotheses.
  - c) Psychologists who view psychology as an applied science conduct long-term research to discover more about behavior.
  - d) An example of a psychologist involved in basic science would be a psychologist applying basic psychological principles to the design of a toy that appeals to infants.
  
3. Which is the correct order of the scientific method used by psychologists in their studies?
  - a) identify question, formulate hypothesis, collect data, analyze data
  - b) analyze data, identify question, formulate hypothesis, collect data
  - c) collect data, analyze data, identify question, formulate hypothesis
  - d) formulate hypothesis, identify question, collect data, analyze data
  
4. Which of the following statements about the early history of psychology is NOT true?
  - a) The Greeks, who studied human behavior in the fifth and sixth centuries B.C., determined that people were rational.
  - b) The scientific discoveries of the Renaissance refined the concept of experimentation through observation.
  - c) In the seventeenth century, Renaissance Descartes promoted the popular idea of dualism, the concept that mind and body are separate and distinct.
  - d) Wilhelm Wundt created the Laboratory of Psychology in 1879 and is credited with establishing the study of psychology as a separate, formal field of study.
  
5. \_\_\_\_\_ is known as the "father of psychology" in the United States.
  - a) Wilhelm Wundt
  - b) William James
  - c) Sir Francis Galton
  - d) Sigmund Freud
  
6. \_\_\_\_\_ is the study of how sensations are assembled into perceptual experiences.
  - a) Functionalism
  - b) Psychoanalytic psychology
  - c) Gestalt psychology
  - d) Behavioral psychology
  
7. \_\_\_\_\_ used the methods of free association and dream analysis to study his patients' unconscious processes.
  - a) Sigmund Freud
  - b) Ivan Pavlov
  - c) Max Wertheimer
  - d) Sir Francis Galton
  
8. Ivan Pavlov's studies involving a dog and a tuning fork led to the behavioral known as a result of \_\_\_\_\_.
  - a) psychoanalysis
  - b) Gestalt
  - c) humanism
  - d) classical conditioning
  
9. Humanists describe human nature as \_\_\_\_\_.
  - a) the result of inheritable traits
  - b) evolving and self-directed
  - c) the result of learning, remembering, and social interactions
  - d) the result of our physiological makeup.
  
10. Which of the following is NOT true about professional psychologists?
  - a) About half of all psychologists are clinical psychologists.
  - b) Developmental psychologists study the interaction between physical and psychological health factors.
  - c) Counseling psychologists work in schools or industrial firms advising people on problems of everyday life.
  - d) Environmental psychologists study the effects of the environment on people

# Daily Activity Diary

What were you doing during each time slot?  
For each box rate ENJOYMENT and MASTERY from 0 (not at all) to 10 (a lot)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am to 9am	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
9am to 10am	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
10am to 11am	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
11am to 12pm	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
12 to 1	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
1 to 2	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
2 to 3	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
3 to 4	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
4 to 5	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
5 to 6	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
6 to 7	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
7 to 8	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
8 to 9	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
9 to 10	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=
10 to 12am	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=	E= M=

## Handout 3:

### The Experiment

#### **WANTED: Paid volunteers for an experiment in memory. Yale University**

Imagine that you have signed up to participate in this experiment. When you arrive at the laboratory, an experimenter dressed in a white coat greets you and another volunteer you don't know.

You and the other volunteer draw lots to find out your role in the experiment. You are the "teacher" and the other person becomes the "learner."

Next you are taken into another room, where the learner is strapped into a chair, and electrodes are attached to his wrist. You are told that the learner's job is to try to memorize word pairs, like "red" and "book," and that you as the teacher are going to motivate learning by giving an electric shock punishment every time the learner makes a mistake. The experimenter tells you that "although the shocks can be extremely painful, they cause no permanent tissue damage."

Then you are taken to the first room, where you are seated in front of a machine labeled "Shock Generator" with switches for shock levels marked from 15 to 450 volts. Each switch has a rating from "slight shock" up to "danger: severe shock." The last two switches are labeled "XXX." You are given a sample 45 volt shock (which makes your arm jolt) and told that if the learner makes a mistake in memorizing the word pairs, your job is to give him a shock, and increase the voltage by 15 volts (one more switch) for each mistake made.

The experiment begins and the learner makes one mistake after another. Following your instructions, you pull the switches and increase the shocks. When you reach 120 volts, you hear the learner shout that the shocks are painful. At 150 volts, he yells, "Get me out of here! I refuse to go on!"

The experiment goes on. The learner keeps making mistakes and you hear screams of pain. At 300 volts he pounds on the wall and demands to be let out. At 330 volts, he is finally silent. The experimenter tells you that the learner's failure to respond should be considered an incorrect answer and to keep increasing the shock level. If at any time you question whether you should continue giving the shocks, the experimenter says, "You have no other choice; you must go on. The experiment requires that you continue."

The experiment continues until the highest shock level is reached.

**QUESTION: If you were the "teacher" in this experiment, how do you think you would have participated? How high along the voltage meter would you have gone? Explain your answer and reasons.**

# Reading Assignment



Korlae David/Corbis Kipa

A crush of students collects outside my classroom during the 6-minute passing time between class periods. They stand on tiptoe, craning their necks side to side, attempting to gain better views of the struggle not far from my door. The tardy bell does little to disperse them.

The crowd swells in number, making it nearly impossible to identify the two combatants at the center of this undeserved attention. Then, an assistant principal intervenes, and the skirmish ends as quickly as it started. Both students receive 3-day, in-house suspensions.

## What Makes You Aggressive?

Psychologists study the thoughts, biology, and social factors behind aggression and seek ways to prevent violent behaviors, such as fighting, that sometimes go with aggression.

Fortunately, these disruptions are rare where I teach, but talk of “the fight” buzzes from desk to desk. So we begin class by discussing some questions that psychologists might pose about the incident we just witnessed.

- Are some of us born more aggressive than others?
- How are levels of aggression affected by what we learn from our parents, peers, and cultural groups?
- What are the biological influences on aggression?
- What motivates some people to settle their differences physically and others to talk them out?
- Are young adults more likely than middle-aged adults to take part in physical confrontations?
- How could this situation have been avoided or defused?
- Why were students more likely to watch this conflict (and be late to class) than to break it up?

This psychology course will help you answer these and many other interesting questions.

## The Definition of Psychology

**THINKING CRITICALLY:** *What is psychology, and what kinds of topics do psychologists study?*

**Psychology** is the scientific study of behavior and mental processes. Before going any further, let’s make sure we understand the three parts of this definition—scientific study, behavior, and mental processes.

When we say that psychology is a *scientific study*, we mean that psychologists rely on scientific research methods in their attempts to unravel answers to questions such as “Why do some people offer help when others do not?” Psychologists systematically collect research data

### psychology

Scientific study of behavior and mental processes.



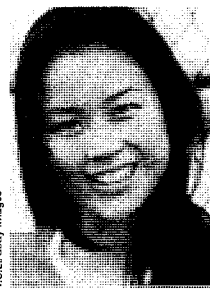
Kevin Redford/SuperStock



linefabri-Anderson/The Image Works



Ellen Senesi



V.C.L./Getty Images

### What Makes You Smile?

Psychologists use scientific methods to study topics such as happiness, love, and friendship.

and use mathematical formulas to analyze the results. Scientific research methods are an essential key to unlocking psychology's secrets.

The last two parts of our definition, *behavior* and *mental processes*, establish the incredibly broad range of interesting topics that psychologists study. Any directly observable thing you do, from laughing to turning the pages of this book, is a behavior that psychologists could study. But psychologists also study the things we cannot observe directly—our mental processes, which include all our thoughts, feelings, and dreams.

Are some people simply born more aggressive than others? To find out, some psychologists might study children in a day care, watching for aggressive behaviors at early ages. Psychologist might also study the parts of the brain that are active during aggressive behavior and try to determine what chemicals affect this region of the brain. Psychologists who are less biologically inclined might examine a person's home life in search of the origins of aggressive acts. Interestingly, psychologists also study people who see aggressive behavior, trying to understand why some people help and others are apathetic and do not.

Concepts such as aggression against others, apathy toward helping, or development of children as they grow into adolescents and young adults are also explained in this textbook. The psychologists studying these concepts chose one of the many careers available to those who decide to turn psychology into an occupation.

**THINKING CRITICALLY SUMMARY** *Psychology is the scientific study of behavior and mental processes. Because psychology is a science, psychologists use the scientific method to study a range of topics. A psychologist might study any observable behavior or mental process.*

## Careers in Psychology

**THINKING CRITICALLY:** *What different kinds of jobs do psychologists do?*

The most popular college major in the country is business. The second most popular major is psychology. More than 70,000 college students will graduate this year with a degree in psychology (Princeton Review, 2005). Why is this major so popular? Yes, psychology is incredibly interesting, but psychology can also prepare you for a number of jobs after you graduate.

Table 1.1

**Top 10 U.S. Occupations That Employ People with a Psychology Degree**

1. Top- and mid-level managers, executives, administrators
2. Sales occupations, including retail
3. Social workers
4. Other management-related occupations
5. Personnel, training, labor relations specialists
6. Other administrative (record clerks, telephone operators)
7. Insurance, securities, real estate, business services
8. Other marketing and sales occupations
9. Registered nurses, pharmacists, therapists, physician assistants
10. Accountants, auditors, other financial specialists

Source: From *College majors handbook with real career paths and payoffs: The actual jobs, earnings, and trends for graduates of 60 college majors* (2nd ed.), by N. P. Fogg, P. Harrington, & T. Harrington, 2004, Boston: Jist Works.

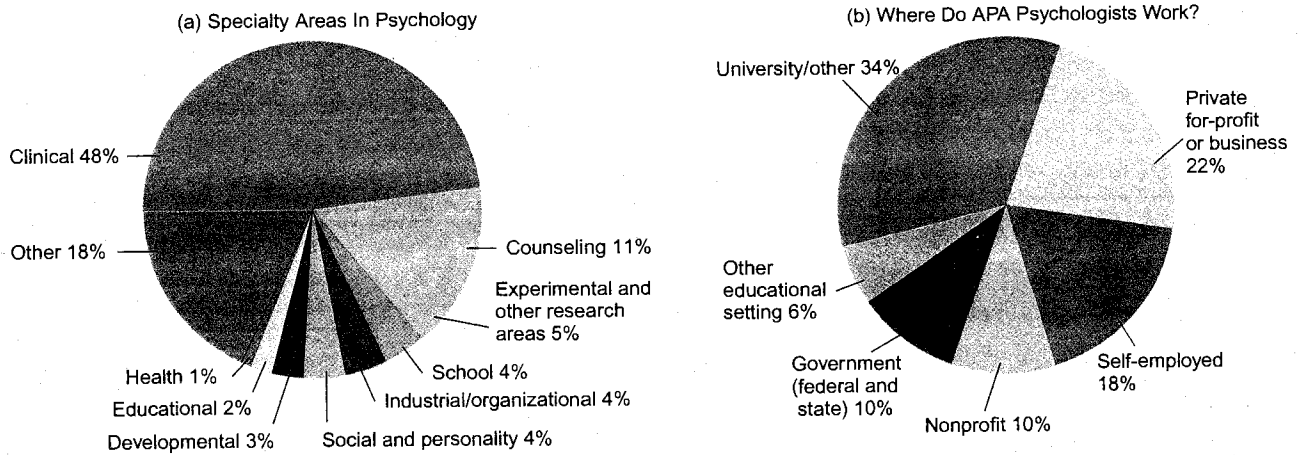
Table 1.1 shows the top 10 occupations for people who graduate with a bachelor's degree in psychology, the degree a college undergraduate earns after 4 or 5 years of study.

To be a *psychologist*, however, you will need a graduate degree beyond a bachelor's. Most psychology graduate students take 4 to 6 years to earn a doctoral degree in one of psychology's subfields. The most common kind of psychologist is called a *clinical psychologist* or a *clinician*. These psychologists use their skills as therapists, assessment specialists, and researchers to promote psychological health in

groups and individuals. The range of their work may include working to help someone overcome a phobia or to help make life better for someone with a psychological disorder such as schizophrenia. Clinicians often open up private practices, but they also work in medical systems, schools, counseling centers, government agencies, and mental health service organizations. Clinical psychologists must also pass tests to ensure competence (in conducting therapy) in the states where they practice.

**Figure 1.1 Psychologists at Work** These data are based on membership in the APA, which tends to have a higher percentage of clinical psychologists registered than some other psychology organizations. Nonetheless, it conveys a general idea of (a) psychologists' specialty areas and (b) the places that psychologists work (APA, 1998).

When most people think of a psychologist, they picture the therapist in a chair with notebook in hand, and the patient or client talking about life's problems while reclining on a couch in the therapist's office. Contrary to popular belief, not all psychologists make a living diagnosing and treating patients for psychological problems. As stated previously, *clinical psychologists* and *counseling psychologists* do represent the largest number of professional psychologists, but psychology is made up of a number of subfields (see Figure 1.1) and psychologists work in many different locations in addition to the mental health clinics where therapy is conducted.





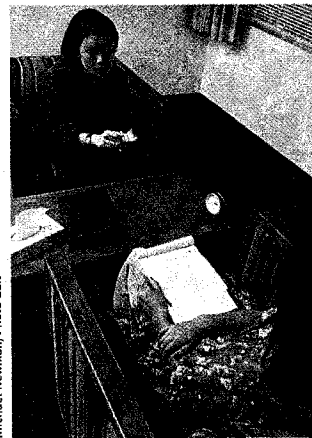
Michael Newman/PhotoEdit



Jeff Greenberg/PhotoEdit

Many of those earning a doctorate in psychology become *academic psychologists*. These psychologists work in colleges and universities conducting **basic research** in a number of subfields. To appreciate some of their interests, consider these examples of academic psychologists and a question they might attempt to answer:

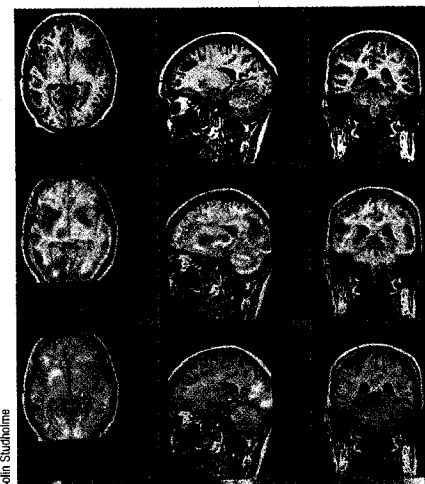
■ *Neuropsychologists* (also called *biological psychologists* or *biopsychologists*) explore how the structures of the brain work to produce behaviors. Using the most advanced technology, such as single photon emission computed tomography (SPECT), magnetic resonance imaging (MRI), and functional MRI (fMRI), neuropsychologists often study a disorder, such as epileptic seizure, attempting to diagnose, treat, and explain how this disease disrupts normal neurological functioning. A biological psychologist might ask, "How does the brain scan of someone experiencing an epileptic seizure differ from the brain scan of someone who has not experienced a seizure?" The answers to this and similar questions about other brain-centered diseases help neuropsychologists search for new and improved disease treatments. Neuropsychologists work most often in university or college settings, where they teach classes and conduct research.



Michael Newman/Photo Edit

**Psychology: A science and a profession** Psychologists experiment with, observe, test, and treat behavior. Here we see psychologists testing a child, recording children's behavior through a two-way mirror, and doing face-to-face therapy.

**basic research**  
Pure science that aims to increase the scientific knowledge base.



Colin Stucholme

**MRI and SPECT**  
Images like these help neuropsychologists study brain activity during disorders such as epilepsy. The top photos use MRI technology, the second row shows SPECT technology, and the third shows how the two are combined and recolored to show the differences between them.



- *Social psychologists* explore how our behaviors, feelings, and beliefs are influenced by our interactions with others. Social psychologists study topics such as conformity, attitudes, leadership, prejudice, and group behavior. They provide some of the more interesting research findings you will read in any introductory psychology textbook. A social psychologist might ask, "Under what circumstances do young adults feel compelled to light up a cigarette, even when they know it is unhealthy?" To answer this question, social psychologists might show one group of teens a video of famous people smoking at a party and then a second group of teens a video of the same celebrities at a party *not* smoking. Following the viewing of the video clips, the teens' attitudes toward smoking would be assessed. Social psychologists work in a number of settings, including businesses that conduct marketing research, consulting firms, government agencies, and universities, where they teach classes and conduct research.
- *Developmental psychologists* study the growth or development that takes place from womb to tomb. Some developmental psychologists specialize and become child psychologists, like the lead character (played by Bruce Willis) in *The Sixth Sense*. It is common for developmental psychologists to study several aspects of development (for example, growth patterns or memory skills) or to provide input on educational issues, child-care policies, or geriatric matters. A developmental psychologist might ask, "How does attending day care affect readiness for kindergarten?" To answer this question, a developmental psychologist might give a letter recognition test to 5-year-olds who attended day care and 5-year-olds who did not. Comparing the two groups to see who had more answers that were right could help parents decide whether they should put their children in day care or not. The developmental psychologists who specialize in research can be found working in university settings. Other developmental psychologists might work for senior centers, hospitals, or day-care facilities.
- *Cognitive psychologists* study thought processes in an effort to add to psychology's reservoir of knowledge. The thought processes they study include an array of topics: intelligence, anger, problem solving, attention, decision making, language, happiness, perception, memory, forgetting, and more. A cognitive psychologist might ask, "How do old memories interfere with new memories?" The work of cognitive psychologists explains why it can be difficult to remember a new password for Facebook.com or some other website. You have used the old password so many times that the memory of it interferes with the way your brain accesses the new password. Most cognitive psychologists work in educational settings, but some find jobs as industrial consultants or in other business settings.



Karen Moskowitz/Getty Images

### Cognitive Psychologists

Cognitive psychologists often consult with business leaders to determine the best way to operate the business. They help explain the human factors involved in effectively run businesses.

Experimental or research psychologists specialize in doing research and can be specialists in cognition, developmental, social, or any of psychology's subfields. An experimental psychologist might ask any question relating to biological, developmental, or cognitive psychology. Most experimental psychologists work in a college or university setting, but many work for government agencies or for businesses that base their production or marketing decisions on scientific research.

### applied research

Scientific study that aims to solve practical problems.

## Psychologists Who Solve Problems

Other psychologists are more interested in **applied research**—solving specific, practical problems rather than expanding the scientific knowledge base of psychology. To appreciate this approach, consider the following examples of psychologists who lean toward the applied side and a question they might attempt to answer:

Forensic psychologists apply both law and psychology to legal issues. Perhaps you've seen a forensic psychologist or two on one of the many TV shows that re-create crimes. Indeed, forensic psychologists analyze crime scenes and evidence to help law officials solve crimes. However, they also use their scientific training to help solve insurance claims and custody disputes. A forensic psychologist might ask, "Is it in a



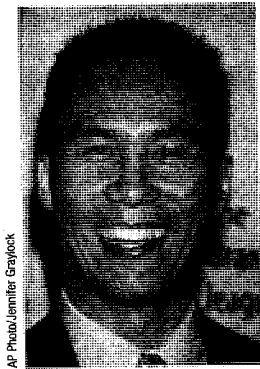
Scott Hellerman/Getty Images

### Psychologists Apply Research

The sports psychologist and the school psychologist in these pictures apply knowledge learned from basic research to do their jobs.



Lewis J. Merritt/Photo Researchers, Inc.



AP Photo/Jennifer Graylock

### **Forensic Psychologists**

Forensic psychologists like the one played by B. D. Wong on *Law and Order, Special Victims Unit*, help police conduct criminal investigations.

child's best interest to testify in a custody case?" To answer this question, a forensic psychologist might look at past cases in which young children took the stand to testify and research how giving the testimony affected the children. Did the children become more withdrawn after testifying? Did they experience depression? Or did they continue to do well in school as if everything were OK? You'll find forensic psychologists working in correctional facilities, law-enforcement agencies, mental health agencies, and academic settings (including law schools).

- *Sports psychologists* explore the psychological issues revolving around the improvement of athletic performances. Golfers who have trouble putting, basketball players who miss most of their free throws, and football players who suddenly cannot kick the ball between goalposts might consider consulting a sports psychologist to help improve their concentration or focus. The sports psychologists on the U.S. Olympic team often take athletes through a "positive visualization" of their events to help prepare them for the high-stress situations they'll be in once the Olympic Games start. A sports psychologist might ask, "What kind of visual imaging should an athlete do before competing to increase the chances of success?" The sports psychologist might suggest that a golfer visualize standing over the golf ball, putter in hand, and then picture making a backswing, hitting the ball, and watching the ball go into the cup. Many sports psychologists are hired by professional sports teams, but some open private practices.
- *Educational psychologists* study how humans learn and often look for ways to improve the learning process. They study the psychological processes associated with learning, develop strategies to improve learning, and explore the relationship between learning and social or physical environment. An educational psychologist might ask, "How do we help fifth-grade students who are reading at a third-grade level catch up with their peers?" The educational psychologist would then assign and help the fifth grader work through reading exercises that, if successfully completed, would increase the chances of reading at the proper age and grade level. The educational psychologists might also be hired to design and implement the employee-training program you have to complete to work for a fast-food chain like McDonald's or Subway. Employment locations include psychology departments in university settings, school systems, and government agencies.
- *Human-factors psychologists* explore how people and machines interact at home and in the workplace to minimize frustration and maximize safety and productivity. For instance, a human-factors psychologist might examine computer software and then make

suggestions about how to make the software programs simpler to learn, install, or run. Human-factors psychologists also study workplace *ergonomics*, which includes reducing discomfort and fatigue while maximizing productivity. A human-factors psychologist might ask, "How should computer keyboards be positioned to keep hands and fingers from getting tired after prolonged use?" These psychologists work in the business world and are often hired by government and military agencies.

- *Industrial/organizational (I/O) psychologists* use psychological concepts to help entire businesses and organizations operate better and more efficiently. An I/O psychologist might help hire the right people for a given job, suggest ways to promote job satisfaction, or study consumer behavior so that businesses can make decisions about the products they want to sell. An I/O psychologist might ask, "What's the best way to change the overall work environment to maximize productivity?" For instance, the work of I/O psychologists has suggested that multitasking actually decreases workplace productivity (Gogan, 2005). You will find I/O psychologists in government, industry, business, or academic settings, although some run their own consulting firms and are self-employed.
- *School psychologists* work to improve the development of children in an elementary, middle, or high school setting. Most often, they are involved in the testing or assessment of children in educational settings. After analyzing testing results, a school psychologist meets with parents, educators, and specialists to develop an appropriate intervention if necessary. Helping children deal with the emotional, social, and cognitive problems they experience at school or at home is common practice for school psychologists. A school psychologist might ask, "What kind of an individual educational plan does this student need to maximize potential learning?" To help develop this plan, the school psychologist would look at the results of the data gathered on a student, perhaps a third grader having difficulty with math, and set up the mentoring sessions that would help the child learn how to multiply and divide. You will find school psychologists in child guidance centers; public or private elementary, middle, or high school systems; or in federal or government agencies.
- *Consumer psychologists* use research to help figure out why some people buy a product and others do not. They want to know what influences consumer responses. The goal is to be able to describe and predict consumer practices, beliefs, and emotions. A consumer psychologist might ask, "What kind of a slogan or advertisement will help sell this new iPod?" The consumer psychologist would conduct tests to see whether iPod ads featuring the rock band U2 were more likely to grab attention than iPod ads featuring The



Mike Finkes/Headpress/Retna



Robin Sallick/Headpress/Retna

**Which Band?** Would you be more likely to watch an advertisement featuring the U2 or The Wiggles? The answer most likely depends on your age.

Wiggles, an Australian band that focuses on songs for children. Consumer psychologists, like many psychologists, most often work in either a business or an academic setting.

- *Rehabilitation psychologists* help those who have been in an accident or have been ill and have lost optimal cognitive or physical skills. Head injury or stroke victims often require the assistance of rehabilitation psychologists to relearn language or the motor activity involved in tasks like eating or drinking. A rehabilitation psychologist might ask, "What part of the brain has been injured?" to predict the relearning that will likely be necessary. For instance, knowing that the injured part of the stroke victim's brain was responsible for communication, the rehabilitation psychologist would create a recovery program in which the stroke patient would practice basic speaking skills. Rehabilitation psychologists most often work in medical rehabilitation settings.
- *Health psychologists* research ways to prevent disease and promote health. These psychologists are likely to design and evaluate programs to help people lose weight, stop smoking, or improve sleep. Health psychologists look for the factors that lead to health problems and suggest the interventions necessary to make life better. Another common health psychologist practice is meeting with government officials to advocate and develop public health policy. A health psychologist might ask, "What are the benefits to banning smoking from public places like restaurants and bars?" Health psychologists are employed at hospitals, public health agencies, rehabilitation centers, and universities. If a health psychologist has clinical training, working in a private practice is also likely.
- *Social workers* consist of individuals with an undergraduate or master's degree in psychology or social work who want to improve the lives of others. Usually, social workers are not psychologists.

That is, they do not have doctoral degrees. Social workers may help resolve family problems, work to find adequate housing for those who need it, or assist those facing disability, substance abuse, or unemployment. A social worker might ask, "How does improving the home environment help a person function best?" Perhaps the answer to that question begins with trying to make sure the family regularly eats dinner together. Social workers are most often employed by government agencies, schools, and residential care facilities.

There are many more types of psychologists working in the field. Table 1.2 lists some of the American Psychological Association's (APAs) 55 divisions, each of which may have a number of specialized subfields. Although many psychologists help people work through depression, overcome fears, or analyze character, the range of other available roles is wide.

**Table 1.2**

**Some APA Divisions by Number and Name**

1. Society for General Psychology
2. Society for the Teaching of Psychology
3. Experimental Psychology
5. Evaluation, Measurement, and Statistics
6. Behavioral Neuroscience and Comparative Psychology
7. Developmental Psychology
8. Society for Personality and Social Psychology
12. Society of Clinical Psychology
14. Society for Industrial and Organizational Psychology
22. Rehabilitation Psychology
23. Society for Consumer Psychology
29. Psychotherapy
30. Society of Psychological Hypnosis
34. Population and Environmental Psychology
35. Society for the Psychology of Women
36. Psychology of Religion
38. Health Psychology
40. Clinical Neuropsychology
43. Family Psychology
45. Society for the Psychological Study of Ethnic Minority Issues
46. Media Psychology
47. Exercise and Sport Psychology
48. Society for the Study of Peace, Conflict, and Violence: Peace Psychology Division
50. Addictions

Source: American Psychological Association.

# Questions from the reading

## Check Your Vocabulary

For each definition, choose the best matching term from the list that follows.

### Definitions

- \_\_\_ 1. Apply the law and psychological research methods to legal issues.
- \_\_\_ 2. Explore how our behaviors and mental processes are influenced by our interactions with others.
- \_\_\_ 3. Explore how people and machines interact to minimize frustration and maximize safety and productivity.
- \_\_\_ 4. Explore how the structures of the brain work to produce behaviors.
- \_\_\_ 5. Explore the psychological issues involving the improvement of athletic performances.
- \_\_\_ 6. Have an undergraduate or master's degree in psychology but are not usually psychologists; share the desire to improve the lives of others.
- \_\_\_ 7. Help those who have medical conditions and have lost optimal cognitive or physical skills.
- \_\_\_ 8. Pure science that aims to increase the scientific knowledge base.
- \_\_\_ 9. Research ways to prevent disease and promote health.
- \_\_\_ 10. Scientific study that aims to solve practical problems.
- \_\_\_ 11. Specialize in doing research and can be specialists in any of psychology's subfields.
- \_\_\_ 12. Study growth or development that takes place over someone's life span.
- \_\_\_ 13. Study how humans learn and look for ways to improve the learning process.
- \_\_\_ 14. Study mental processes.
- \_\_\_ 15. Scientific study of behavior and mental processes.
- \_\_\_ 16. Use psychological concepts to help businesses and organizations operate better and more efficiently.
- \_\_\_ 17. Use research to help figure out why people buy products.
- \_\_\_ 18. Work to improve the development of children in school settings.
- \_\_\_ 19. Use their skills as therapists, assessment specialists, and researchers to promote psychological health in groups and individuals.

### Terms

- a. Academic psychologists
- b. Applied research
- c. Basic research
- d. Clinical psychologists
- e. Cognitive psychologists
- f. Consumer psychologists
- g. Developmental psychologists
- h. Educational psychologists
- i. Forensic psychologists
- j. Health psychologists
- k. Human-factors psychologists
- l. Industrial/organizational psychologists
- m. Neuropsychologists (or biopsychologists)
- n. Psychology
- o. Rehabilitation psychologists
- p. School psychologists
- q. Social psychologists
- r. Social workers
- s. Sports psychologists

## Apply Your Knowledge

- 1. Which of the following statements best matches the definition of psychology?
  - a. The study of people
  - b. Scientific research about why we act and think in the ways we do
  - c. Thinking about human behaviors
  - d. Investigations of the human psyche and why we think the things we think
- 2. What is the primary tool a psychologist uses to answer questions about behavior and thinking?
  - a. Insight
  - b. The unconscious mind
  - c. Dream analysis
  - d. The scientific method

3. If you meet a psychologist, odds are that the psychologist works as
  - a. an academic psychologist.
  - b. a clinical psychologist.
  - c. a basic research psychologist.
  - d. a social worker.
4. Which of the following issues is a clinical psychologist most likely to deal with?
  - a. How children's thinking develops as they age
  - b. What neurons are involved in emotional reactions
  - c. A phobia about flying
  - d. What teaching methods are most effective
5. Which of the following professionals is categorized as an applied psychologist?
  - a. Developmental psychologist
  - b. Experimental psychologist
  - c. Neuropsychologist
  - d. Consumer psychologist
6. Which type of psychologist is most likely to be interested in this question: Are people from the south or people from the north more likely to be aggressive in stressful situations?
  - a. Social psychologist
  - b. Clinical psychologist
  - c. Developmental psychologist
  - d. Human-factors psychologist
7. What is one goal all academic psychologists share?
  - a. To help people with mental illnesses
  - b. To use existing psychological research to solve specific, practical problems
  - c. To use the scientific method to diagnose and treat psychological disorders
  - d. To conduct basic research that expands the knowledge base of psychology
8. Which of the following professionals is categorized as a basic researcher?
  - a. Neuropsychologist
  - b. Forensic psychologist
  - c. Sports psychologist
  - d. School psychologist
9. Which type of psychologist is most likely to be interested in this question: What are the personality characteristics of the best managers in a company?
  - a. Clinical psychologist
  - b. Biopsychologist
  - c. Developmental psychologist
  - d. Industrial/organizational psychologist
10. What is one goal all applied research psychologists share?
  - a. To help people with mental illnesses
  - b. To use existing psychological research to solve specific, practical problems
  - c. To use the scientific method to diagnose and treat psychological disorders
  - d. To conduct basic research that expands the knowledge base of psychology

### Psychology

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### Reviewing Key Terms

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