Prologue: The Story of Psychology (History)

Key Terms

1. Introduced by Edward Bradford Titchener, **structuralism** is the early school of psychology that used self-reflection (introspection) to examine the structural elements of the human mind. (p. 3)

2. Introduced by William James, **functionalism** is the early school of psychology that emphasized how behavior and mental processes enable the organism to adapt, survive, and flourish. (p. 3)

3. **Behaviorism** is the view that psychology should focus only on the scientific study of observable behaviors without reference to mental processes. (p. 5)

4. **Humanistic psychology** is the branch of psychology that emphasizes the growth potential of healthy people. (p. 5)

5. **Cognitive neuroscience** is the study of how brain activity is linked with thought processes such as memory and perception. (p. 5)

6. **Psychology** is the scientific study of behavior and mental processes. (p. 6)

7. The **nature-nurture issue** is the controversy over the relative contributions that genes (nature) and experience (nurture) make to the development of psychological traits and behaviors. (p. 7)

8. **Natural selection** is the principle that those traits of a species that contribute to reproduction and survival are most likely to be passed on to succeeding generations. (p. 7)

9. Psychologists analyze behavior and mental processes from differing complementary views, or **levels of analysis**. (p. 8)

10. The **biopsychosocial approach** is an integrated perspective that focuses on biological, psychological, and social-cultural levels of analysis for a given behavior or mental process. (p. 8)

11. **Basic research** is pure science that aims to increase psychology's scientific knowledge base rather than to solve practical problems. (p. 10)

12. **Applied research** is scientific study that aims to solve practical problems. (p. 10)

13. **Counseling psychology** is the branch of psychology that helps people cope with challenges in their daily lives. (p. 10)

14. **Clinical psychology** is the branch of psychology concerned with the study, assessment, and treatment of people with psychological disorders. (p. 10)

15. **Psychiatry** is the branch of medicine concerned with the physical diagnosis and treatment of psychological disorders. (p. 11)

16. **SQ3R** is a study method consisting of five steps: survey, question, read, rehearse, and review. (p. 12)