## AP Psychology Review Sheet

#### Unit 1: Psychology's History and Approaches

#### Module 1: Psychology's History

- Confucius stressed the power of ideas and of an educated mind
- Socrates and his student <u>Plate</u> concluded that mind is separable from body and continues after the body dies, and that knowledge is innate (born within us)
- Aristotle, Plato's student, said knowledge is not preexisting and that it grows from the experiences stored in our memories
- Rene Descartes agreed with Socrates and Plato about the mind being separate from the body and the mind being able to survive after death
- Francis Bacon relied more on common sense and experiments
- John Locke argued that the mind at birth is a tabula rasa on which experience writes
  - Tabula rasa is a blank slate
- Empiricism: The view that knowledge originates in experience and that science should rely on observation and experimentation
- Wilhelm Wundt began the first psychological laboratory and was seeking to measure the atoms in the mind
- Structuralism: Used introspection to reveal the structure of the human mind
  - Created by <u>Edward Titchenr</u> (Windt's student)
- Functionalism: Explored how mental and behavioral processes functioned and how they
  enable the organism to adapt, survive, and flourish
  - Created by William James (influenced by Charles Darwin)
- Experimental Psychology: The study of behavior and thinking using the experimental method
- Margaret Washburn was the first woman to receive a Ph.D. in psychology
- Behaviorism: The view that psychology should be an objective science that studies behavior without interference to mental processes
  - B.F. Skinner is a major behaviorist
- <u>Freudian Psychology</u> is the study of our unconscious and how our emotional responses to childhood experiences affect behavior
  - Led by <u>Sigmund Freud</u>

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**Camilla Rothe** 

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