Prologue
The Story of Psychology

Review P.1: Prescientific Psychology

The ancient Greek philosopher (1) Socrates and his student (2) Plato argued that the (3) mind is separable from the (4) body. These philosophers derived their principles by (5) logic, while Plato’s student (6) Aristotle emphasized the importance of careful (7) observation and the idea that knowledge springs from (8) experiences stored in (9) memory. In the seventeenth century, the French philosopher René (10) Descartes, in order to explain how mind and body communicated, concluded that the fluid in the brain contained (11) animal spirits, which flowed through nerve paths and enabled simple behaviors called (12) reflexes. Meanwhile, the English scientists Francis Bacon and John (13) Locke proposed the view that knowledge originates in (14) experience, which is the basis for modern (15) functionalism.

Review P.2: Contemporary Psychology

Psychology as we know it began in a laboratory in Germany in the year (1) 1879, when Wilhelm (2) Wundt tried to measure simple (3) mental processes. His student Edward (4) Titchener established the school of psychology called (5) structuralism, which aimed to discover the elements of the mind. He used the method known as (6) introspection, which involved asking people to look inward. This method proved to be (7) unreliable. At the same time, another American, William (8) James, focused on how (9) mental and (10) behavioral processes enable the human species to survive, establishing the school of psychology called (11) empiricism. Beginning in the 1920s, while Wundt, Titchener, and James engaged in the study of (12) internal life—our inner sensations, images and feelings—American psychologists led by John (13) Watson and then by B. F. (14) Skinner redefined psychology as the scientific study of (15) observable behavior. In the 1960s, a softer response to this “mechanistic” view, (16) humanistic psychology, was pioneered by Carl Rogers and Abraham Maslow. Today, with reinvigorated interest in inner thoughts and feelings, psychology is defined as the science of (17) behavior and (18) mental processes.

Review P.3: Levels of Analysis

As complex individuals with widely varying behavior, we are part of a larger (1) social system but also composed of smaller (2) physical subsystems. This suggests three main levels of analysis of our (3) behavior and (4) mental processes, which together form an integrated (5) biopsychosocial approach that incorporates (6) biological influences, (7) psychological influences, and (8) social-cultural influences.

For example, to better understand why a person is generally happy, a psychologist working from the

- neuroscience perspective might consider how particular (9) brain circuits control the person’s emotions.
- evolutionary perspective might consider how optimism (a trait of happy people) facilitated the survival of our ancestors’ (10) genes.
- behavior genetics perspective might consider how (11) heredity and (12) environment influence temperament.
- psychodynamic perspective might consider how recognizing and resolving (13) unconscious childhood conflicts could lead to a feeling of satisfaction.
- behavioral perspective might consider how the person (14) learns positive responses to certain stimuli.
- cognitive perspective might consider how information is encoded, processed, stored, and (15) retrieved so that it leads to upbeat thoughts.
- social-cultural perspective might consider how behavior has been affected by specific (16) situations and by more general (17) environmental influences.

The important point is that the different perspectives (18) complement one another.