

1. INTRODUCTION TO PSYCHOLOGY

1.1 What is Psychology?

- **Psychology:** the scientific study of the mind and body
- **Scientific Method:**
 - Form of empiricism
 - **Empirical Method:** based on observation, including experimentation



- **Scientific Theory:** the natural world that over time
- Scientists test what is perceivable + measurable
 - > psychological science is empirical, based on measurable data
- Became own academic discipline in late 1800s
 - Before - considered under auspices of philosophy
- Some areas take on aspects of natural sciences like biology
- As behaviour is influenced by interactions with others - a social science
- Psych students:
 - Hone critical thinking skills (active application of a set of skills to info for the understanding + evaluation of that info)
 - > Scepticism
 - > Recognizing internal biases
 - > Logical thinking
 - > Asking appropriate questions
 - > Making observations
 - Develop better communication skills
 - Better understand complex factors affecting behaviour

1.2 History of Psychology?

- Wilhelm Wundt + William James = founders of psych as science + academic discipline

An Introduction To Psychology

CO Houle



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