

Psych 1 Cabrillo College
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Test 1 Reading & Study Guide Draft 01, 09.27.13

**The Science of Mind:
The Discipline of Psychology**

INTRODUCTION

WHAT IS PSYCHOLOGY?

The Matter of Mind

Watch "V.S. Ramachandran on your Mind" (March 2007). TEDTalks.

http://www.ted.com/talks/lang/en/vilayanur_ramachandran_on_your_mind.html (23:38).

[Accessed 25 May 2012].

1. *What is unique about your mental world?*
2. What did you find most compelling about Ramachandran's lecture?
3. What do these disorders of the brain teach us about the mind?
4. What are your thoughts on creativity in light of this lecture?
5. We will use this to link to later class lectures too!

Lecture: What Is Psychology?

Psychological science provides us with explanations for behavior that we otherwise might not know from direct observation alone. Psychology consists of multiple perspectives (e.g., developmental, social, and biological) that, when integrated, give us a broader context for understanding human behavior.

1. *What Is Psychology?*

- Psychological scientists view the *mind* as a way of talking about the brain and its activities, including thought, emotion, and behavior.
- The word *psychology* is a combination of two Greek words: *psyche* (or *psuche*), or the soul ("soul" in Ancient Greece was closer to our modern conception of mind), and *logos*, the study of, literally translated to the study of the mind.
- Today, *psychology* is defined as *the scientific study of behavior and mental processes*.
- "*Behavior*" refers to any action that we can observe.
- Studying "*mental processes*" has been highly dependent on the methods available to psychologists.
- Early efforts to study mental processes relied on the use of *introspection*, or the personal observation of your own thoughts, feelings, and behaviors. Because it's

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