**Unit 1: History and Approaches (2-4%)**

Psychology has evolved markedly since its inception as a discipline in 1879. There have been significant changes in the theories that psychologists use to explain behavior and mental processes. In addition, the methodology of psychological research has expanded to include a diversity of approaches to data gathering.

**Unit 1 Objectives**



**Unit 1 People**

Charles Darwin, G. Stanley Hall, Mary Whiton Calkins, Margaret Floy Washburn, Dorothea Dix, Wilhelm Wundt, John Locke, Rene Descarte, Aristotle, and Plato.

**Unit 1 Terms**

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| --- | --- | --- |
| * Structuralism
* Functionalism
* Empiricism
* Introspection
* Dualism\*
* *Tabula Rasa*
* Behaviorism
* Humanistic psychology
* Cognitive psychology
* Psychology
* Nature-nurture issue
* Natural selection
 | * Evolutionary psychology
* Positive psychology
* Biopsychosocial approach
* Behavioral psychology
* Biological psychology
* Psychodynamic psychology
* Social-cultural psychology
* SQ3R
* Developmental psychology
* Educational psychology
 | * Personality psychology
* Social psychology
* Applied research
* Industrial-organizational psychology
* Human factors psychology
* Counseling psychology
* Psychiatry
* Community psychology
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