

Introduction

Learning Objectives:

Psychology Roots:

1. Define *psychology*
2. Trace psychology's prescientific roots, from early understandings of mind and body to the beginnings of modern science.
3. Explain how the early psychologists sought to understand the mind's structure and functions, and identify some of the leading psychologists who worked in these areas.
4. Describe the evolution of psychology as defined from the 1920s through today

Contemporary Psychology

5. Summarize the nature-nurture debate in psychology and describe the principle of natural selection.
6. Identify the three main levels of analysis in the biopsychosocial approach, and explain why psychology's varied perspectives are complementary.
7. Identify some of psychology's subfields, and explain the difference between clinical psychology and psychiatry.
8. (Close-Up) Describe some effective study techniques.