

OVERVIEW OF PERSPECTIVES

Perspectives on various continuums

Perspectives on various continuums:

The continuums are ways to visually display where the perspectives in Psychology stand in relation to each other. There are three categories and the perspectives we have studied so far are placed below.

NOMOTHETIC vs. IDIOGRAPHIC

(On this continuum we are looking at the ultimate goal of the perspective:
Is it focus on the individual –idiographic – or the human species –
Nomothetic)

BIOLOGICAL	PSYCHOANALYSIS
EVOLUTIONARY	HUMANISTIC
COGNITIVE	BEHAVIORISM

Biological is nomothetic because its ultimate goal is to study how the various parts of the brain works in all humans.

Psychoanalysis is idiographic because it studies the individual and his/her relationships

Behaviorism is in the middle because there is an individual component and also a universal notion that we are “all” shaped by our environment

Humanistic is idiographic because of its focus on the subjectivity of the individual.

Cognitive is nomothetic because of its ultimate goal is to understand perception and memory among humans.

Evolutionary is nomothetic because of its broad themes and its view of the “big picture” of human existence.

REDUCTIONISTIC	vs	HOLISTIC
BIOLOGICAL COGNITIVE BEHAVIORISM		PSYCHOANALYSIS HUMANISTIC EVOLUTIONARY

Biological is definitely reductionistic. Think of the microscopic parts its studies (cells & synapses) as well as brain parts.

Psychoanalysis is descriptive. We cannot separate ourselves out.

Behaviorism is on the reductionistic side. A behaviorist will look at minute parts (stimulus/response) and only concentrate on those elements.

Humanistic looks at the whole human in his/her individuality (complexity).

Cognitive focuses on specific parts of the perception/memory process (senses, encoding procedures, etc.)

Evolutionary focuses on the broad experiences of the human race.

EXPERIMENTAL	vs	DESCRIPTIVE
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(Which research method is used PRIMARILY by each perspective?)

BIOLOGICAL	PSYCHOANALYSIS
BEHAVIORISM	HUMANISTIC
COGNITIVE	EVOLUTIONARY

Biological: Experiment

Psychoanalysis: Case Study

Behaviorism: Experiment (Especially in the application of behavior modification there is trial and error to determine the best stimulus and response)

Humanistic: Case Study

Cognitive: Experiment

Evolutionary: Case Study, Surveys

Abnormal Psychology (Causes by Perspective)

Least Structured Therapy to Most Structured Therapy: (Intervention by therapist)

Humanistic -----Psychoanalysis ----- Cognitive ----- Behaviorism ----- Biological

II: COGNITIVE PSYCHOLOGY

Algorithm

- a methodical, logical rule or procedure that guarantees solving a particular problem. Contrasts with the usually speedier—but also more error-prone—use of heuristics.

Heuristic

- a simple thinking strategy that often allows us to make judgments and solve problems efficiently; usually speedier but also more error-prone than algorithms
- The availability heuristic operates when we estimate the likelihood of events based on how mentally available they are—how easily they come to mind. Casinos entice us to gamble by signaling even small wins with bells and lights—making them mentally vivid— while keeping big losses invisible.
- Can even color our judgment of different ethnicities

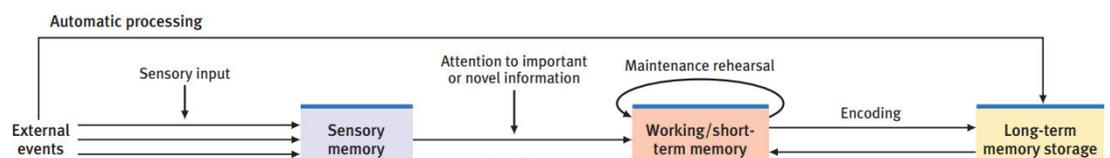
BOTTOM UP

TOP DOWN

SENSATION ↔ PERCEPTION ↔ MEMORY/THINKING

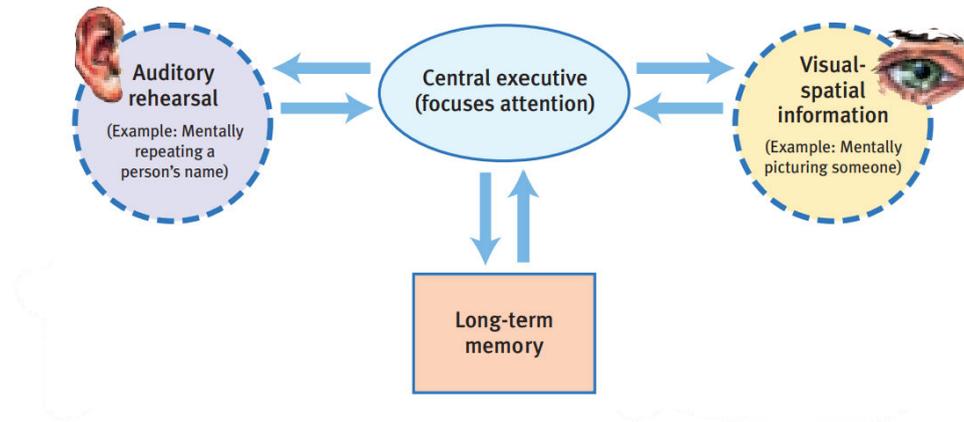
Sensory memory

- the immediate, very brief recording of sensory information in the memory system.
- To explain our memory-forming process, Richard Atkinson and Richard Shiffrin (1968) earlier proposed another model, with three stages:
 - 1. We first record to-be-remembered information as a fleeting sensory memory.
 - 2. From there, we process information into short-term memory, where we encode it through rehearsal.
 - 3. Finally, information moves into long-term memory for later retrieval.



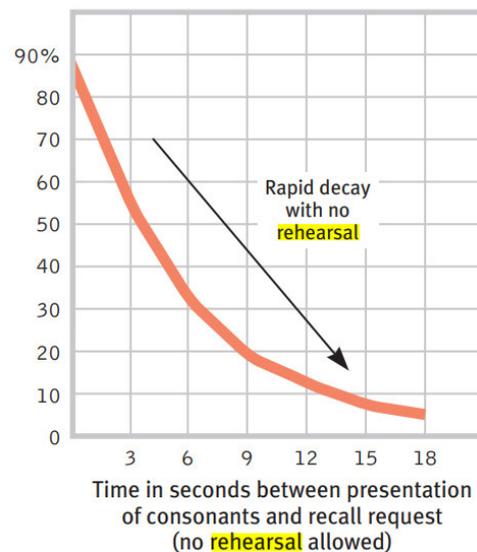
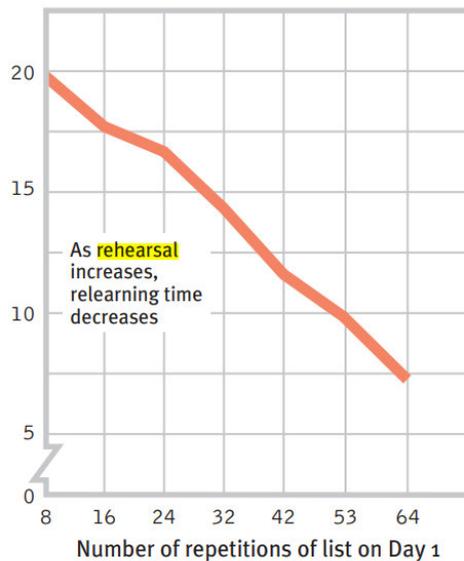
Working Memory

- a newer understanding of short-term memory that adds conscious, active processing of incoming auditory and visual-spatial information, and of information retrieved from long-term memory
- Without focused attention, information often fades



Rehearsal

- You might also repeat the information using auditory rehearsal
- Sometimes Google replaces rehearsal
- Additional rehearsal (overlearning) of verbal information increases retention, especially when practice is distributed over time



Encoding

- the processing of information into the memory system—for example, by extracting meaning (get info into our brain)

- storage = the process of retaining encoded information over time.

Chunking

- organizing items into familiar, manageable units; often occurs automatically
- type of effortful processing strategy
 - o effortful processing strategies can boost our ability to form new memories
- Try remembering 43 individual numbers and letters. It would be impossible, unless chunked into, say, seven meaningful chunks, such as “Try remembering 43 individual numbers and letters.

Cuing

- Cueing is a function of mental recall or information retrieval.
 - o 3 forms of recall: free recall, cued recall, serial recall
- Cued recall, or cueing, is the action of giving a clue or prompt to another person in order to receive a reaction.
- For instance, when dealing with an animal test subject this might be sounding a bell or buzzer to get a reaction such as signifying that food is available.
- Memory cues work by helping us retrieve an intention from our prospective memory, which is responsible for remembering things that we need to do

Long Term Memory

- the relatively permanent and limitless storehouse of the memory system. Includes knowledge, skills, and experiences.
- some information slips into long-term memory via a “back door,” without our consciously attending to it (automatic processing)
- we do not store information as libraries store their books, in single, precise locations.

Explicit (Declarative) Memories

- Explicit, conscious memories are either semantic (facts and general knowledge) or episodic (experienced events)
- frontal lobes and hippocampus process and store explicit memories
- The left and right frontal lobes process different types of memories.