

- **Chapter 1**

Learning Objectives

After studying this chapter, you should be able to do the following:

1. Define psychology.
2. Distinguish psychology from pseudoscience and "psychobabble."
3. Summarize the relationship between the discipline of psychology and public opinion.
4. Explain eight guidelines for critical thinking,
5. Summarize the early history and development of psychology and the role of empirical evidence.
6. Describe the aims and methods of structuralism and functionalism.
7. Describe the basic ideas of psychoanalysis.
8. Describe the major principles of the biological, learning, cognitive, psychodynamic, and sociocultural perspectives in psychology
9. Discuss humanistic psychology and feminist psychology.
10. Distinguish between applied and basic psychology.
11. Discuss and give examples of the concerns of various specialties in psychology.
12. Distinguish between a psychotherapist, a psychoanalyst, a psychiatrist, a clinical psychologist and other practicing mental health professionals.