

Guided Reading Activity

1-1

networks

Approaches to Psychology

Lesson 1 *The Field of Psychology*

Review Questions: Outlining

Directions: Read the lesson and complete the outline below. Refer to your textbook to fill in the blanks.

I. Gaining Insight into Behavior

- A. Behavior is a result of _____ and _____ processes.
- B. To reduce the chance of false conclusions, psychologists use a(n) _____ of asking and answering questions about people's behavior.
- C. The point of the story of the blind men and the elephant is that to fully understand human behavior psychologists need to _____ their accumulated knowledge.

II. The Goals of Psychology

- A. Four goals that psychologists seek is to _____, _____, _____, and _____ behavior.
- B. Generally valid ideas about behavior are called _____.
- C. By studying _____ and _____ accounts of past behaviors, psychologists can predict future behaviors.

III. The Scientific Basis of Psychology

- A. Aristotle based his theories about mental processes on _____.
- B. The scientific method uses _____ and _____ methods to formulate hypotheses.
- C. Psychology is connected to both _____ sciences and the _____ sciences.
- D. Psychologists use the scientific method as a(n) _____ tool.

Summary and Reflection

Directions: Summarize the main ideas of this lesson by answering the question below.

Explain the main goals of psychology and the method used to attain them.

Understanding Psychology