

1 WHAT IS PSYCHOLOGY?

1.1 Vocabulary

guessing words in context • prefixes and suffixes

- A** Read the text. The red words are probably familiar to you in general English. But can you think of a different meaning for each word in the field of psychology? Change the form if necessary (e.g., change a noun into a verb).

It takes both **vision** and **analysis** to **construct** a new building. On such a **project**, the architects will **stress** the way the structure **stimulates** the imagination, while the contractors will be more **conscious** of daily working **conditions**.

- B** Read these sentences from psychology texts. Complete each sentence with one of the red words from Exercise A. Change the form if necessary.

- 1 Freud's experiments in psycho_____ gave rise to his 'dream theory'.
- 2 In Pavlov's experiments with dogs, the conditioned _____ was a light.
- 3 Hallucinations, or _____, are a common symptom of mental disorder.
- 4 Overstimulation of the organism can lead to emotional tension or _____.
- 5 Kelly was an early proponent of Personal _____ Theory.
- 6 Skinner's experiments in operant _____ were based on behaviourism.
- 7 Attributing your feelings to another person is known as _____.
- 8 The _____ mind is the most accessible level of mental activity.

- C** Study the words in box a.

- 1 What is the connection between all the words?
- 2 What is the base word in each case?
- 3 What do we call the extra letters?
- 4 What is the meaning of each prefix?
- 5 Can you think of another word with each prefix?

a biochemistry extrasensory
 neurobiology overstimulate
parapsychology psychoanalysis recycle
 subconscious transaction unfeeling

- D** Study the words in box b.

- 1 What is the connection between all the words?
- 2 What is the base word in each case?
- 3 What do we call the extra letters?
- 4 What effect do the extra letters have on the base word?
- 5 Can you think of another word with each suffix?

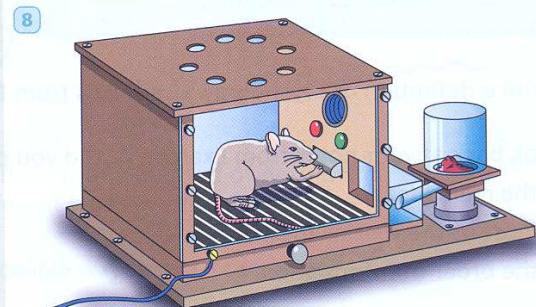
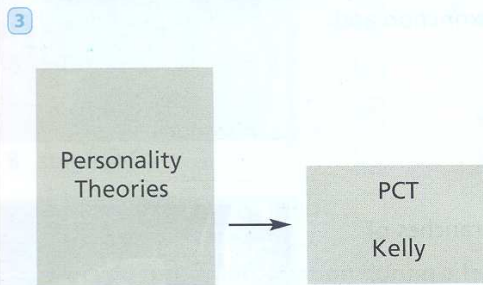
b disordered emotional
 identity inhibition narcissism
 neurosis psychiatrist regressive
 reinforcement treatable

- E** Use words from this page to discuss the pictures on the opposite page.

Word	Meaning	Comments
vision	mental picture of imaginary objects and people	having <i>visions</i> (plural) is an indication of mental illness
analysis	exploring the structure and functions (of the mind)	prefix <i>psycho</i> = mind
construct	a mental structure or image	Personal Construct Theory assumes that every individual has a unique personality, noun not verb
project	attributing your own beliefs and feelings to another person	verb not noun
stress	the organism's response to overstimulation	noun not verb
stimulates	produces a response in an organism	noun not verb
conscious	one of the levels of mental awareness described by Freud	prefix <i>sub</i> = below adjective used with <i>to be</i>
conditions	a process of training, through stimuli and positive or negative reinforcement	<i>conditioning</i> gerund not plural noun

Prefix	Base word	Meaning of prefix	Another word
bio	chemistry	life	biofeedback
extra	sensory	outside	extraordinary
neuro	biology	related to the nerves	neurolinguistic
over	stimulate	more than normal	overestimate
para	psychology	beyond	parasympathetic
psycho	analysis	of the mind	psychological
re	cycle	again	reconstruct
sub	conscious	below	subnormal
trans	action	across	transform
un	feeling	not	unnatural

Base word	Suffix	Effect/meaning of suffix	Another word
disorder	ed	noun → adjective	conditioned
emotion	al	noun → adjective	subliminal
ident	ity	[noun] quality or condition	normality
inhibit	ion	verb → noun	imagination
narciss	ism	(noun) a state or condition	egotism
neur	osis	a condition, process or state	metamorphosis
psychiatr	ist	a person who practises an activity or profession	psychologist
regress	ive	verb → adjective	obsessive
reinforce	ment	verb → noun	development
treat	able	verb → adjective	imaginable



Exercise E

Set for pairwork. Try to elicit more than just the words from this lesson. Students should describe the pictures as fully as they can at this stage. Students may use the following words in their discussion of each picture:

- 1 **hypnotising**, sleeping, unconscious
- 2 **Freud**, psychoanalysis, **dreams**
- 3 theories of **personality**, **Personal Construct Theory**, **Kelly**
- 4 reflection, mirror, **projection**
- 5 **stress**, **emotional tension**, difficulty, problems, **overstimulation**
- 6 **dog**, **experiment**, flashing light, food, **conditioned stimulus**
- 7 brain, mind, thinking, conscious, **mental activity**
- 8 **operant conditioning**, **Skinner's box**, rat, lever, **behaviourism**


1.2 Listening

preparing for a lecture • predicting lecture content • making notes

A You are a student in the Psychology Faculty at Hadford University. The title of the first lecture is *What is Psychology?*


- 1 Write a definition of psychology.
- 2 What other ideas will be in this lecture? Make some notes.

See *Skills bank*.


B  Listen to Part 1 of the talk. What does the lecturer say about psychology? Tick the best choice.

- a It is about the mind.
- b It is about behaviour.
- c It is about philosophy.
- d It is impossible to define.

C In Part 2 of the talk, the lecturer mentions the words *extinction* and *sympathetic*.

- 1 What do these words mean in general English?
- 2 What do they mean in psychology?
- 3  Listen and check your ideas.

D In Part 3 of the talk, the lecturer introduces different branches of psychology.

- 1 How many branches can you think of?
- 2 What is the main focus of each branch?
- 3  Listen and check your ideas.
- 4 What will the lecturer talk about next?

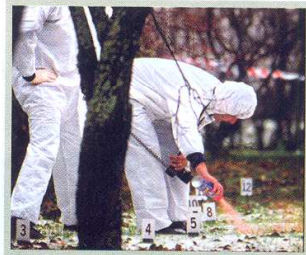
E  In the final part of the talk, the lecturer gives a definition of psychology, and some examples. Listen and mark each word in the box **D** if it is part of the definition and **E** if it is part of an example.

analysis ___ behaviour ___ establish ___
 experiments ___ forensic ___ human ___
 mind ___ scientific ___

F Write a definition of psychology. Use words from Exercise E.

G Look back at your notes from Exercise A. Did you predict:

- the main ideas?
- most of the special vocabulary?
- the order of information?



1.4 Extending skills

making notes • speaking from notes

Use the following phrases and pictures to prepare for your lecture. Use the notes on the opposite page to help you.

1

A Has a wide circle of friends

B Enjoys organising people

C Relaxes easily

D Seeks variety

M

2

A Helps people with their problems

B Develops new approaches

C Has lots of energy

D Enjoys social activities

M

3

A Has lots of new ideas


B Feels calm

M

2



3



4



5



A



B



C


Celebrity's drug shame

A Study pictures 1–5.


1 What do they show? Use words from the box.

developmental psychology classical conditioning
history of psychology personality psychology drug dependency

2 Now look at pictures A–C. What do they show?

B  Cover the opposite page. Listen to the lecture introductions from Lesson 1.3 again. Make an outline on a separate sheet of paper for each introduction.

C Look at your outline for each lecture. What do you expect the lecturer to talk about in the lecture? In what order?

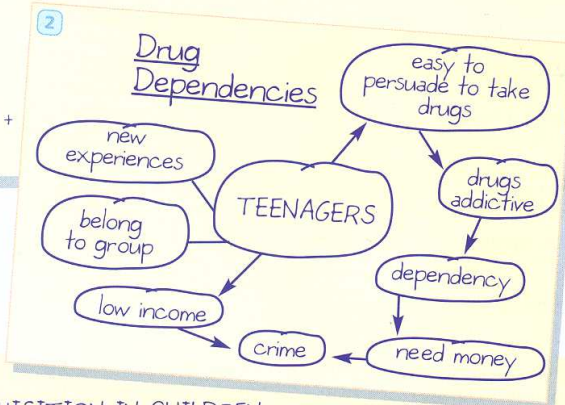
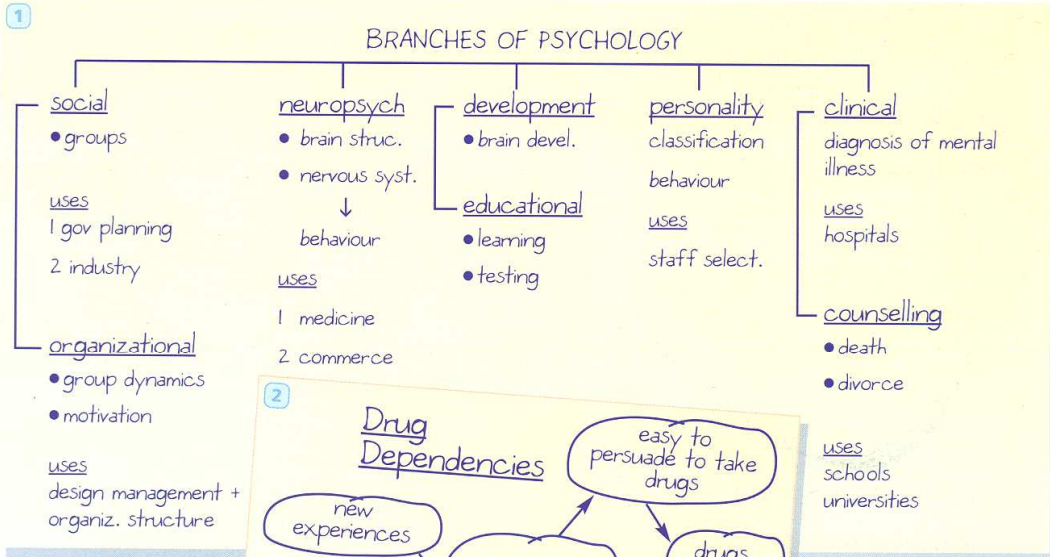
D  Listen to the next part of each lecture. Complete your notes.

E Uncover the opposite page. Check your notes against the model notes. Are yours the same or different?

F Work in pairs.

1 Use the notes on the opposite page. Reconstruct one lecture.

2 Give the lecture to another pair.



3 LANGUAGE ACQUISITION IN CHILDREN

	prelinguistic	linguistic	cognitive development
newborn	cry, vocalize	10-20 mths	1 word
1 week	recog. mother's voice	24 mths	2 words
2 months	disting. ba/pa (Eng)	2-3 years	sentences
3 months	sounds, respond	5 years	vocab 10,000 to 15,000 words
5-8 months	understand basic vocab		
			2-7/8 yrs - preoperational
			7-11 yrs - concrete ops
			11/12 yrs - formal ops = abstract ideas

4 History of Psychology

435 BCE	Alcamaeon - optic nerve/brain → nervous system → body
129 AD	Galen - cerebro-spiral fluid (brain + nervous system)
1515-1564	Versalius - full anatomy
1690	Locke - perception from sensory experiences
1758-1828	Gall - neuropsychology
1879	Wundt - lab research physical + reflection → psychotherapy

5 PAVLOV + SKINNER
classical + operant conditioning

Pavlov - 1849 Classical	Skinner - 1904 Operant
dogs	rats
① natural → stimulus food → salivate	rat in glass box
② flashing light → food	hit lever by chance → food
③ flashing light (no food) → salivate	cause = hit lever effect = food
④ conditioned reflex	operant condit.
⑤ no control over behaviour	control over behaviour