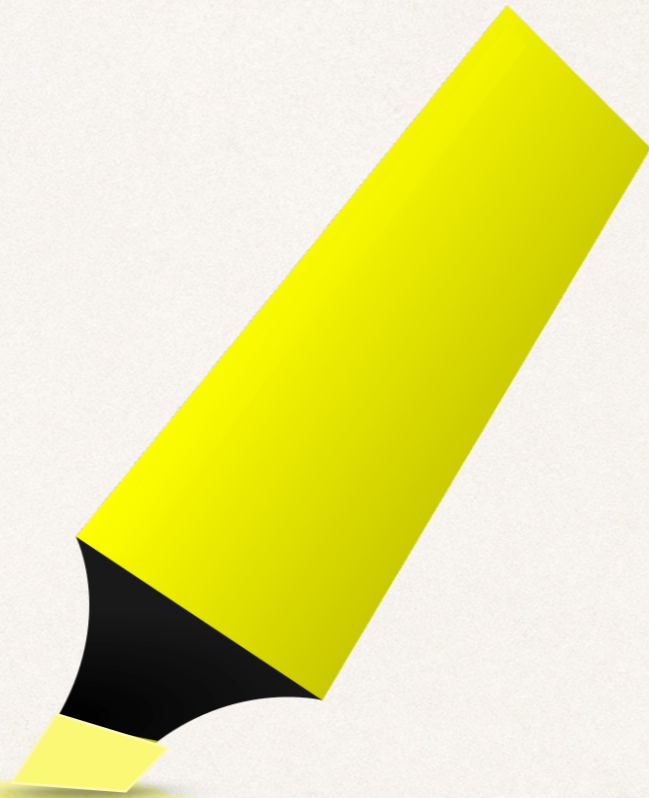


Introduction to Psychology



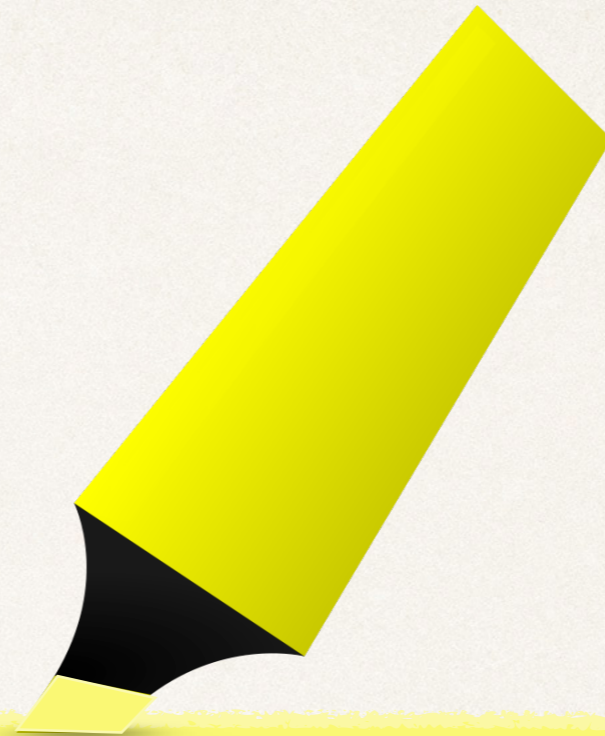
with hints on
learning and note-taking

The Importance of Attention



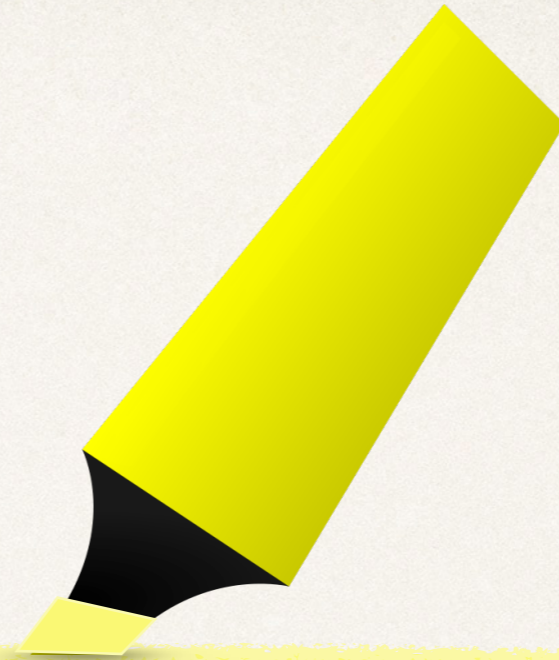
Attention is the first step
required in creating a new
memory.

The Importance of Attention



Attention refers to concentrating on some stimuli in your environment while tuning others out.

The Importance of Attention



Attention is like a highlighter that allows you to focus on vital information from your environment and ignore the rest.

Attention → Short-Term Memory

Listen, focus, rehearse, write down,
ask and answer questions.

Add Meaning → Long-Term Memory

Be systematic, active and creative
in your note-taking. Use categories,
symbols, examples, analogies,
pictures and quizzes.

Think up questions
about what you read.

The goals of psychology
are to describe, explain,
predict and control
behaviour.

Questions:

- When might explaining human behaviour be useful?
 - Why is predicting behaviour important?
 - What kind of behaviour might a person wish to control?
-

Put ideas into categories.

Psychology

```
graph TD; Psychology[Psychology] -.-> Study[Study of]; Psychology -.-> Goals[Goals]; Psychology -.-> Methods[Methods];
```

Study of

- behaviour
- mental states (feelings and thoughts)

Goals

- describe
- explain
- predict
- control behaviour

Methods

- case study
- experiment
 - survey/questionnaire
- naturalistic observation
- correlational study

Use different words to
reformulate an idea.

behaviour = observable action
feeling = emotion, affect
thought = cognition, belief

Highlight the buzz words or key terms.

behaviour

feeling

thought

= observable action

= emotion, affect

= cognition, belief

→ **mental states**

Think of examples, analogies
and symbols.

behaviour



kicking, playing,
laughing

feeling



anxiety, apprehension

thought



idea, opinion

Make yourself a CHECK QUIZ

behaviour | thought | feeling

control | describing | predict

- a** A person with OCD might wish to _____
distressing behaviour.
- b** Intense fear of contamination: e.g. of _____
- c** Constant hand-washing: e.g. of _____
- d** Person's belief that certain rituals will help
protect self or family: e.g. of _____
- e** A person determining whether criminals should
be paroled might wish to _____ behaviour.
- f** Note in patient record: Person undertakes
frequent compulsive hand-washing: e.g. of
_____ behaviour

ANSWERS

- a** A person with OCD might wish to control distressing behaviour.
- b** Intense fear of contamination: e.g. of feeling
- c** Constant hand-washing: e.g. of behaviour
- d** Person's belief that certain rituals will help protect self or family: e.g. of thought
- e** A person determining whether criminals should be paroled might wish to predict behaviour.
- f** Note in patient record: Person undertakes frequent compulsive hand-washing: e.g. of describing behaviour

Note-Taking Advice

Use symbols,
diagrams, pictures,
tables and
mnemonics, not just
words.



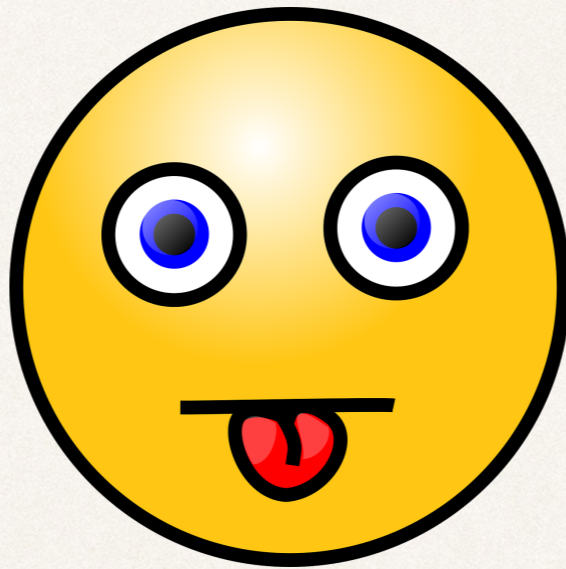
EXAMPLE: Psychology is the scientific study of...

Behaviours



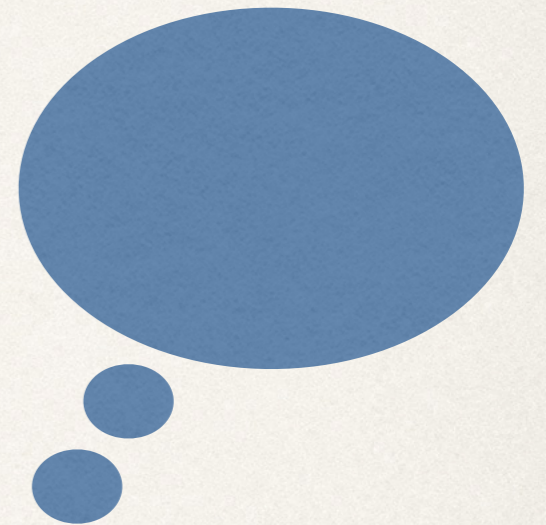
- compulsive hand-washing

Feelings



- anxiety about contamination

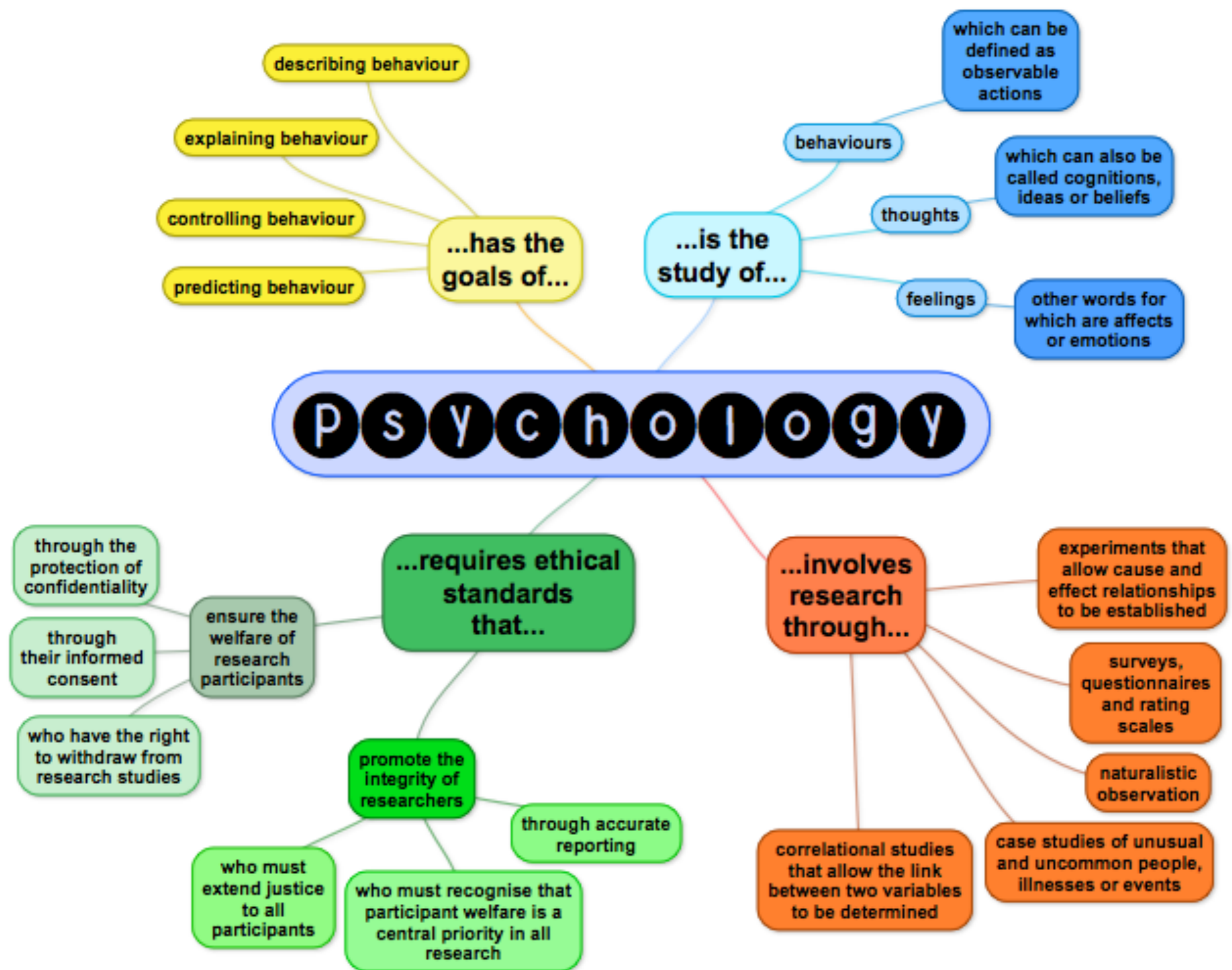
Thoughts



- belief that washing will protect one from contamination

Note-Taking Advice

Focus on the links
between ideas and
concepts.



Note-Taking Advice

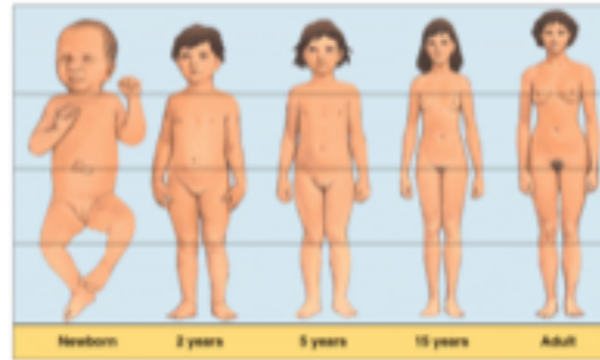
Focus on the key terms
or “buzz words”

For instance, keep a running
list of these words on the right
of your page.

Brain Development in Infancy and Adolescence

1 Timeline of brain development

- Birth: about $\frac{1}{4}$ of adult size; almost all **neurons** already present
- 6 months: about $\frac{1}{2}$ of adult size
- 2 years: about $\frac{3}{4}$ of adult size
- 6 years: 90-95% of adult size
- Mid-20s: full adult size but some parts still maturing



The genetically programmed development of the brain, which occurs in a predetermined sequence in all humans, is an example of **maturation**.

2 Myelination

- **Myelin** is the white insulating sheath that forms around many nerve fibres, allowing increasing speed of neural communication.
- The most intense **myelination** period is directly after birth. Adolescence is also important.
- Sensory and motor areas in the brain are myelinated first. Generally, the parts of the brain that are responsible for more complex cognitive functions are myelinated afterwards.

3 Synaptogenesis and synaptic pruning

- The **synapse** is the point of communication between neurons.
- Messages are passed from axon terminals to **dendrites**.
- **Synaptogenesis** refers to the formation of new synapses between the brain's neurons, a process which occurs as the more dendrites and more branches of dendrites grow after birth.

Key Terms

- neuron
- maturation
- myelin
- synapse
- synaptogenesis
- branching of dendrites
- synaptic pruning
- frontal lobes
- prefrontal cortex

buzz words

Check Quiz

- Formation of new synapses: -----
- Tiny gap between neurons; site of communication between them: -----
- -----
nerve cell that transmits neural impulses: -----
- fatty substance coating the nerve fibre and facilitating

Note-Taking Advice

Write yourself a “check
quiz”.

Place it on the side or at the bottom of
every second page and use it for quick,
structured revision.

Check Quiz – Examples of Research Studies

survey

correlational study

case study

experiment

naturalistic observation

- a** A woman with a rare genetic illness provides details of its effects upon her.
- b** Year 11 psychology students are deprived of sleep for one night and their performance in a test is compared with that of students who were not deprived.
- c** The link between maximum daily temperature and car accidents is analysed.
- d** The flirting behaviour of young singles in a nightclub is investigated.
- e** Students fill in a questionnaire by the Department of Education to provide information about their attitudes to school.

Check Quiz – Which research method?

a A woman with a rare genetic illness provides details of its effects upon her.

case study

b Year 11 psychology students are deprived of sleep for one night and their performance in a test is compared with that of students who were not deprived.

experiment

c The link between maximum daily temperature and car accidents is analysed.

correlational
study

d The flirting behaviour of young singles in a nightclub is investigated.

naturalistic
observation

e Students fill in a questionnaire by the Department of Education to provide information about their attitudes to school.

survey

Note-Taking Advice

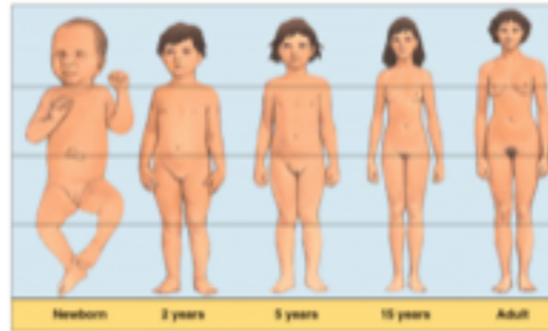
Use headings, subheadings and dot points; set out your notes clearly with colour coding.

heading

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- Formation of new synapses: _____
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- nerve cell that transmits neural impulses: _____
- fatty substance coating the nerve fibre and facilitating

buzz words

simple revision quiz

subheadings

Test your attention – Matching Quiz

- 1 Short-term memory requires... **a** mental states.
- 2 Long-term memory is founded on... **b** case study.
- 3 Feelings and thoughts are... **c** belief.
- 4 A synonym for thought is... **d** meaning.
- 5 One research method in psychology is carrying out a... **e** attention.

Test your attention – Matching Quiz

1 A behaviour is a/n...

a affect.

2 Establishing a cause-effect relationship between 2 variables requires a/n...

b naturalistic observation.

3 A synonym for feeling is...

c experiment.

4 Exploring the link between crime and temperature might require a...

d observable action.

5 Observing children at play is an example of...

e correlational study.