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| 1. Define the term "psychology."   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  The field of psychology is concerned with the scientific study of mind and behavior among humans and nonhuman animals. Psychologists are interested in understanding why and how various living organisms act, learn, think, and feel. Psychology is also a science, one dedicated to using rigorous methods and techniques to draw appropriate conclusions about the causes and consequences of behavior. | |

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| 2. Stanovich (2019) argues that any science, including psychology, is not defined by any specific content or technologies. According to Stanovich, what qualities define a science?   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  Stanovich suggests that a science is defined by the general characteristics of the process used to validate scientific conclusions. Any science (1) relies on systematic empiricism, that is, direct observation of whatever is being studied; (2) is committed to making any research findings public to expand and build upon our understanding of what is being studied; and (3) applies key ideas to solve particular problems. | |

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| 3. Explain psychology's two cultures and their relevance to the undergraduate psychology major.   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  Kimble (1984) argued that psychology has two cultures. The first culture is populated by academic psychologists who are dedicated to adding to scientific knowledge through careful empirical research. The second culture is composed of psychologists who are concerned with practice, that is, with helping people who have a variety of psychological problems. Many students join the discipline as undergraduates and only know about the second or helping culture. By the time they complete their degree, they realize that they may also be at home in psychology's first culture; that is, they have a broader understanding of the discipline as a whole once they have completed their education. | |

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| 4. Is contemporary psychology mostly concerned with clinical matters?   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  No, not at all. In fact, as a discipline, psychology is very broad. The umbrella organization for psychology in the United States, the American Psychological Association, currently has over 50 special interest areas. Of those 50-plus areas, only about six deal explicitly with clinical psychology and related practice issues. Psychology is about all aspects of human behavior, including those areas that are related to clinical issues. | |

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| 5. List four myths that many people believe regarding the nature of psychology.   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  Here are seven of the false myths many people, including novice students of psychology, often believe are true until they learn about the discipline: 1.     Psychology is nothing more than applied common sense, which means that everyone knows what there is to know about psychology. 2.     Psychology is not a science because the topics it studies are different from the topics found in the older sciences, such as physics, biology, and chemistry. 3.     Psychology is a pseudoscience; that is, it is no different from fake sciences like numerology, the study of horoscopes, or handwriting analysis. 4.     Training in psychology enables psychologists to read people's minds. 5.     All psychologists are therapists or are able to do therapy or some form of psychological counseling. 6.     To be employed in psychology, a person needs to go to graduate school and obtain an advanced degree. 7.     Psychology is based on personal experiences and definitions, not carefully built scientific evidence and argument. | |

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| 6. What is the difference between a bachelor of arts and a bachelor of science degree in psychology?   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  Although undergraduate curricula in psychology can vary, a BA degree in psychology focuses on the liberal arts side of the discipline; it usually includes learning a foreign language and has fewer requirements in natural science. In contrast, a BS degree in psychology usually requires students to complete more science courses (including lab sciences, computer science, and courses in statistics) compared with offerings in the humanities and other social sciences. | |

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| 7. Why might a student consider adding a minor in addition to a major area of study in psychology?   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  Minors in college enable students to learn additional areas of concentration that can complement their major area of study. Minors can support a student's interest in eventually attending graduate school, or they can enhance a student's preparation for joining the workforce after graduation. Virtually any minor area of study can complement a major in psychology, as long as the student chooses a concentration area because of genuine interest and not because it will "look good" on a résumé. | |

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| 8. Besides knowing what opportunities the psychology major offers, students should also clearly understand what is not true about this academic major. What are some of the popular "untruths" that less informed people often believe about psychology?   |  |  | | --- | --- | | *ANSWER:* | Suggested Answer:  One untruth is that psychology is one of the easiest academic majors; if a department offers a serious undergraduate curriculum in psychology, then this will always be untrue. Another untruth is that a student can work as a therapist or counselor with a bachelor's degree in psychology; this is patently false. Graduate training and an appropriate degree (usually a doctorate) are necessary to perform psychological therapy. Another untruth is that students major in psychology to solve their own psychological problems. This is untrue for a variety of reasons, but mostly because the undergraduate psychology curriculum has little to do with the study of counseling or therapeutic matters. Instead, undergraduate programs in psychology focus on presenting psychology as a science. The notion that psychologists make a lot of money by listening to and making suggestions for dealing with people's problems is not necessarily true. Like many undergraduate degrees, one in psychology does not offer immediate wealth. With time, experience, and often further education, former psychology majors can increase their salaries. | |