**Psychology quiz 1**

1. Psychology is the scientific study of behaviour and mental processes.
2. Psychologists study:

* **Overt** or observable behaviour, as well as
* **Covert** behaviour – private mental processes that cannot be directly observed or measured and must be inferred from overt behaviour.

1. The primary goals of psychology are to:

* Decribe behaviour – what is the nature of this behaviour?
* Understand and explain behaviour - why does it occur?
* Predict behaviour– can we forecast when and under what circumstances it will occur?
* Control behaviour - what factors influence this behaviour?

1. Several types of psychologists exist. These include:

* Cognitive psychologists: study the ways humans perceive and understand the world around them.
* Physiological psychologists: study the role of brain functions in behaviour.
* Developmental psychologists: study how individuals grow and change throughout their lives.
* Social psychologists: study how people influence and are influenced by others.
* School psychologists: test and evaluate students, analyze learning problems, and counsel teachers and parents.
* Industrial/Organizational psychologists: work on a wide variety of issues in work settings.
* Forensic psychologists: work on behavioural issues in the legal, judicial and correctional systems.
* Health psychologists: focus on ways to improve health by altering behaviour.
* Sports psychologists: Study how psychological factors influence performance in sports, physical activity and exercise.

1. Be able to explain 3 of these- Several schools of thought have helped to shape the field of psychology into what it is today. These include:
   * Structuralism
   * Functionalism
   * Psychoanalysis
   * Behaviourism
   * Gestalt psychology
   * Humanistic psychology
   * Positive psychology

**Nervous system**: Processes thousands of bits of information from the body’s other organs and the outside environment.

**Endocrine System**: houses the production factories for hormones, which control growth, sexual development and other processes that keep us alive.

**Autonomic Nervous System**: Part of the peripheral nervous system that controls the muscles in the stomach, intestines and other organs.

**Hormones:** Chemicals used by the endocrine system that controls growth, emotional responses and physical changes.

**Neuron:** Nerve cell, the basic unit of the nervous system. A neuron is made up of a cell body, an axon and one or more dendrites,

**Neurotransmitters:** chemicals that carry information from one neuron to another,

**Somatic Nervous system**: Part of the peripheral nervous system associated with all the body's movements.

**Parts of the Brain:**

* **Frontal Lobe**- associated with reasoning, planning, parts of speech, movement, emotions, and problem solving (right- (Creative) and left hemispheres-(Logical))
* **Parietal Lobe**- associated with movement, orientation, recognition, perception of stimuli
* **Occipital Lobe-** associated with visual processing
* **Temporal Lobe**- associated with perception and recognition **of auditory stimuli, memory, and speech**
* ***Motor Cortex****-* This helps the brain monitor and **control movement throughout the body**. It is located in the top, middle portion of the brain.
* **Sensory Cortex***-* The sensory cortex, located in the front portion of the parietal lobe, receives information relayed from the spinal cord regarding the position of various body parts and how they are moving. **This middle area of the brain can also be used to relay information from the sense of touch, including pain or pressure which is affecting different portions of the body.**
* **The Thalamus:** is located in the center of the brain. It helps to **control the attention span, sensing pain** and monitors input that moves in and out of the brain to keep track of the sensations the body is feelings.
* **The cerebellum** controls essential body functions such as **balance, posture and coordination**, allowing humans to move properly and maintain their structure.
* **Temporal Lobe**:The temporal lobe controls **visual and auditory memories**. It includes areas that help manage some speech and hearing capabilities, behavioral elements, and language. It is located in the cerebral hemisphere.
* **Medulla**:The medulla or medulla oblongata is an essential portion of the brain stem which maintains **vital body functions such as the heart rate and breathing.**
* **The limbic system contains glands which help relay emotions.** Many hormonal responses that the body generates are initiated in this area.