

Psychology 105 Study Guide

In developing individual psychology, Adler broke away from Freud's psychoanalytic school. While Adler initially termed his work "free psychoanalysis", he later rejected the label of "psychoanalyst". His method, which involved a holistic approach to character study, informed some approaches... c41a1ab50d

Developmental psychology Originally concerned with infants and children, the field has expanded to include adolescence, adult development, aging, and the entire lifespan. This field examines change across three major dimensions, which are physical development, cognitive development, and social emotional development. Originally concerned with Developmental psychology is the scientific study of how and why humans grow, change, and adapt across the course of their lives. Within these three dimensions are a broad range of topics including motor skills, executive functions, moral understanding, language acquisition, social change, personality, emotional development, self-concept, and identity formation. Developmental psychology is the scientific study of how and why humans grow, change, and adapt across the course of their lives. Developmental psychologists aim to explain how thinking, feeling, and behaviors change throughout life c41a1ab50d

Sport psychology One definition of sport sees it as "any physical Sport psychology is defined as the study of the psychological basis, processes, and effects of sport. Sport psychology is defined as the study of the psychological basis, processes, and effects of sport. One definition of sport sees it as "any physical activity for the purposes of competition, recreation, education or health" c41a1ab50d

A professional practitioner or researcher involved in the discipline is called a psychologist. Some psychologists can also be classified as behavioral or cognitive scientists. Some psychologists attempt to understand the role of mental... c41a1ab50d

Evolutionary psychology It seeks to identify human psychological adaptations with regard to the ancestral problems they evolved to solve. It seeks to Evolutionary psychology is a theoretical approach in psychology that examines cognition and behavior from a modern evolutionary perspective. Evolutionary psychology is a theoretical approach in psychology that examines cognition and behavior from a modern evolutionary perspective. In this framework, psychological traits and mechanisms are either functional products of natural and sexual selection or non-adaptive by-products of other adaptive traits c41a1ab50d

Counseling psychology It is practiced in the United States and Canada, the United Kingdom and Ireland, Australia and New Zealand, Hong Kong and Korea, and South Africa. It is practiced in the United States and Canada, the United Kingdom and Ireland, Australia Counseling or Counselling psychology is an international discipline. Counseling or Counselling psychology is an international discipline c41a1ab50d

First presented in the 1975 book *Beyond Boredom and Anxiety* by the Hungarian-American psychologist... c41a1ab50d

Individual psychology These papers provide a comprehensive overview of

Adler's Personality Theory, in which the situation that one is born into plays an important part in personality development. The English edition of Adler's work on the subject, *The Practice and Theory of Individual Psychology* (1924), is a collection of papers and lectures given mainly between 1912 and 1914. Individual psychology (German: Individualpsychologie) is a psychological method and school of thought founded by the Austrian psychiatrist Alfred Adler. Individual psychology (German: Individualpsychologie) is a psychological method and school of thought founded by the Austrian psychiatrist Alfred Adler.

A sport psychologist does not focus solely on athletes. This type of professional also helps...

Cultural psychology Cultural psychology is the study of how cultures reflect and shape their members' psychological processes. It is based on the premise that the mind and Cultural psychology is the study of how cultures reflect and shape their members' psychological processes.

Adaptationist thinking about physiological mechanisms, such as the heart, lungs, and the liver, is common in evolutionary biology. Evolutionary psychologists apply the same thinking in psychology, arguing that just as the heart evolved to pump blood, the liver evolved to detoxify poisons, and the kidneys evolved to filter turbid fluids there is modularity of mind in that... **Counseling psychology** in the United States initially focused on vocational counseling but later focused upon adjustment counseling. It currently includes many sub-disciplines, for example marriage and family counseling, rehabilitation counseling, clinical mental health counseling, educational counseling, etc. In each setting, they are all required to follow the same guidelines. As Richard Shweder, one of the major proponents of the field, writes...

Psychology of religion The first cluster amounts to objective, quantitative, and preferably experimental procedures for testing hypotheses about causal connections among the objects of one's study. In contrast, the human-scientific approach accesses the human world of experience using qualitative, phenomenological, and interpretive methods. The various methods and frameworks can be summarized according to the classic distinction between the natural-scientific and human-scientific approaches. This approach aims to discern meaningful, rather than causal, connections among the phenomena one seeks to understand. Psychology of religion consists of the application of psychological methods and interpretive frameworks to the diverse contents of religious traditions. Psychology of religion consists of the application of psychological methods and interpretive frameworks to the diverse contents of religious traditions as well as to both religious and irreligious individuals.

It is based on the premise that the mind and culture are inseparable and mutually constitutive. The concept involves two propositions: firstly, that people are shaped by their culture, and secondly, that culture is shaped by its people.

Flow (psychology) It requires a high level of concentration. Flow is the melting together of action and consciousness; the state of finding a balance between a skill and how challenging that task is. Flow in positive psychology, also known colloquially as being in the zone or locked in, is the mental state in which a person performing some activity. Flow in

positive psychology, also known colloquially as being in the zone or locked in, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. Flow is used as a coping skill for stress and anxiety when productively pursuing a form of leisure that matches one's skill set. In essence, flow is characterized by the complete absorption in what one does, and a resulting transformation in one's sense of time c41a1ab50d

Cultural psychology aims to define culture, its nature, and its function concerning psychological phenomena. Gerd Baumann argues: "Culture is not a real thing, but an abstract analytical notion. In itself, it does not cause behavior but abstracts from it. It is thus neither normative nor predictive but a heuristic means towards explaining how people understand and act upon the world." c41a1ab50d Sport psychology is recognized as an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affects psychological, social, and physical factors. Sport psychologists may teach cognitive and behavioral strategies to athletes in order to improve their experience and performance in sports. c41a1ab50d

Moral psychology Historically, the term "moral psychology" was used relatively narrowly to refer to the study of moral development. Moral psychology is the study of human thought and behavior in ethical contexts. Moral psychology eventually came to refer more broadly to various topics at the intersection of ethics, psychology, and philosophy of mind. Historically, the term "moral psychology" was used relatively narrowly Moral psychology is the study of human thought and behavior in ethical contexts. Some of the main topics of the field are moral judgment, moral reasoning, moral satisficing, moral sensitivity, moral responsibility, moral motivation, moral identity, moral action, moral development, moral diversity, moral character (especially as related to virtue ethics), altruism, psychological egoism, moral luck, moral forecasting, moral emotion, affective forecasting. This field of study is interdisciplinary between the application of philosophy and psychology c41a1ab50d

The Society for Counseling Psychology in the United States states:Counseling Psychology is a generalist health service (HSP) specialty in professional psychology that uses a broad range of culturally informed... c41a1ab50d

Psychology Psychology is the scientific study of mind and behavior. Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious phenomena, and mental processes such as thoughts, feelings, and motives. Psychology is an academic discipline of immense scope, crossing the boundaries between the natural and social sciences. Biological psychologists seek an understanding of the emergent properties of brains, linking the discipline to neuroscience. As social scientists, psychologists aim to understand the behavior of individuals and groups. Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious Psychology is the scientific study of mind and behavior c41a1ab50d

Developmental psychology explores the influence... c41a1ab50d

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