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PSY 470: Psychology Capstone

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### Chapter 1: Short Answer

2. The three features centered on Carl Roger's client-centered approach are unconditional positive regard, genuineness, and empathy. I fully agree with this approach because if I was a client and my counselor or therapist entirely judged me, it would make me not want to see them anymore. It could affect me in the future to think all therapist judge me or will treat me poorly based on my actions in my everyday life.

3. Noam Chomsky was one of the most influential people in starting the cognitive revolution he's important because he was the reason why so many people started to look a lot deeper into behaviorism, he felt that it was short-sighted and that the field needed to be re-incorporated with mental functioning to have any meaningful contributions in understanding behavior.

4. Pavlov's conditional experiment consisted of him using an animal's reflex on specific stimuli and using that data to trigger that same reflex but with different stimuli based on the original stimulus. In his experiment, he used a dog's saliva from seeing a treat, over time he trained the dog to basically drool on command and then began triggering that same reaction but using a different stimulus like sound.

5. B.F. Skinner invented a device that would help in studying the principles of modifying behavior through reinforcement and punishment. This device was created because Skinner

believed that behavior was affected by its consequences, he saw punishment and reinforcement as behaviors' major driving forces.

7. Humanism is a certain view of psychology that really shows the potential for good behavior that should be standard for all humans, whereas behaviorism is specifically about the actions and reactions humans have, it even goes into detail as to what causes those reactions and how that reaction can be rewired to a different clause.

8. The Five trait dimensions were used because they gave people options to see the different good in others and the different ways they can show it. Sometimes when connecting with others we have a hard time seeing them in different lights, or they may be trying to understand that person better, using these five traits helps to identify good traits about that person easily and to look at them in a better light.

10. Forensic psychology is better described as the legal side of psychology. The forensic psychologist will often assess a crime scene or a suspect and ask questions in context with the justice system. An example is, forensic psychologists will assess someone being able to stand trial, they would examine that person's state of mind and determine from that if they should be allowed in the trial, they can also be consultants for a parent to receive custody of a child or discuss proper sentencing for certain cases.

11. To pursue a career in clinical psychology one has to go through about four years of school during which they earned their master's degree some could even go on to get their Ph.D., but in order to receive their Ph.D. they must first give a dissertation, and in most countries, it has to be thoroughly inspected in front of expert reviewers. Compared to a career as a clinical psychologist, both psychologists and psychiatrists can conduct therapy and counseling, a

psychiatrist has a doctor of medicine degree, meaning they deal more with the science of psychology and use experiment methods they are the ones that oversee prescribing medicine.

12. Both structuralism and functionalism emphasize the importance of the mind in shaping behavior. They also put emphasis on instincts and drives in human behavior, both perspectives also view society as a system made of unrelated parts.

10. Psychology's historical timeline begins with Aristotle and Plato because they give a very logical point of view of psychology, they helped give knowledge a better viewpoint and there was so much that was taken from knowledge. Each successive field of psychology shows how humans in an advanced view interact with each other, it even opens the pathway for new fields of psychology to emerge. Some current trends in psychology is social psychology so many psychologists are bringing more trends to surface, allowing the psychology community to expand.