

# Origins of Psychology

A brief introduction to Psychology!

You will come to understand that psychologists come from different 'approaches' to explain a general view on why/how behaviour occurs. Some of them think that the way we behave is largely inherited, others believe it is largely learned through your life experience.

For example, think of a hobby or activity you enjoy doing (I love horse riding). Did you inherit some kind of gene that made you interested in that activity from your parents? (My mum and dad both ride horses and so do I) or do you learn to love it because you've grown up with others around you who also take part in that activity ...?

Psychologists call this **nature** (what you are born with) or **nurture** (your life experiences). Different approaches take a different viewpoint on whether behaviour is nature or nurture, but there are other key differences in the main approaches as well.

## Your project!

- Research the origins of Psychology from its early philosophical roots to the present day.
- You should present this as a timeline – in order of when each approach emerged
- You must include information on the main views each approach has on why behaviour occurs
- You should try and think of one behaviour (i.e, why people love football, or why phobias occur, why some people develop depression) – get creative!!! And explain how each approach would explain why this behaviour occurs
- You could include key Psychologists/ research that are associated with the approach

## You must include:

- Darwin and how evolution formed the basis of the biological approach
- Wilhelm Wundt
- Behaviourist Approach
- Social Learning Theory
- Cognitive Approach
- Biological Approach
- Psychodynamic Approach
- Humanistic Approach

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*Look forward to seeing you in September!*

